

Participant Consent Form

Project Information	
Study Title: SAFER Karachi: Scaling Adapted Fall Prevention for Resilience in Older Adults – A Pilot Study in Karachi	Version & Date: Final Version – September 2025
ERC Project Number: 2025-11554-34697	Sponsor: Fogarty International Centre of the National Institutes of Health
Principal Investigator: Dr Sonia Sameen	Organization: Aga Khan University
Location: Karachi, Pakistan	Phone: 021-34864976
Other Investigators: Anmol Minaz Ali, Dr Muhammad Junaid Patel, Dr Zafar Fatmi	Organization: Aga Khan University, Indus Hospital and Health Network, Aga Khan University
Location: Karachi, Pakistan	Phone: 021-34864811

We are from the Department of Community Health Sciences at Aga Khan University, and we are conducting a research study on fall prevention among older adults in Karachi.

Study Purpose: The purpose of this study is to test the feasibility, acceptability, and initial effect of a fall prevention program adapted for older adults in urban Karachi. Your participation will help in developing effective community-based strategies to reduce the risk of falls among older adults.

Study Procedures: If you agree to participate, you will be asked to:

- Complete a structured interview lasting approximately 20-30 minutes. This interview will cover questions related to your general health, mobility, nutrition, daily activities, emotional well-being, and cognitive status.
- Undergo assessments such as physical mobility tests, nutritional screening, cognitive and emotional health evaluations.
- You will be invited to attend a seven-week fall prevention program (one session per week), followed by a home visit and a booster session three months later.
- All participants will receive monthly follow-up calls to assess falls and engagement with the program.

Voluntary Participation and Right to Withdraw: Your participation in this study is completely voluntary. You may choose not to participate or withdraw your consent at any stage without any consequences to your access to healthcare or services.

Risks and Discomforts: There is minimal risk involved in participating in this study. Some assessments may involve mild physical effort, such as mobility or strength tests. If any question or task makes you uncomfortable, you may skip it.

Benefits: There may be no direct benefit to you; however, you may find the group sessions and information provided helpful for your health and overall well-being. You may also learn

strategies to prevent falls, improve balance and mobility, and enhance your confidence in daily activities. Additionally, your participation will contribute to research aimed at strengthening health services for older adults.

Confidentiality: All the information collected during the course of the study will be kept strictly confidential. Your data will be coded, de-identified, and stored securely. Only the research team will have access to the information you provide, and the results will be used only for research purposes.

Compensation: There is no monetary compensation for participating in the study. However, there is no cost to you either.

If you have questions: For further information, or if you have any concerns regarding the study, you may contact:

Dr. Sonia Sameen

Email: sonia.sameen@aku.edu

Phone: 021-34864976

Authorization: I have read (or have had read to me) the information provided above. I have had the opportunity to ask questions, and my questions have been answered to my satisfaction. I understand that my participation is voluntary and that I may withdraw at any time. By signing below, I give my consent to participate in this study. I have a copy of the consent form.

Participant Name: _____

Signature/Thumbprint: _____

Date: _____

Name of Person Obtaining Consent: _____

Signature: _____

Date: _____

Witness (if participant cannot read):

Name: _____

Signature: _____

Date: _____