

# Integrating fall prevention into clinical workflows

**TOPICS:** Fall prevention & safety | Home & community | Senior living & long-term care | Clinical/health system | Remote monitoring | Workflow integration & interoperability | Caregiver & family engagement | Reimbursement & sustainability



## About Foresights



[ForesightCares](#) is a health technology company focused on improving fall prevention for older adults through AVA, an AI-powered smartphone and tablet application that performs clinical-grade fall risk assessments and delivers personalized exercise programs without requiring wearable devices or transmitting video.

AVA was designed to address a longstanding gap in fall prevention by creating a connected care pathway that links screening, intervention, and ongoing monitoring across clinical, community, and home settings. Today, it has been deployed with more than 200 older adults across primary care, physical therapy, neurology, community organizations, senior living communities, and home environments, with an emphasis on underserved populations, family caregivers, and seamless integration into clinical workflows.



## The opportunity

- Expand access to evidence-based fall prevention for older adults who may otherwise go unscreened or lack access to specialty care.
- Connect fall risk assessment, intervention, and ongoing monitoring through a coordinated care pathway rather than isolated point-in-time screening.
- Support clinicians, caregivers, and older adults with a solution that fits naturally into existing care workflows while reducing barriers to adoption.



## The challenge

- Fall prevention is difficult to incorporate into time-constrained clinical workflows, resulting in many older adults never receiving structured assessments.
- Technology adoption depends on provider trust, workflow integration, caregiver engagement, and sustained clinical feedback—not technical performance alone.
- Older adults may perceive fall assessments as a threat to independence, while disengagement increases when patients and caregivers feel disconnected from clinical follow-up.



### The approach

- Designed AVA as a connected care pathway linking assessment, personalized intervention, and longitudinal monitoring across primary care, rehabilitation, neurology, community organizations, and home settings.
- Embedded structured assessment data directly into existing clinical workflows through EHR integration while supporting Medicare RTM billing and longitudinal mobility monitoring.
- Designed for multiple users, including older adults, family caregivers, primary care providers, physical therapists, and neurologists, using human-centered design principles that emphasized privacy, ease of use, and caregiver engagement.
- Built adoption through implementation partnerships, community-based deployment, continuous clinical feedback, and on-device AI that reduced privacy concerns and simplified security reviews.



### The impact

- ✓ Demonstrated strong clinical performance, achieving **94% pooled Timed Up and Go (TUG) accuracy**, **100% Chair Stand accuracy**, and a **0.17-second mean TUG timing error** compared with a research-grade reference system.
- ✓ Achieved high usability and engagement among older adults, with a **System Usability Scale (SUS) score of 84.6**, a **Net Promoter Score (NPS) of 92**, and **80% of households independently completing home-based assessments**.
- ✓ Improved provider adoption by integrating structured fall risk data into existing clinical workflows, supporting Medicare Remote Therapeutic Monitoring (RTM) billing, and enabling longitudinal mobility monitoring.
- ✓ Demonstrated that successful adoption depends on combining strong clinical evidence with workflow integration, reimbursement pathways, caregiver engagement, and ongoing clinical feedback.