

**Additional file 1** Classification of Follow-up Characteristics.

Questions	Answers	Classification
Did you get started with the fall prevention programme?	1. Yes 2. No	
How often did you perform actions of the fall prevention programme?	1. Daily 2. Multiple times a week 3. Once a week 4. Less than once a week	Daily or multiple times a week is classified as "Frequent participation". Once a week or less than once a week is classified as "Non-frequent participation".
How much did you like the programme?	1. Not nice at all 2. A little nice 3. Pretty nice 4. Very nice	Not nice at all and a little nice is classified as "Did not like it" Pretty nice and very nice is classified as "Liked it".
How useful did you find the programme?	1. Not useful at all 2. A little useful 3. Pretty useful 4. Very useful	Not useful at all and a little useful is classified as "Not useful". Pretty useful and very useful is classified as "Useful".
Since I have participated in the falls prevention programme, I am more aware of my fall risk.	1. Strongly disagree 2. Disagree 3. Neither agree or disagree 4. Agree 5. Strongly agree	Strongly disagree, disagree and neither agree or disagree is classified as "Disagree". Agree and strongly agree is classified as "Agree".
Since I have participated in the falls prevention programme, I feel myself more secure while standing and walking.	1. Strongly disagree 2. Disagree 3. Neither agree or disagree 4. Agree 5. Strongly agree	Strongly disagree, disagree and neither agree or disagree is classified as "Disagree". Agree and strongly agree is classified as "Agree".
Since I have participated in the falls prevention programme, I exercise more often.	1. Strongly disagree 2. Disagree 3. Neither agree or disagree 4. Agree 5. Strongly agree	Strongly disagree, disagree and neither agree or disagree is classified as "Disagree". Agree and strongly agree is classified as "Agree".