

Reducing falls in older adults by 70%

Led to fewer ER visits and hospitalization days

The Collaboration

GaitBetter was selected by the Israel Ministry of Health to conduct a pilot with Maccabi Health Services, Israel's second largest HMO. The purpose of the pilot was to identify technology that could reduce falls in older adults, enhance care, and help lower medical expenses.

GaitBetter's unique evidence-based digital-therapeutic solution for gait rehabilitation and fall prevention was chosen to help older adults identified as a fall risk.

The Problem

Today, about 28% of adults 65 and older fall at least once a year. Governments, healthcare systems and senior living communities are struggling to respond as the population continues to age and more people fall than ever before. Furthermore, this high and increasing fall rate results in more emergency visits, more hospitalizations, more expensive post-acute care as well as a deterioration in the adult's health and mental condition.

The Solution

GaitBetter was chosen for its clinical efficacy, usability and effectiveness. Specifically, GaitBetter provided an innovative clinically-validated motor-cognitive intervention for fall prevention that seamlessly integrated into existing therapists' and clinics' workflows.

Using GaitBetter, Maccabi therapists were able to:

-  personalize patient care with pre-built and validated training programs and tailored protocols
-  optimize care during the course of the program by analyzing patient's progress with GaitBetter's intuitive easy-to-operate dashboard system
-  attend to other patients in parallel with GaitBetter's safety harness, helping save time and improve clinic efficiency
-  quickly set-up patients in under 2 minutes ensuring patients received the maximum therapy during each visit
-  add GaitBetter's small footprint to existing treadmills, meaning there was no need for a dedicated space or a change to the clinic floor layout



GaitBetter adds cognitive engagement to treadmill training by adding a semi-immersive virtual reality experience to existing treadmills

The Method

200 older adults that were considered a 'medium-to-high-risk' for falls took part in the pilot. Individuals participated in a 15-visit training program averaging 40 minutes per visit, for 6 to 7 weeks. The sessions included multitasking exercises involving negotiating virtual obstacles while attending to cognitive demands. Seven GaitBetter systems were added to existing treadmills in six clinics.

Results

Comparing 6 months before to after intervention:



Clinical

- 28%** reduction in FES (Fall Efficacy Scale)
- 19%** reduction in TUG (Timed Up and Go)
- 9%** improvement in BBS (Berg Balance Scale)



Financial

- 71%** reduction in the number of falls
- 46%** reduction in emergency room visits
- 34%** reduction in hospitalization days

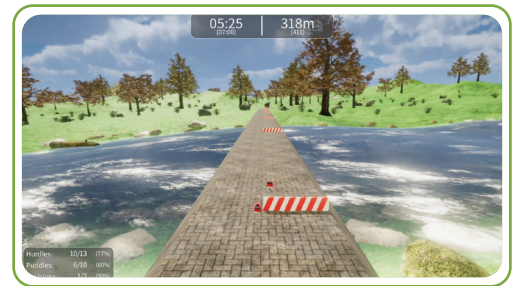
"Highly positive results were achieved despite the challenges of running the program during COVID-19. In a satisfaction survey conducted among physiotherapists, the system received an overall score of 5.35 (out of 6)."

Summary

Based on the success of the pilot, Maccabi rolled out GaitBetter to dozens of sites throughout the Israel. Soon after, GaitBetter was selected to also provide dozens of systems to the largest HMO provider in Israel, Clalit Health Services

Together, more than 80% of Israel's adult population now have access to GaitBetter's digital therapeutic gait rehabilitation and fall prevention solution.

The GaitBetter system is now available throughout the USA



Real Time Feedback



Multitask Training



Fun and Engaging