

LEICESTER CITY HEALTH AND WELLBEING BOARD

Theme of Meeting	Healthy Aging
Title:	Steady Steps
Presented to the Health and Wellbeing Board by:	Lucy Baginskis (Leicester-Shire & Rutland Sport)
Date:	28th November 2019

EXECUTIVE SUMMARY:

Falls and related injuries are a common and serious problem for older people. In the UK, 30% of people older than 65 and 50% of people older than 80 fall at least once a year; those who fall once are two to three times more likely to fall again within the year.

In 2017/18, there were 752 falls related admissions in Leicester City with of an estimated cost of approximately three million pounds. National research and guidance suggest that the implementation of an integrated falls pathway can reduce activity by 25 to 30%.

The Steady Steps programme (Falls Management Exercise) will provide an opportunity for older people at risk of falling to increase their strength and balance and thus reduce their falls risk. The programme is based on best practice from the UK, current evidence base and operates to National Standards.

Contributing to the objectives of the Joint Health and Wellbeing Strategy:

Healthy ageing

- Support older people to have good wellbeing and feel safe in their own

homes.

- Support older people to utilise and engage with their local communities.
- Support older people to manage and protect their health and wellbeing.

RECOMMENDATIONS:

The Health and Wellbeing Board is requested to:

To note this report for their information of a service that is currently being delivered in Leicester City