## The Ironbark Trial: Flow Diagram



SITE SELECTION:

- Recognised service provider
- Site assessment conducted


Standing Strong Program

- Exercise program: 30-45min weekly
- Falls education: 30-45min weekly


Baseline measurements at start of the study by research assistants

althy Community Progr Social program, yarning circles weekly, Guest speakers, social activity


End of trial at 12 months
Final assessment (same as baseline questions)


Data analysis and research output

Results of Ironbark disseminated to sites and participants

