







LEICESTER-SHIRE & RUTLAND SPORT

PHYSICAL ACTIVITY & WELLBEING



Falls Prevention- Steady Steps

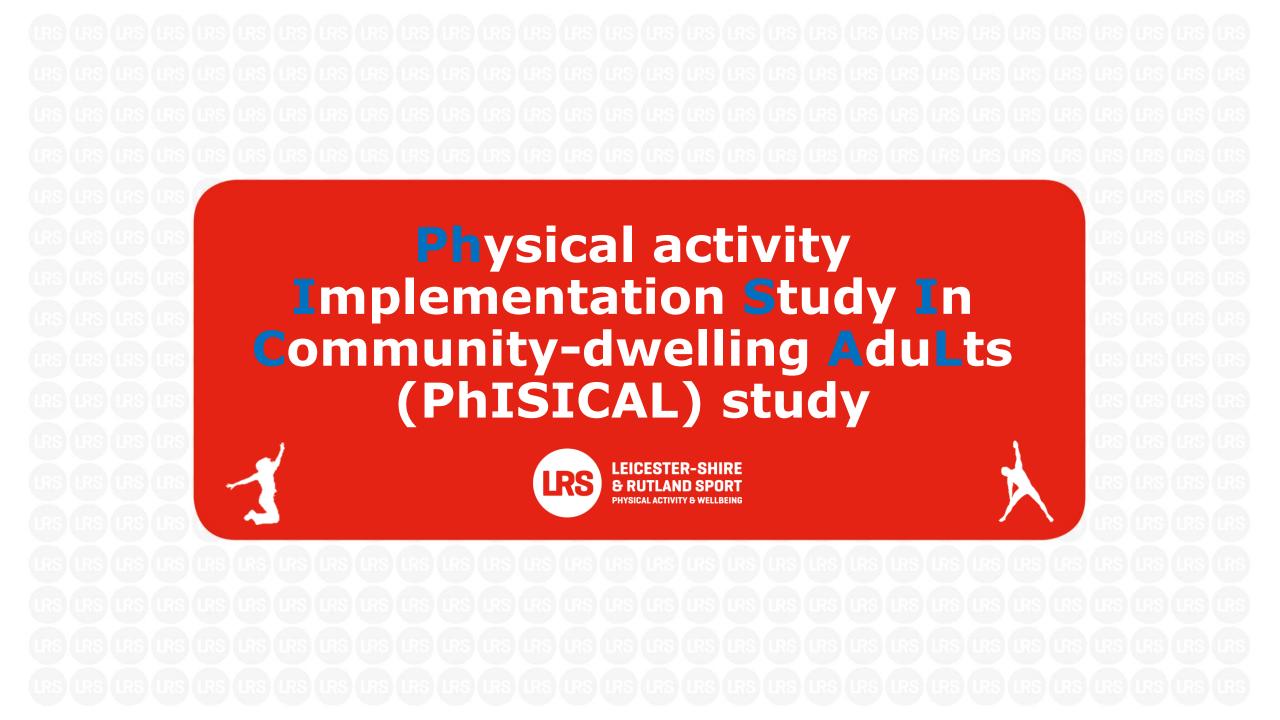
Lucy Baginskis



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 Communitydwelling AduLts (PhISICAL) study
- Steady Steps





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





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 or 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



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

Sports Development Officer





01509 564875



I.Baginskis@LRSport.org



www.lrsport.org



SportPark, 3 Oakwood Drive, Loughborough, Leics, LE11 3QF



RS LRS LRS LRS LRS LR

PS (PS (PS (PS (PS

RS LRS LRS LRS LRS

RS LRS LRS LRS LRS LRS

LRS LRS LRS LRS LRS LRS LRS



1

ONE VISIUS N

Leicestershire, Leicester and Rutland the most physically active and sporting place in England









LR_Sport





