Target population – older people living in care homes who are at risk of falling

Identification, screening and recruitment
- Six sites in the UK
- Screen care homes registered with the Care Quality Commission
- Recruit 66 care homes
- Collect care home characteristics: registration, ownership, # of beds, # of residents
- Consent 1308 residents
- Collect participant characteristics
- Collect baseline data (as at follow up)

Care home eligibility criteria
- Long stay with old age and/or dementia registration
- 10 or more residents
- Routinely recording falls

Care home exclusion criteria
- Participated in GtACH pilot/feasibility studies
- Trained in and routinely using a systematic falls prevention programme

Resident eligibility criteria
- All long term care home residents

Resident exclusion criteria
- Residents in receipt of end of life care, short term care, respite care or rehabilitation

Process evaluation
12 focus groups and a minimum of 30 interviews

Training of Fall prevention Leads, training of care home staff and implementation of the GtACH will be observed and assessed against a standard fidelity checklist

Care home records will be reviewed to consider broad compliance with GtACH

Key stakeholders will be interviewed to explore the experience of introducing GtACH

Analysis: all data will be analysed following the conventions of framework analysis (Gale 2013)

Economic evaluation
Baseline collection of use of services using the Adult Service Use Schedule Care Home (AD-SUS-CH) and Quality of life using the DEMQOL-U-5D, DEMQOL-U-4D, EQ-5D-5L, EQ-5D-5L-P

Follow up assessments at 3, 6, 9 & 12 months
Quality of life (as above)
Use of services using the AD-SUS-CH (as above)

Analysis: cost-effectiveness and cost utility analysis measuring change in Quality Adjusted Life Years (QALYs)

Follow up assessments at 3, 6, 9 & 12 months
Collected from care home records, residents, by proxy and from HES

Primary outcome
Falls rate between 3 and 6 months after randomisation

Secondary outcomes
Fall injuries
Fractures
Functional ability (Barthel index)
Physical activity and mobility (PAM-RC)
Quality of life and economic evaluation (DEMQL-U-5D, DEMQOL-P-4D, EQ-5D-5L, EQ-5D-5L-P)
Use of services including economic evaluation (AD-SUS-CH)

Analysis: intention to treat principle

Primary outcome: 2 level Poisson or negative binomial model with resident at level one and care home at level 2.

Secondary outcomes: 2 level regression analysis for continuous outcomes; 2 level logistic regression for binary outcomes; mixed methods approach; qualitative interviews, documentary analysis and observation.