



Invitation to Participate:
**Balancing acts: Navigating informal care partnerships to prevent falls
among community-dwelling older adults**

Are you regularly supporting an older adult (age 65+) who lives in the community (not in assisted living or long-term care)? Whether you're a family member, friend, or neighbour, your experience matters.

We're inviting caregivers across British Columbia to take part in a one-hour, one-on-one interview to explore how people think about fall prevention, aging, and independence at home. Your insights will help shape future supports, resources, and public health messaging that reflect real caregiving experiences.

To participate, you must be:

- 19 or older
- Living in BC
- Providing unpaid support at least once a week to an older adult (aged 65+) — this may include check-ins, meal prep, transportation, emotional support, decision-making, or help with home safety.

Interviews are scheduled at your convenience, by phone or videoconference. As a thank you, you'll receive a \$15 virtual coffee card (Tim Hortons or Starbucks, your choice), emailed to you within one week after your interview.

This research is part of a doctoral dissertation at the University of British Columbia, funded by the Provincial Health Services Authority. The Principal Investigator is Dr. Ian Pike, Professor Emeritus, Department of Pediatrics, Faculty of Medicine, University of British Columbia.

To learn more or sign up for an interview, please contact:

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