



# Falls Prevention- Steady Steps

Lucy Baginskis



# History of Steady Steps/ community falls prevention

- Later Life led study- older adults (Falls and Management Exercise programme-FaME)
- PSI training
- Proact65+ Study
- Physical activity Implementation Study In Community-dwelling Adults (PhISICAL) study
- Steady Steps



**Physical activity  
Implementation Study In  
Community-dwelling Adults  
(PhISICAL) study**



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# Research aim

- To understand how best to implement the FaME strength and balance programme in order to develop an evidence-based toolkit for commissioners, to help increase availability of FaME across the UK.



# Key Findings- summary

Research question	Summary
Does FaME still work when it is not part of a research study?	Yes – functional outcomes Yes – MVPA for those that complete Falls - Small decrease – provisional analyses
Is the fidelity and quality of FaME maintained outside of a research setting?	Fidelity – good 72-78% of fidelity criteria met Quality – very good 80-84% of quality criteria met Some elements missed off Band progression could be better Need to have QA systems
What are the barriers and facilitators to FaME implementation?	Commissioners - ££ and evidence Providers – complexity, confidence, practical issues Programme users – high drop out, social benefits



# Falls Management Exercise (FaME) Implementation Toolkit

**FaME**  
Falls Management Exercise



# What is Steady steps?

- 24 week programme
- 65+
- Designed to help improve balance and stability.
- Delivered by Level 4 specialised Postural Stability Instructors
- Classes are tailored to each individual's abilities and will progress in difficulty throughout the programme
- People are eligible for the Steady Steps programme if they are aged over 65, are at risk of falling (e.g. have a high fear of falling or poor balance) or have fallen less than three times in the past 12 months.



# Steady Steps process

- Referral (health professional or self referral)
- Local co-ordinator- mini triage
- Assessment
  - Past medical history, FRAT, functional assessment, confidence (confbal).
- Steady steps or referred on
- Steady Steps
  - TheraBand
  - Home exercises
- Steady Steps plus/ community provision



# Delivery



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# Local update- Leicester City

## Referrals

- 81 referrals
- 29 self-referrals
- Referrals from Health Professionals:  
Majority from Falls clinic-(47)

## Courses

5 courses- 30 attendees  
7 courses due to start  
26 courses- Public Health  
to co-ordinate



## Lucy Baginskis

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