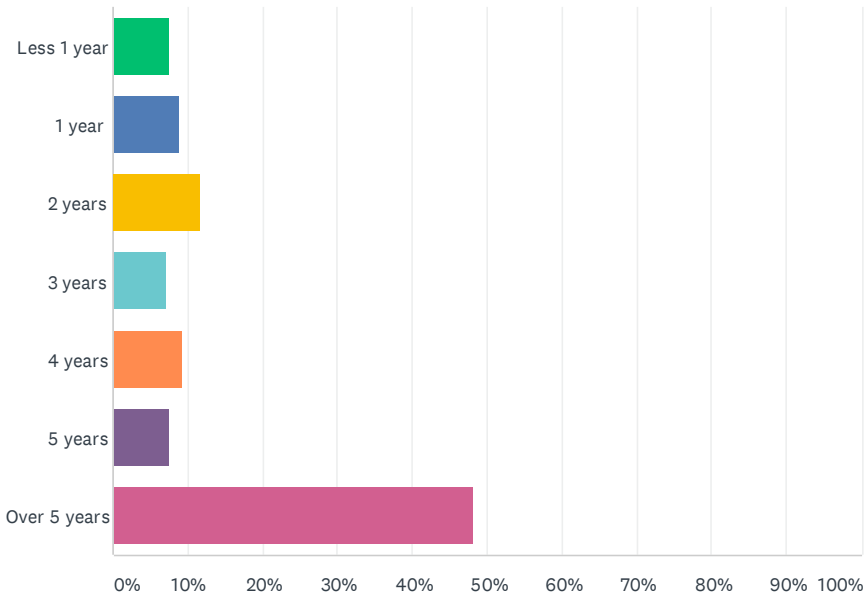


Q1 Years since PSI qualification from LLT

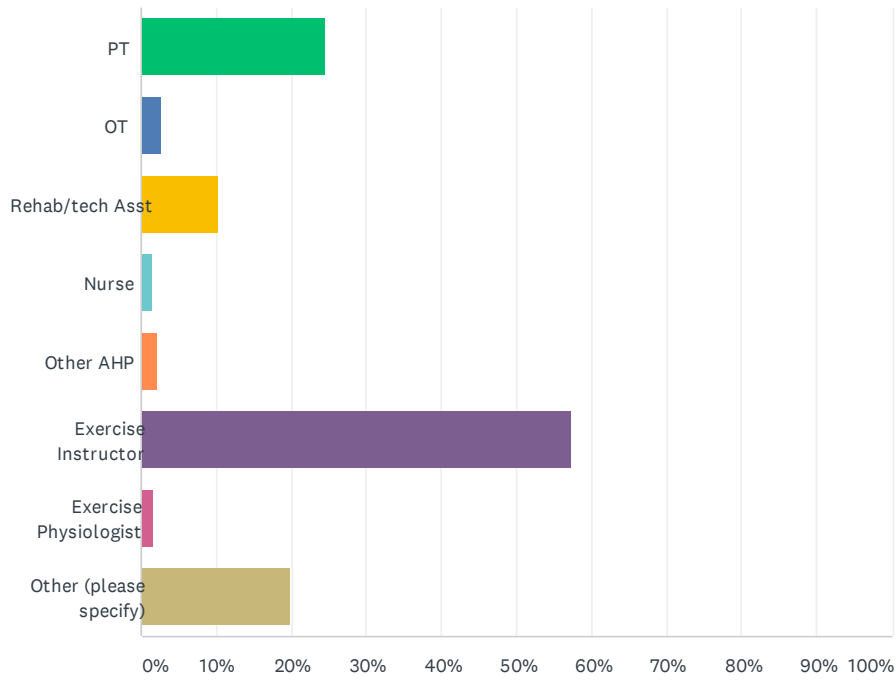
Answered: 656 Skipped: 0



ANSWER CHOICES	RESPONSES	
Less 1 year	7.47%	49
1 year	8.84%	58
2 years	11.74%	77
3 years	7.01%	46
4 years	9.15%	60
5 years	7.62%	50
Over 5 years	48.17%	316
TOTAL		656

Q2 Your Current Role (current or pre-Covid19)

Answered: 656 Skipped: 0



ANSWER CHOICES	RESPONSES	
PT	24.39%	160
OT	2.74%	18
Rehab/tech Asst	10.21%	67
Nurse	1.37%	9
Other AHP	2.13%	14
Exercise Instructor	57.32%	376
Exercise Physiologist	1.68%	11
Other (please specify)	19.82%	130
Total Respondents: 656		

Other:

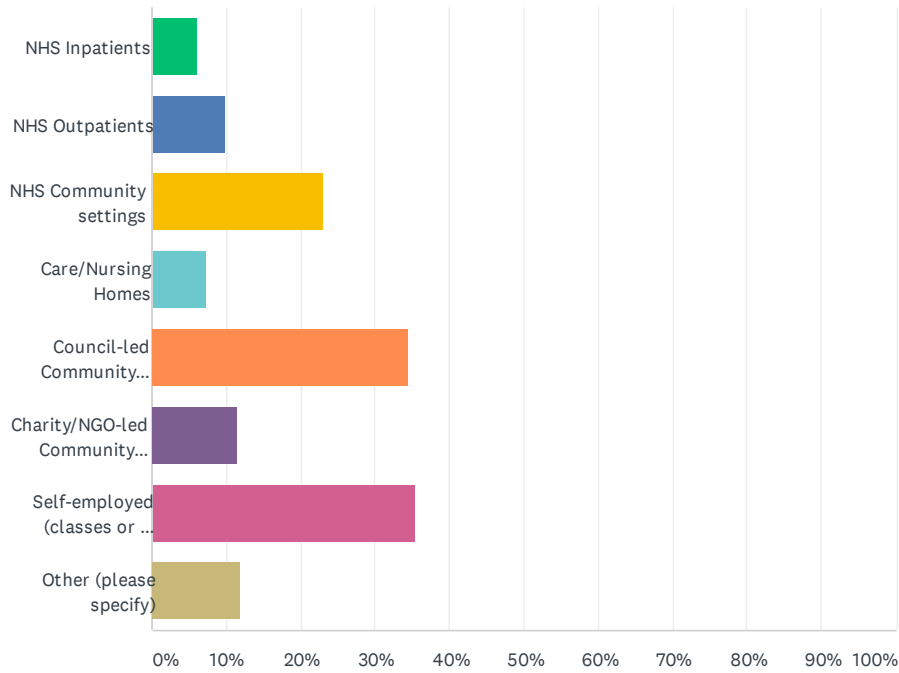
- Community Wellbeing Officer
- Health Development Officer
- therapy assistant practitioner
- Public Health practitioner
- AHP Workforce Lead
- Chairbased classes and yoga teacher
- Active schools coordinator
- Dance Practitioner
- Not teaching PSI at all
- Dog walker
- kinesiologist
- Tai Chi instructor
- Postural Stability Instructor
- Associate Practitioner
- Sports Coordinator
- Manual Handling Co-ordinator
- Retired nurse,PSI and Extend teacher
- Mental health support worker
- falls practitioner under physiotherapy
- Development officer - falls prevention
- Health Educator
- retired
- National Exercise Referral Scheme Wales- Instructor
- Assistant Practitioner Physiotherapy
- OH Technician full time (+ Personal Trainer part time)
- NERS Instructor
- Tai Chi Teacher
- Nurse Specialist Falls prevention
- English teacher - left the profession in 2006
- Retired
- Retired
- Retired physio
- special programmes exercise professional
- PSI instructor and charity wirjer
- Health Development Officer. I manage health activities
- Exercise referral
- Retired RGN, PSI and Extend teacher
- Sports scientist
- Community Wellbeing Officer
- Exercise Professional
- Dance teacher / PSI/ Pilates instructor
- Healthy Lifestyle advisor
- Physical Therapist
- Dance facilitator
- Falls Prevention Practitioner
- not specifically fame classes , but incorpoate principles & aspects in
- Historian. Plan to return to PSI teaching at some point.
- Exercise Referral Professional
- screening and immunisation manager
- Psi instructor
- health and activity motivator
- Researcher
- exercise referral professional
- Exercise professional
- Physical activity development lead
- Falls coordinator
- Training provider tutor
- National Exercise Referral Instructor
- Sport and Exercise Therapist
- Nerd Instructor
- Pilates Therapist
- Assistant practitioner/falls prevention
- Ners Professional
- NERS Exercise Specialist
- NERS Coordinator/Instructor
- Manager of lesiure trust specialist health class survey
- Physio Healthcare Support Worker
- business director
- Exercise activity consultant
- Falls Specialist Practitioner
- Fals Assessor
- Osteopath and exercise class provider
- Massage therapistt
- Contract fitness manager
- dance practitioner
- Health and Wellbeing Manager
- Tai chi /project worker
- Contracts health and wellbeing manager
- Health development specialist physical activity
- Pilates instructor
- Assistant Practitioner
- health development officer
- Psi
- FALLS ASSISTANT THERAPY PRACTITIONER
- Health improvement specialist
- Msk Podiatrist
- Yes
- Sports Development Officer
- psi
- Falls co ordinatot Nhs Gwynedd
- Project coordinator and exercise instructor
- Referral Co-ordinator
- Interrupted in developing PSI class in West Cornwall - aim to refocus work to extend reach of a general movement & mobility class I ran in 2019 for older adults
- Health Improvement Specialist
- Remedial massage therapist
- Cardiac Rehab and Cancer Rehab Exercise Specialist
- exercise referral scheme coordinator
- Macmillan Move More Coordinator
- Falls Prevention Wellness Coach
- Freelance exercises Instructor
- Exercise Referral Officer
- Falls Assessor NHS
- Development Officer
- Falls Assessor
- Older Adult Physical Activity Lead
- MSK Podiatrist
- Prehab exercise specialist
- Cardiac rehab specialist
- Community Health and Wellbeing Officer
- Physical activity development officer local government
- social prescribing link worker

- Postal worker
- Health & Wellbeing manager
- Freelance PSI
- Dementia support worker
- Sport Development Officer
- PSI
- Yoga teacher
- Chiropractor
- Leisure Club Manager

- 2 roles - Assistant Practitioner and Exercise Instructor
- Health and fitness manager
- Manager and fitness instructor
- Physical activity and health advisor
- Partnership Manager
- Pilates Instructo
- Physio
- Live Active advisor

Q3 Your Setting (current or pre-Covid19)

Answered: 656 Skipped: 0



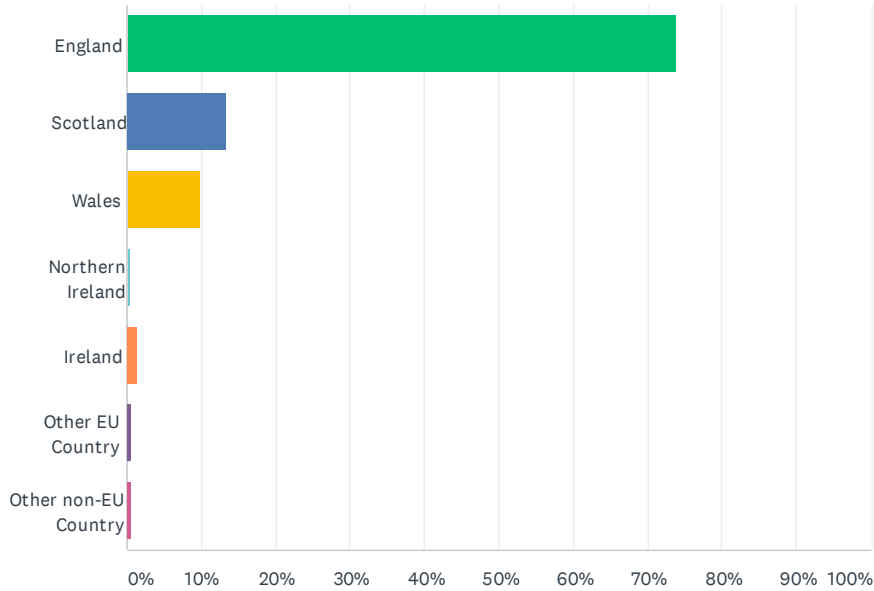
ANSWER CHOICES	RESPONSES	
NHS Inpatients	6.10%	40
NHS Outpatients	9.76%	64
NHS Community settings	23.02%	151
Care/Nursing Homes	7.32%	48
Council-led Community Leisure/Fitness Settings	34.60%	227
Charity/NGO-led Community classes	11.59%	76
Self-employed (classes or one to one)	35.37%	232
Other (please specify)	11.89%	78
Total Respondents: 656		

Other:

- Hse physio primary care Ireland
- Private
- CCG
- Community and retirement complexes
- Council adult service
- HEE
- Schools
- Local area
- Leisure Trust
- Sheltered housing association
- Outpatients
- Adult Education College
- Retired but doing voluntary work with exercise sometimes
- DWP
- Charity funded organisation
- retired
- Run class with NHS ot in leisure centre
- leisure sites
- Independent Adult Education College
- Maternity Leave
- Self employed
- None
- Retired
- Both classes and 121
- University
- Taught in NHS falls service, at leisure centre and private classes .
- Participants in a trial
- Working from home.
- Birmingham Royal Ballet
- Not teaching
- Furloughed
- public health england
- HSE Ireland
- Delivering for sports partnership
- University
- Newport Ners
- University community members including older adults and rehab referrals
- Local authority, Also Ners lead
- Training environments
- Mental health inpatients
- DHB in New Zealand
- Leisure centre
- PHE funded falls prevention courses and private exercise classes in community halls , online programmes
- Ners Setting
- NERS, Wales
- Gym & pool
- Private hospital
- Testing staff for Covid-19 at a drive through pod
- Ł
- Adult and Community College leisure classes
- PHE commisioned in community
- Based in the hospital but mostly community patients
- Pri
- Public health local authority
- Community Interest Company
- Warden - running weekly classes for sheltered accommodation
- Health Improvement Team within Public Health of local council
- GP referral Instructor
- Public Health commissioned groups over Shropshire
- Also teach classes for a charity aimed at rehab
- Public health funded community service
- Also freelance exercise Insructor
- Private one to one
- See clients at home
- I run my classes as self employed but the classes are recognised by the county council and Age UK as part of their Strictly No Falling scheme, so I do get referrals.
- Wales national Exercise referral scheme
- None execercise
- A mix of classes, some supported by North Yorkshire Sport, and some as Self employed
- Community physiotherapy department
- Age UK
- Sports Partnership Herefordshire and Worcestershire
- Age UK Generation Ganes & VASA contractor
- Charity
- Rehab gym in a day centre. In a council facility but not a statutoryservice
- CIC community classes -
- Private gym
- Osteoporosis 2000 with links to Sheffield falls team
- 1:1 sessions in their homes

Q4 Your Location (current or pre-Covid19) - Please tick one or more country and then add the town(s) or areas you work in open text below

Answered: 656 Skipped: 0



ANSWER CHOICES	RESPONSES
England	73.93% 485
Scotland	13.41% 88
Wales	9.91% 65
Northern Ireland	0.46% 3
Ireland	1.37% 9
Other EU Country	0.61% 4
Other non-EU Country	0.61% 4
Total Respondents: 656	

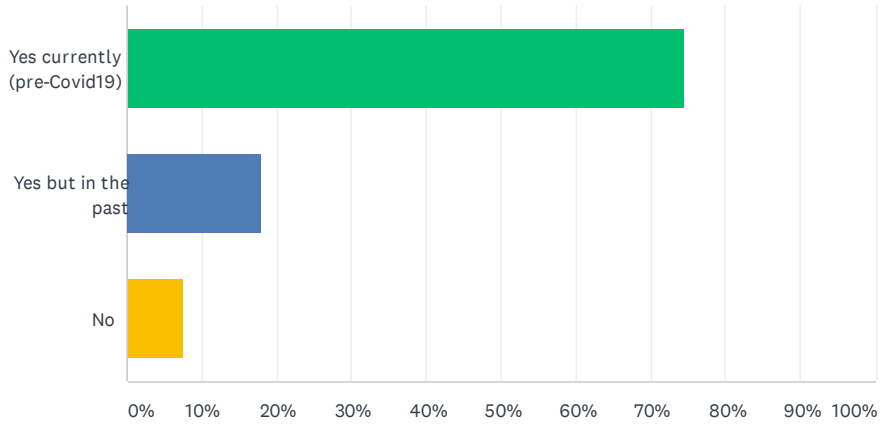
Additional comments over the page:

- Long Eaton
- Shropshire
- Midlands
- Wokingham
- ayrshire
- Swindon
- Anglesey
- Wigan
- Sydney, AU
- Lincolnshire
- Folkestone, Ashford, Tenterden, Hythe, Sittingbourne, Dover, deal, whitstable, herne Bay, Swale, margate, ramsgate
- Borough Green
- Norfolk
- Wigan
- Corwen, Llangollen
- Wiltshire
- Elgin
- Crewe
- Oxfordshire and Berkshire
- Portsmouth
- London and Surrey
- Colne
- isle of Bute
- Herts
- Tunbridge wells
- Uckfield & Hailsham
- London
- Wolverhampton
- South East Kent
- Dundee
- Wakefield
- Thurrock
- norwich
- Malvern
- Glasgow and surround areas
- Gwardamangia
- Richmond Surrey
- London
- Eastbourne
- hereford
- Oxfordshire
- Birmingham
- Shropshire
- Winchester, Basingstoke, Andover
- Manchester
- York
- Kettering
- Wigan
- Cumbria & Northumberland
- Glasgow
- Dublin
- Thurso
- Torquay
- Basildon and surrounding areas
- London
- Berkhamsted
- North West England
- Colchester
- warrington
- Alnwick
- Bala, Dolgellau
- Cumbria
- London
- Glasgow
- Corwen
- Fylde Coast, Manchester - various, Cheshire - various
- Huntingdon
- West Sussex
- Leicestershire
- Colchester
- Eastbourne
- London
- Harlow
- Ilkeston
- London
- Worcester
- southampton
- Colchester
- Long Eaton
- Wiltshire
- Preston
- Dublin
- Glasgow
- Hampshire
- Nuremberg
- Swansea
- Prestatyn and Rhyl
- London
- Cornwall
- Dublin
- Chelmsford
- Conwy and Denbighshire Counties, North Wales
- South Dorset
- London
- Bolton, Rochdale
- Bath
- Newcastle upon Tyne
- Wolverhampton
- london
- Oban
- south west region
- Ayr
- Norfolk
- Burton on trent. Derby. Swadlincote.
- Aberystwyth
- Rainworth, Ollerton, Southwell
- Deeside
- telford
- Wolverhampton
- Manchester
- Newport
- Winchester and
- Eastleigh
- Arbroath
- Lechlade
- Oxfordshire and Berkshire
- Swansea
- Ayrshire
- Greater Manchester
- Warrington
- Telford
- Havant
- PETERBOROUGH
- Carmarthenshire
- Northampton
- East Cambs and Fenland
- Berkhamsted
- Timaru
- Halifax
- Cornwall , Pool Penzance Bodmin Truro
- Hinckley
- Cowplain Waterlooville
- Dudley
- Llanelli
- LLanelli
- Haverfordwest, Narberth, Milford haven, Fishguard
- Ammanford
- Norfolk
- London
- Middlesbrough
- Rugby
- Basingstoke
- Aberdeen
- Edinburgh
- Southport/ Merseyside
- Brighton
- Malta
- Sheffield
- Largs
- Sussex
- Cambridgeshire
- Nottingham
- Lisburn
- Southampton
- Liverpool
- Bromsgrove and Redditch
- Cheltenham
- Cambridge
- Bridgnorth, Church Stretton, Shrewsbury
- Devizes
- Walsall
- Nuneaton & Hinckley
- Chelmsford, Essex
- Shropshire
- Nottingham/Derby
- West London, Surrey
- North london
- Aberdeen
- Angielsey
- Menai Bridge
- Ayr
- Cornwall
- Norfolk
- Halifax
- Blyth
- Sevenoaks & Tonbridge
- Chester
- Bognor Regis
- Derbyshire
- Glasgow
- Brighton and Hove
- Anglesey
- cambridgeshire
- London
- All across Hertfordshire
- Purley
- London
- Folkestone
- Oadby, Leicester
- Plymouth
- Essex
- Harrogate
- Bude
- Evesham, Upton-upon-Severn
- Anglesey
- London
- Derby
- Burgess hill, haywards heath, wivelsfield, cowfold, henfield
- Bicester
- Cardigan
- High Wycombe/ MARLOW area
- Birmingham
- Oxford/Reading
- Halifax
- Huntingdonshire
- portsmouth
- norwich
- Caernarfon/HolyheAd
- Stockport
- Burgess Hill
- Burgess Hi6
- Birmingham
- HORSHAM IN WEST SUSSEX
- Oxford
- Cambridge, Ely
- Torbay,devon
- SE Hampshire
- North Lanarkshore
- Southampton
- Borough Green
- Halton Cheshire
- Sussex
- West sussex

- Brixham, Devon
- Winchester
- Tain, Ross-shire
- Nottingham
- SWANSEA
- Cambridge
- Shrewsbury
- Farnham
- Swindon
- Edinburgh & East Lothian
- Leicester, Braunstone Town
- Chichester
- New Milton, Lyndhurst Hants
- Winchester
- Horsham District
- Barry
- BOLTON
- London
- Manchester
- Portsmouth
- Alton. Covid,. Andover pre
- Newtownards
- Saxmundham
- Glasgow
- Glasgow
- Edinburgh
- London
- Salford
- Aberdeen
- Lisburn
- London (Central)
- Nottingham
- Hillingdon
- Banff
- Hull and east yorkshire
- Stoke-on-Trent
- Whitehaven
- Exmouth DEVON
- Wiltshire
- Chirk
- Newport
- Plymouth
- Dudley
- Kilcock
- Glasgow
- Essex
- Dronfield and Sheffield
- Derby
- Manchester
- Wimborne
- Alderley edge
- Helensburgh
- Herefordshire
- Bromley london
- Conwy
- Stevenage
- East Sussex
- Measham, Ashby De La Zouch, Coalville, Castle Donington
- Leominster
- Bridgend
- Melton Mowbray and Leicester area
- Nottingham
- Southampton
- Horsham
- Hythe, Kent
- Great Ayton (TS9 6PT) and Guisborough
- Devon
- Halton, cheshire
- Sligo
- Aberdeenshire
- Blaenau Ffestiniog
- South East Kent
- Motherwell
- Beaumaris
- Aldershot
- Gateshead and North Tyneside
- Leicestershire
- Leeds
- Huntingdon
- Beverley
- Kent
- Hertfordshire
- Dawlish
- Rotherham
- Peterhead
- Tunbridge Wells
- York
- London
- Crawley and East Grinstead
- Bournemouth
- Aviemore, Carrbridge, Boat of Garten, Dulnain Bridge
- CAMBRIDGESHIRE
- Crowthorne - Berkshire
- Bridgend
- Redhill, Surrey
- Aberystwyth
- Aberdeenshire - rural towns
- Glasgow
- Barnstaple
- Inverness and Nairn
- Tunbridge wells
- South London
- Wendover
- Harborough and Oadby District Leicestershire
- Aberdeen
- Glasgow
- Southend-On-Sea
- Andover
- Cheltenham
- Saffron Walden
- Sandwell
- Edinburgh
- Swindon
- Edinburgh
- Dunoon
- Shenfield
- London
- Cover the whole of Hertfordshire
- Stourbridge
- ROMSEY and HYTHE areas Hampshire
- Derbyshire
- Bristol, Chippenham, MALMESBURY, Corsham

Q5 Since PSI qualification have you delivered the FaME (structured exercise) programme to people who have had a fall (or at high risk of falls, avoidance of activity or fear of falling) (tick one)

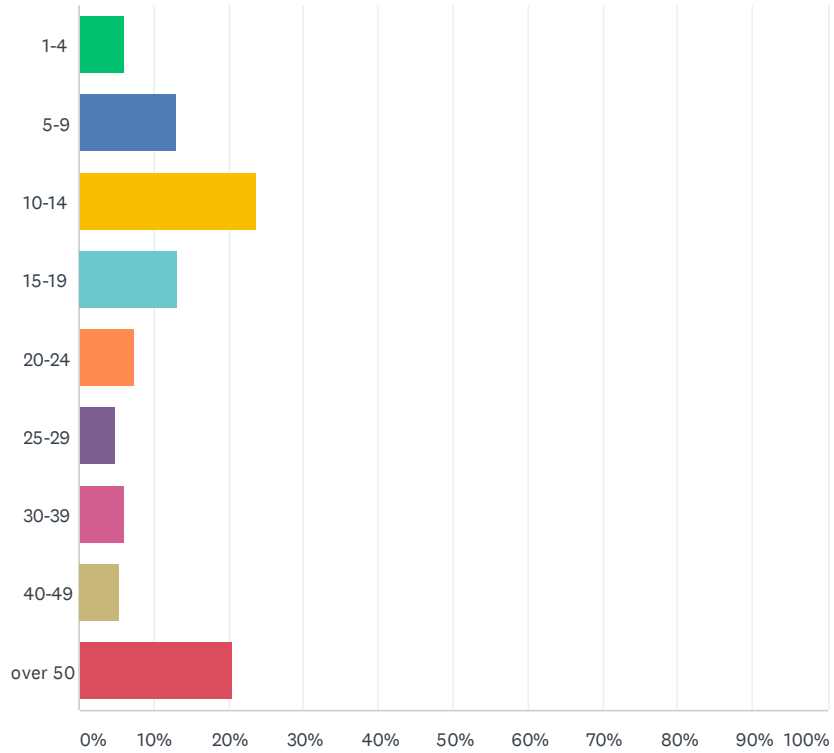
Answered: 656 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes currently (pre-Covid19)	74.39%	488
Yes but in the past	17.99%	118
No	7.62%	50
TOTAL		656

Q6 How many people in an average week (pre-Covid19) were in your class(es), or did you work with one to one, doing FaME exercise?(tick one only)

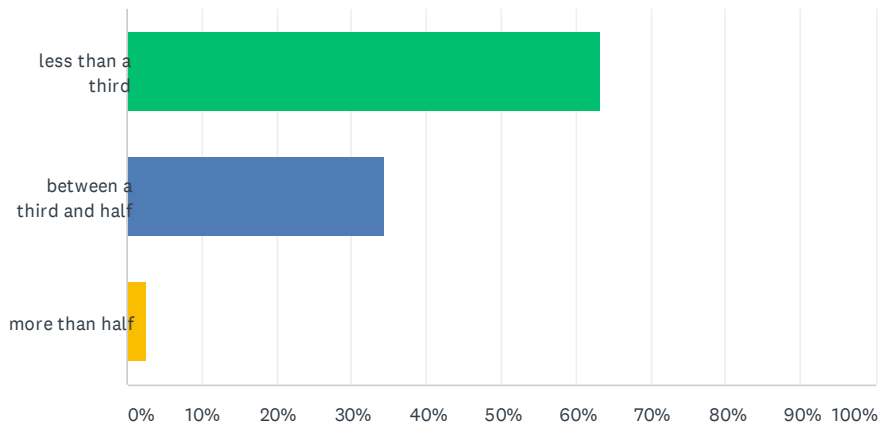
Answered: 445 Skipped: 211



ANSWER CHOICES	RESPONSES	
1-4	6.07%	27
5-9	13.03%	58
10-14	23.60%	105
15-19	13.26%	59
20-24	7.42%	33
25-29	4.72%	21
30-39	6.07%	27
40-49	5.39%	24
over 50	20.45%	91
TOTAL		445

Q7 What proportion of the participants were men? (tick one only)

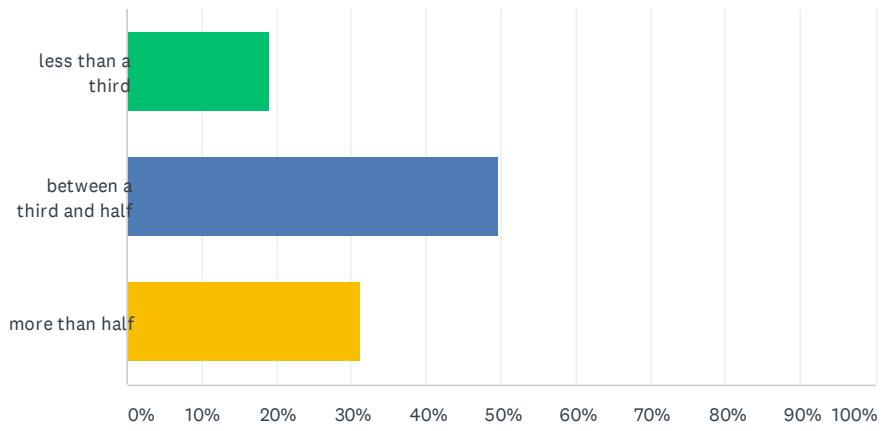
Answered: 445 Skipped: 211



ANSWER CHOICES	RESPONSES	
less than a third	63.15%	281
between a third and half	34.38%	153
more than half	2.47%	11
TOTAL		445

Q8 What proportion of the participants were over 80? (tick one only)

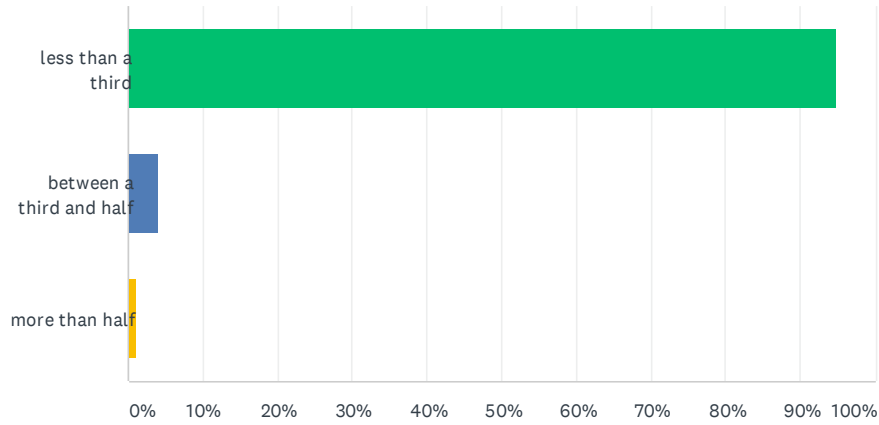
Answered: 445 Skipped: 211



ANSWER CHOICES	RESPONSES	
less than a third	19.10%	85
between a third and half	49.66%	221
more than half	31.24%	139
TOTAL		445

Q9 What proportion of the participants were from black and ethnic minorities? (tick one only)

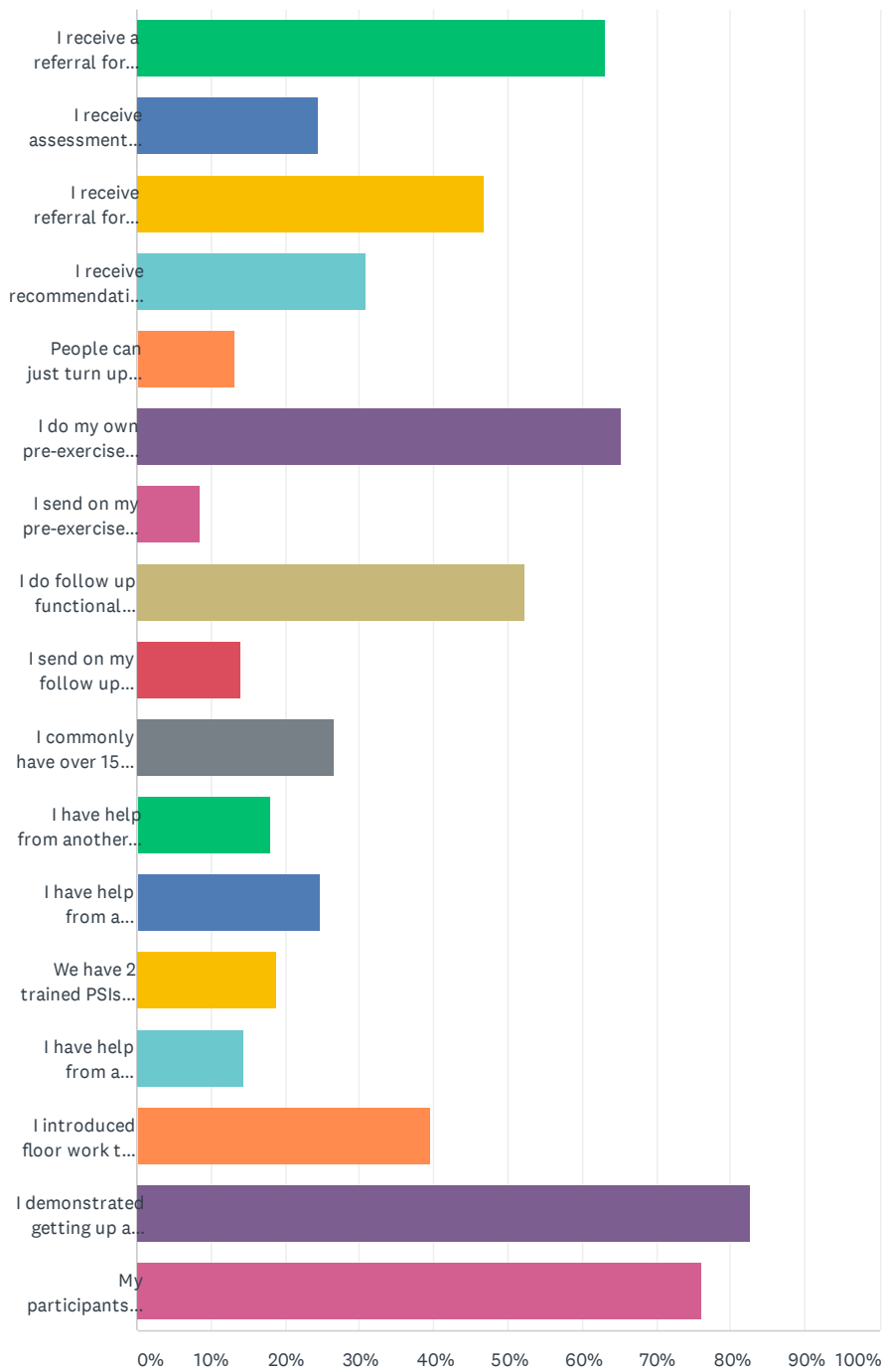
Answered: 445 Skipped: 211



ANSWER CHOICES	RESPONSES	
less than a third	94.83%	422
between a third and half	4.04%	18
more than half	1.12%	5
TOTAL		445

Q10 Please tick any of the following that are correct for your FaME sessions? If you delivered for multiple providers, please answer for those you delivered most for (can tick multiple answers)

Answered: 445 Skipped: 211

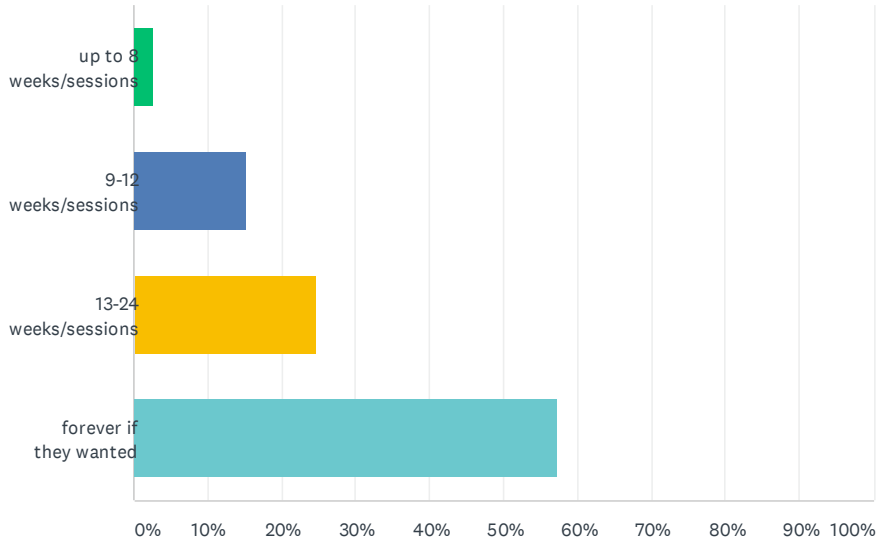


PSI Survey (FaME delivery) - A National survey of Reach and Impact

ANSWER CHOICES	RESPONSES	
I receive a referral form from a physiotherapist (falls service/community etc.) as part of an agreed referral pathway	63.15%	281
I receive assessment information on participants from a physiotherapist (informally/not formally agreed and recognised pathway)	24.49%	109
I receive referral form from a local GP	46.97%	209
I receive recommendations from local GPs	31.01%	138
People can just turn up to my programme without assessment I don't know who refers into my programme, I am given a register of names only	13.26%	59
I do my own pre-exercise assessment with participants	65.17%	290
I send on my pre-exercise assessment to the referrer	8.54%	38
I do follow up functional assessments with my participants	52.36%	233
I send on my follow up assessments to the referrer	13.93%	62
I commonly have over 15 people in my groups	26.52%	118
I have help from another PSI with large classes	17.98%	80
I have help from a non-qualified 'spotter/volunteer' with large classes	24.72%	110
We have 2 trained PSIs with large classes	18.88%	84
I have help from a qualified L2/3 exercise instructor in large classes	14.38%	64
I introduced floor work to most participants	39.55%	176
I demonstrated getting up and down from the floor in sessions	82.70%	368
My participants received resistance bands and home exercise sheets to take home	76.18%	339
Total Respondents: 445		

Q11 How long could older people attend your FaME (PSI) sessions?(tick one only)

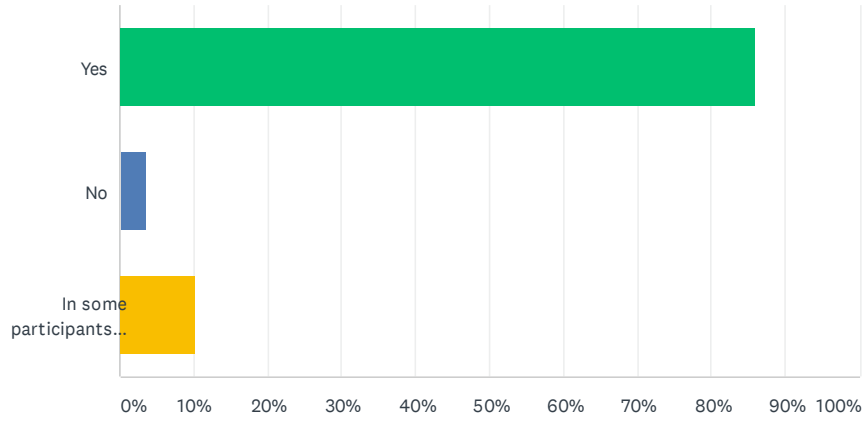
Answered: 445 Skipped: 211



ANSWER CHOICES	RESPONSES	
up to 8 weeks/sessions	2.70%	12
9-12 weeks/sessions	15.28%	68
13-24 weeks/sessions	24.72%	110
forever if they wanted	57.30%	255
TOTAL		445

Q12 Did you recommend/support home-based exercise to top up between group sessions or one to one sessions? (tick one only)

Answered: 445 Skipped: 211



ANSWER CHOICES	RESPONSES	
Yes	86.07%	383
No	3.60%	16
In some participants who were open to receiving this	10.34%	46
TOTAL		445

Q13 Can you give us a rough estimate of how many people in total you had worked with using FaME in the year Jan 2019-Jan 2020?

Answered: 445 Skipped: 211

30	127	50	150	300	100	80	150	55	5
500	60	50	12	13	130	70	650	50	30
60	200	20	50	20	300	55	1000	20	70
50	500	25	50	120	25	20	30	400	40
50	150	40	100	25	50	2000	175	60	40
80	180	30	200	700	70	18	230	10	40
200	150	90	1300	70	15	75	60	50	8
175	50	35	55	90	200	180	400	40	50
65	40	24	15	50	60	30	10	120	3000
20	50	29	900	100	140	1600	100	100	70
60	25	75	60	18	10	200	400	50	60
300	40	65	120	40	30	70	200	70	50
1400	300	40	55	60	60	200	100	15	150
20	40	200	60	55	14	50	70	100	20
60	40	40	100	150	60	24	1000	40	60
180	180	65	14	65	80	30	160	150	60
200	12	2500	125	30	400	50	60	5	100
40	40	150	15	150	50	50	45	300	15
250	30	40	110	400	10	20	150	1200	800
70	20	80	80	100	300	100	30	20	150
45	90	100	50	120	60	20	18	167	3000
18	12	25	50	20	380	45	20	51	30
100	40	200	30	40	150	25	30	70	50
100	350	200	150	20	60	50	80	120	350
25	24	120	20	500	50	12	70	0	45
400	20	50	60	200	30	30	50	35	500
100	3	40	80	50	80	100	30	30	250
80	30	150	1	210	69	100	55	86	250
20	90	150	30	24	250	30	50	35	70
35	20	200	60	300	180	40	25	200	140
50	30	30	30	33	350	14	60	1500	12
10	45	60	962	220	40	328	45	500	10
1000	140	90	15	58	110	12	20	40	110
70	200	50	150	20	17	30	40	24	25
30	50	0	50	50	30	500	20	100	35
800	30	150	13	25	150	120	30	100	25
50	7	50	270	60	45	150	18	50	35
5	400	80	60	40	30	25	100	60	50
75	28	100	250	15	100	26	200	40	180
300	35	80	60	150	20	400	120	70	
60	90	24	50	120	49	886	20	200	
50	30	20	30	50	80	75	40	36	
90	150	60	300	20	100	60	25	150	
50	180	150	200	30	250	350	140	200	
25	250	60	60	100	100	95	2900	50	

Reponses: 445

Average: 155 people

Q14 Can you give us a rough estimate of how many people in total you have worked with using FaME over the years since your qualification?

Answered: 445 Skipped: 211

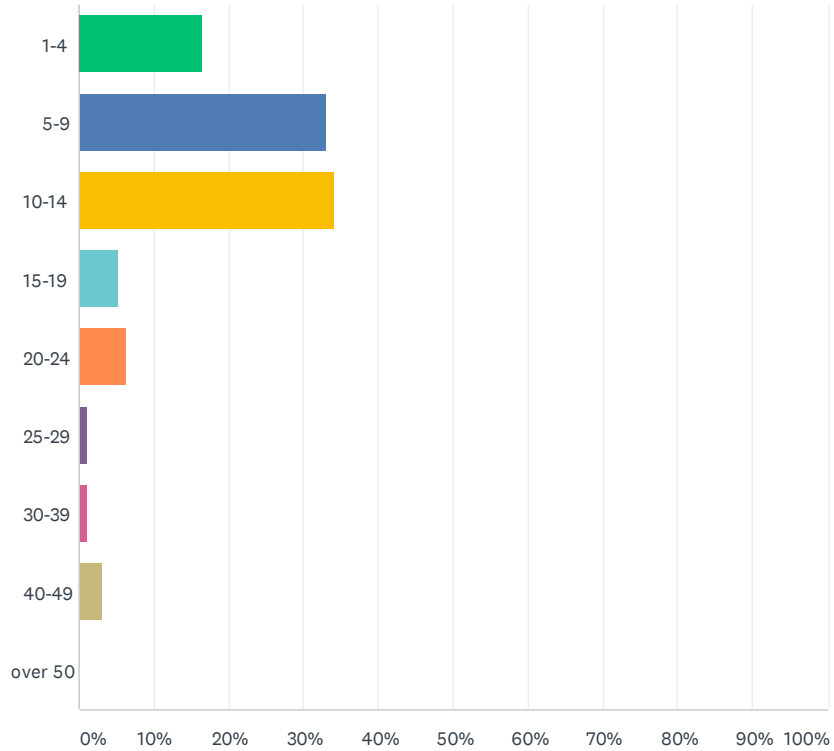
40	400	100	300	1000	150	80	100	190	5
1000	200	60	70	13	130	90	3200	130	30
120	200	60	100	25	1000	145	4000	20	70
0	5000	40	100	500	50	200	100	4000	150
150	200	100	100	50	50	4200	700	1500	150
500	180	50	500	1400	70	18	670	10	400
2000	150	700	3000	85	20	75	90	400	60
500	1000	100	75	900	1100	6000	1000	90	100
65	250	300	30	200	400	100	50	1100	3000
750	70	29	3000	5000	1000	8000	5000	2200	100
200	100	200	100	200	40	1000	1000	250	400
4000	200	65	500	48	60	120	400	300	100
6000	4000	150	75	300	60	2000	1500	100	300
60	40	200	360	250	14	120	5000	400	20
160	40	60	1000	800	60	120	6000	150	1000
1200	500	200	14	80	150	30	500	150	90
250	14	7000	155	200	5000	300	300	150	700
100	40	1000	30	1000	250	200	100	500	30
1250	360	40	330	1200	40	160	350	5000	1200
90	30	2000	300	150	1000	180	30	100	1000
80	250	250	500	900	180	20	18	550	9000
70	12	100	250	60	4500	100	30	700	30
250	40	1000	200	500	250	25	70	200	50
300	700	400	300	90	300	150	960	500	2000
35	400	200	45	5000	70	12	70	14	200
5000	35	70	300	300	60	40	50	40	1500
600	70	1000	900	300	400	100	200	200	600
750	150	1000	1	1200	200	400	100	100	3000
20	300	450	150	100	250	100	75	45	300
80	60	600	200	3000	630	300	60	400	1000
400	120	200	1000	45	1500	16	100	6000	12
100	220	200	4371	600	40	350	100	3000	10
5000	140	400	170	250	300	60	20	100	150
150	500	150	500	30	40	1000	1000	24	30
80	250	0	600	130	50	300	100	5000	35
3000	30	170	13	35	200	250	5	200	25
1000	200	50	300	180	45	3623	18	150	35
25	10000	250	150	130	30	92	500	100	50
250	150	400	5000	20	1000	600	500	1000	1000
500	100	1000	100	300	100	3500	450	800	
500	400	40	90	1500	49	3300	40	5000	
300	50	400	30	500	80	500	800	36	
500	8000	60	600	500	100	100	30	150	
300	700	150	200	400	2500	0	170	400	
85	1050	80	350	60	800	500	20	50	

Reponses: 445

Average: 719 people

Q15 On an average week you were delivering FaME, how many people were in your class(es), or did you work with one to one? (tick one only)

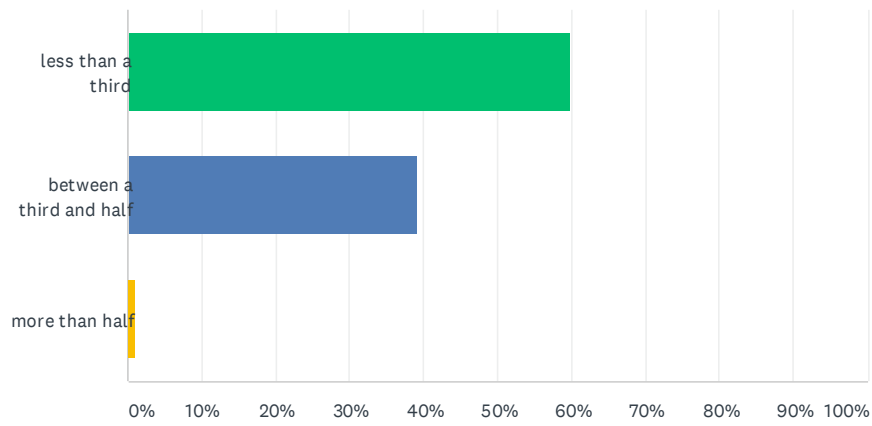
Answered: 97 Skipped: 559



ANSWER CHOICES	RESPONSES	
1-4	16.49%	16
5-9	32.99%	32
10-14	34.02%	33
15-19	5.15%	5
20-24	6.19%	6
25-29	1.03%	1
30-39	1.03%	1
40-49	3.09%	3
over 50	0.00%	0
TOTAL		97

Q16 What proportion of the participants were men?(tick only one)

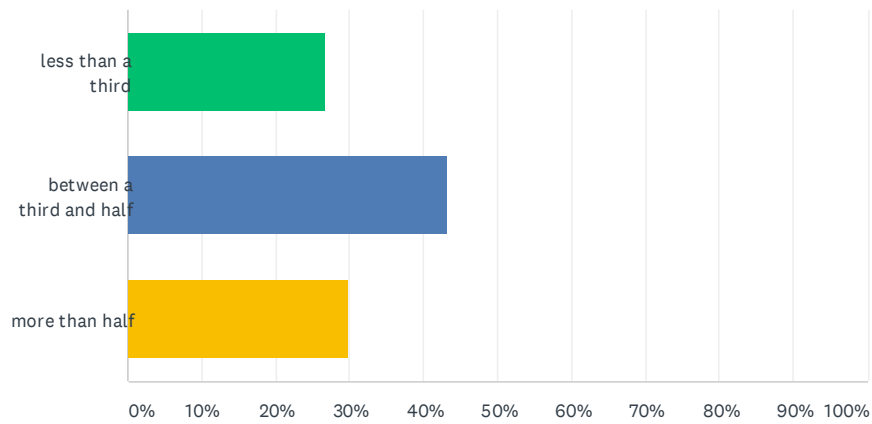
Answered: 97 Skipped: 559



ANSWER CHOICES	RESPONSES	
less than a third	59.79%	58
between a third and half	39.18%	38
more than half	1.03%	1
TOTAL		97

Q17 What proportion of the participants were over 80? (tick only one)

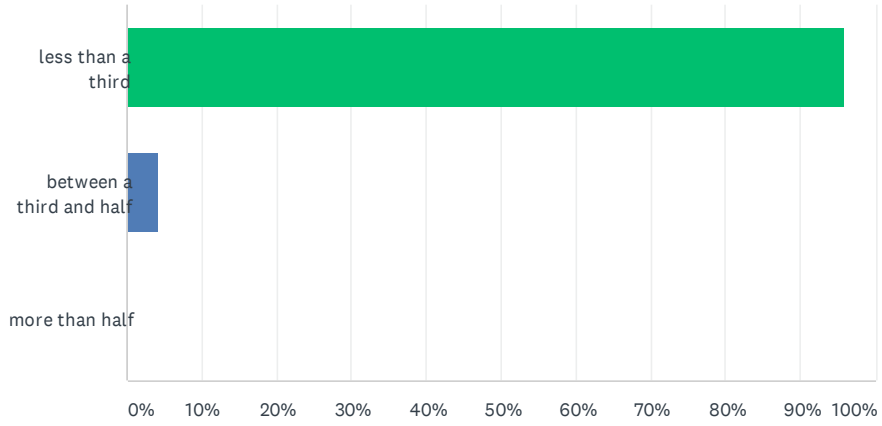
Answered: 97 Skipped: 559



ANSWER CHOICES	RESPONSES	
less than a third	26.80%	26
between a third and half	43.30%	42
more than half	29.90%	29
TOTAL		97

Q18 What proportion of the participants were from black and ethnic minorities? (tick only one)

Answered: 97 Skipped: 559

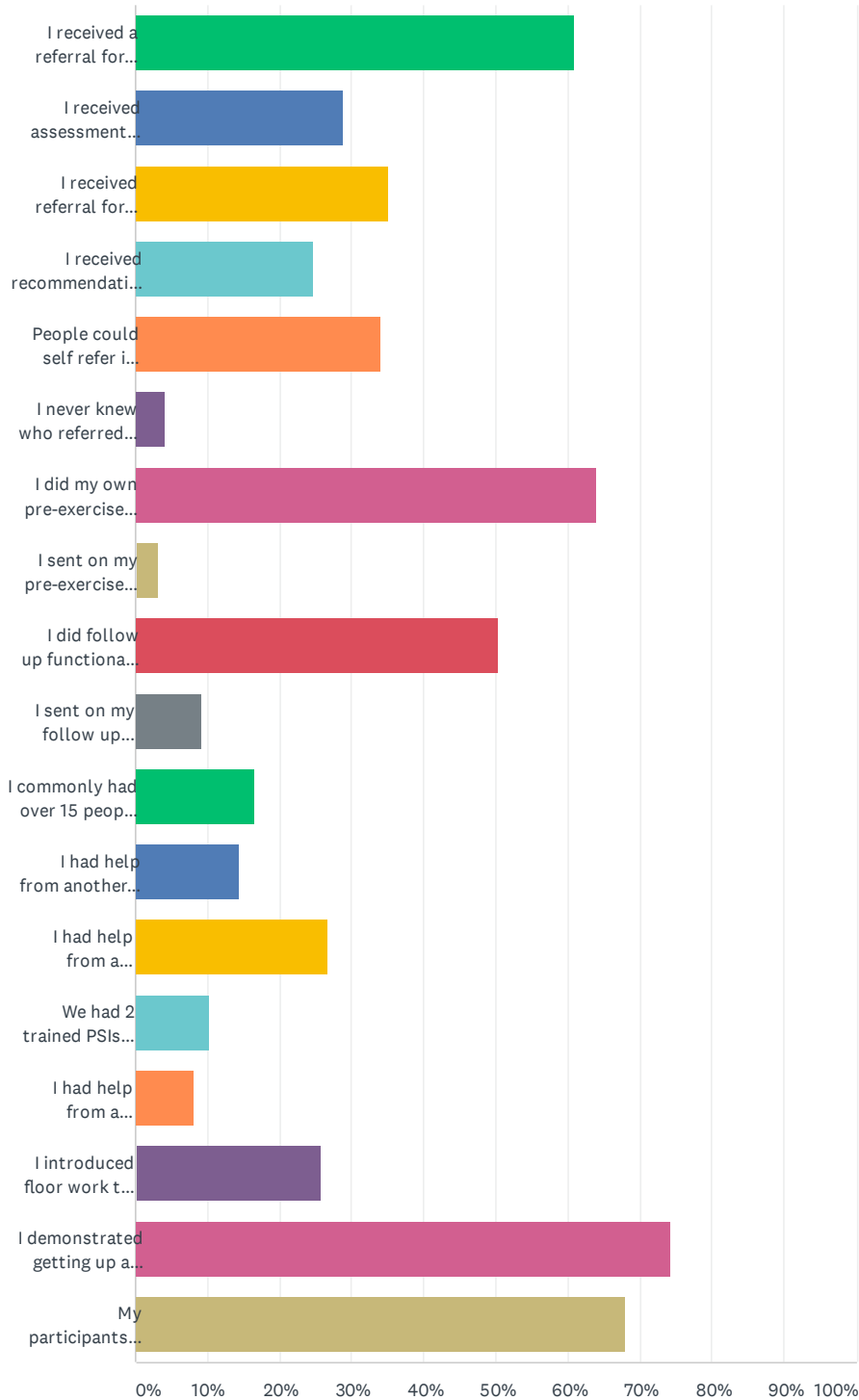


ANSWER CHOICES	RESPONSES	
less than a third	95.88%	93
between a third and half	4.12%	4
more than half	0.00%	0
TOTAL		97

Q19 Please tick any of the following that are correct for your FaME sessions? If you delivered for multiple providers, please answer for those you delivered most for (can tick multiple answers)

Answered: 97 Skipped: 559

PSI Survey (FaME delivery) - A National survey of Reach and Impact

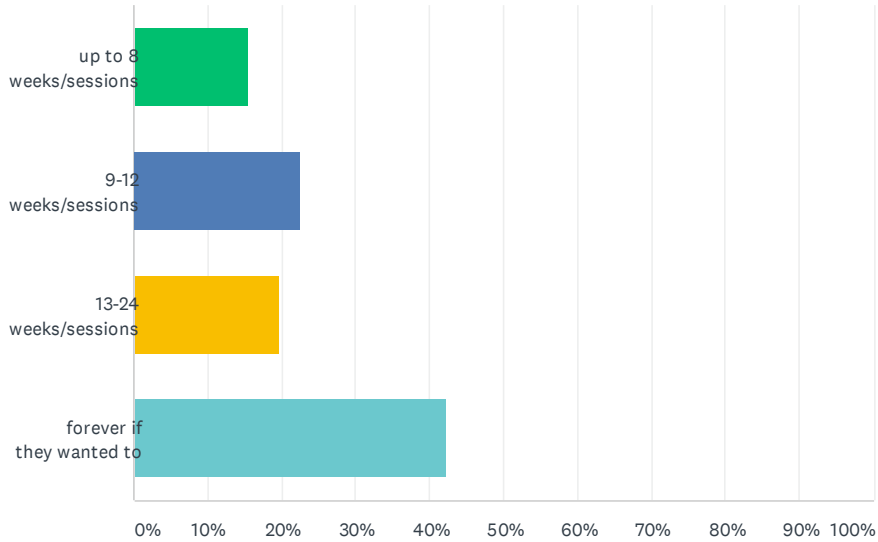


PSI Survey (FaME delivery) - A National survey of Reach and Impact

ANSWER CHOICES	RESPONSES	
I received a referral form from a physiotherapist (falls service/community etc.) as part of an agreed referral pathway	60.82%	59
I received assessment information on participants from a physiotherapist (informally/not formally agreed and recognised pathway)	28.87%	28
I received referral form from a local GP	35.05%	34
I received recommendations from local GPs	24.74%	24
People could self refer into or just turn up to my programme without assessment	34.02%	33
I never knew who referred into my programme, I was given a register of names only	4.12%	4
I did my own pre-exercise assessment with participants	63.92%	62
I sent on my pre-exercise assessment to the referrer	3.09%	3
I did follow up functional assessments with my participants	50.52%	49
I sent on my follow up assessments to the referrer	9.28%	9
I commonly had over 15 people in my groups	16.49%	16
I had help from another PSI with large classes	14.43%	14
I had help from a non-qualified 'spotter/volunteer' with large classes	26.80%	26
We had 2 trained PSIs with large classes	10.31%	10
I had help from a qualified L2/3 exercise instructor in large classes	8.25%	8
I introduced floor work to most participants	25.77%	25
I demonstrated getting up and down from the floor in sessions	74.23%	72
My participants received resistance bands and home exercise sheets to take home	68.04%	66
Total Respondents: 97		

Q20 How long could older people attend your FaME (PSI) sessions?(tick one only)

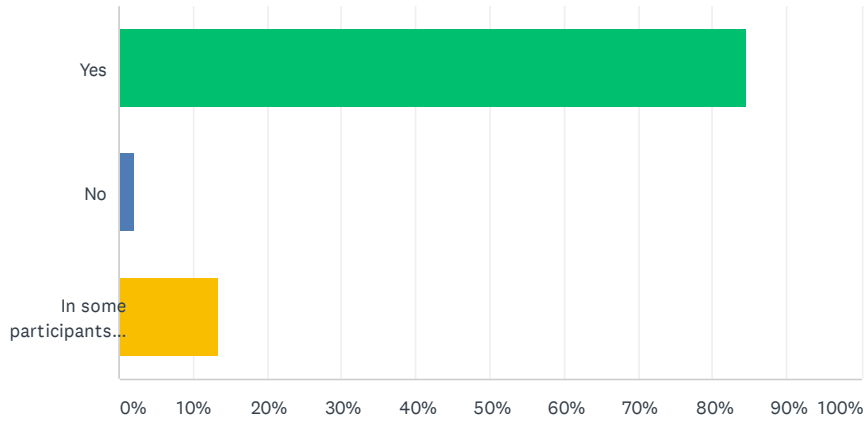
Answered: 97 Skipped: 559



ANSWER CHOICES	RESPONSES	
up to 8 weeks/sessions	15.46%	15
9-12 weeks/sessions	22.68%	22
13-24 weeks/sessions	19.59%	19
forever if they wanted to	42.27%	41
TOTAL		97

Q21 Did you recommend/support home-based exercise to top up between group sessions or one to one sessions? (tick one only)

Answered: 97 Skipped: 559



ANSWER CHOICES	RESPONSES	
Yes	84.54%	82
No	2.06%	2
In some participants who were open to receiving this	13.40%	13
TOTAL		97

Q22 Can you give us a rough estimate of how many people in total you had worked with using FaME in the last year you delivered it?

Answered: 97 Skipped: 559

32	60	5	200	30	20	60	20	36	10
10	60	60	30	40	50	20	30	45	22
15	30	200	200	40	117	6	60	40	50
200	100	25	50	30	80	50	20	50	15
20	7	30	12	30	100	80	14	8	30
20	50	50	40	20	70	100	60	90	50
50	15	1000	20	40	15	80	5	50	
25	50	10	30	40	20	12	20	60	
10	35	120	0	35	8	20	4	30	
30	24	50	100	120	300	60	10	50	

Reponses: 97

Average: 59 people

Q23 Can you give us a rough estimate of how many people in total you have worked with using FaME over the years since your qualification?

Answered: 97 Skipped: 559

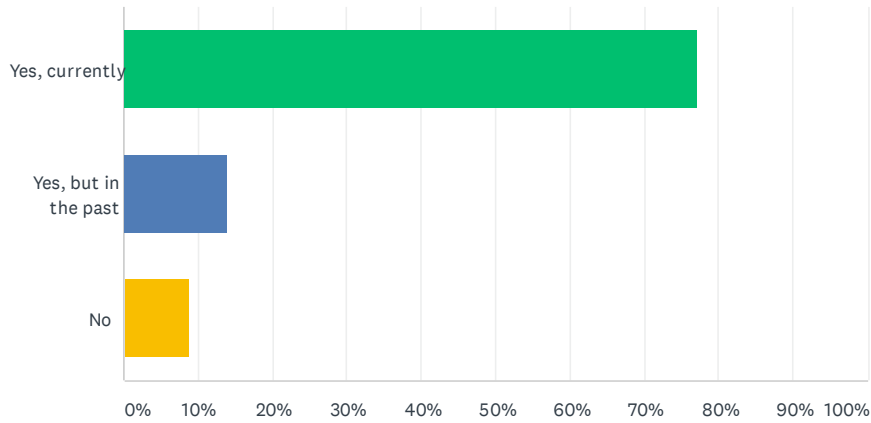
100	100	10	800	60	20	100	80	36	20
75	200	200	50	120	120	30	100	100	100
30	200	450	300	40	117	6	500	100	200
500	1000	25	200	50	120	200	25	80	30
40	7	100	100	70	100	120	14	15	60
20	300	300	100	50	120	1000	100	180	250
200	120	1000	30	100	15	400	25	240	
50	80	30	100	250	30	50	100	120	
20	125	450	50	35	15	50	4	100	
100	24	50	225	120	800	80	3500	65	

Reponses: 97

Average: 192 people

Q24 Since PSI qualification have you incorporated FaME elements within other exercise sessions you deliver to older people (but not FaME in entirety)? (eg. you might have added extra balance exercises or added in floorwork to other sessions) (tick one)

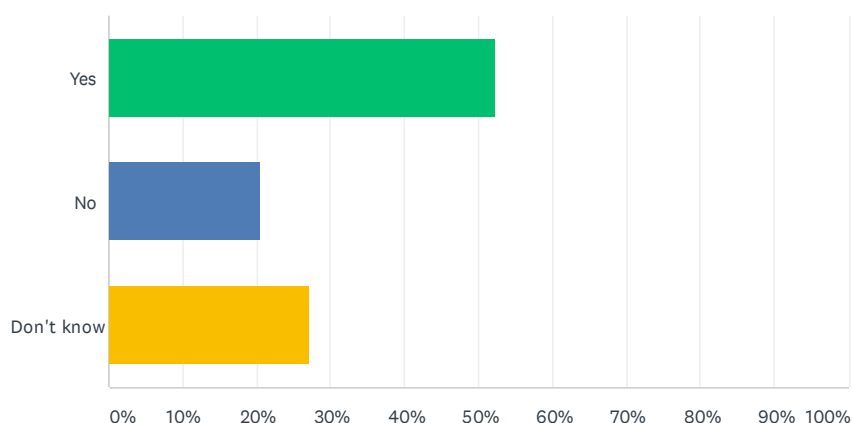
Answered: 507 Skipped: 149



ANSWER CHOICES	RESPONSES	
Yes, currently	77.12%	391
Yes, but in the past	14.00%	71
No	8.88%	45
TOTAL		507

Q25 Within the FaME service you worked for/in were there any evaluations on the effects on the older people in the programme (physical/mental/social) anytime between Aug 2013 and present? (tick one)

Answered: 507 Skipped: 149



ANSWER CHOICES	RESPONSES	
Yes	52.27%	265
No	20.51%	104
Don't know	27.22%	138
TOTAL		507

Comments:

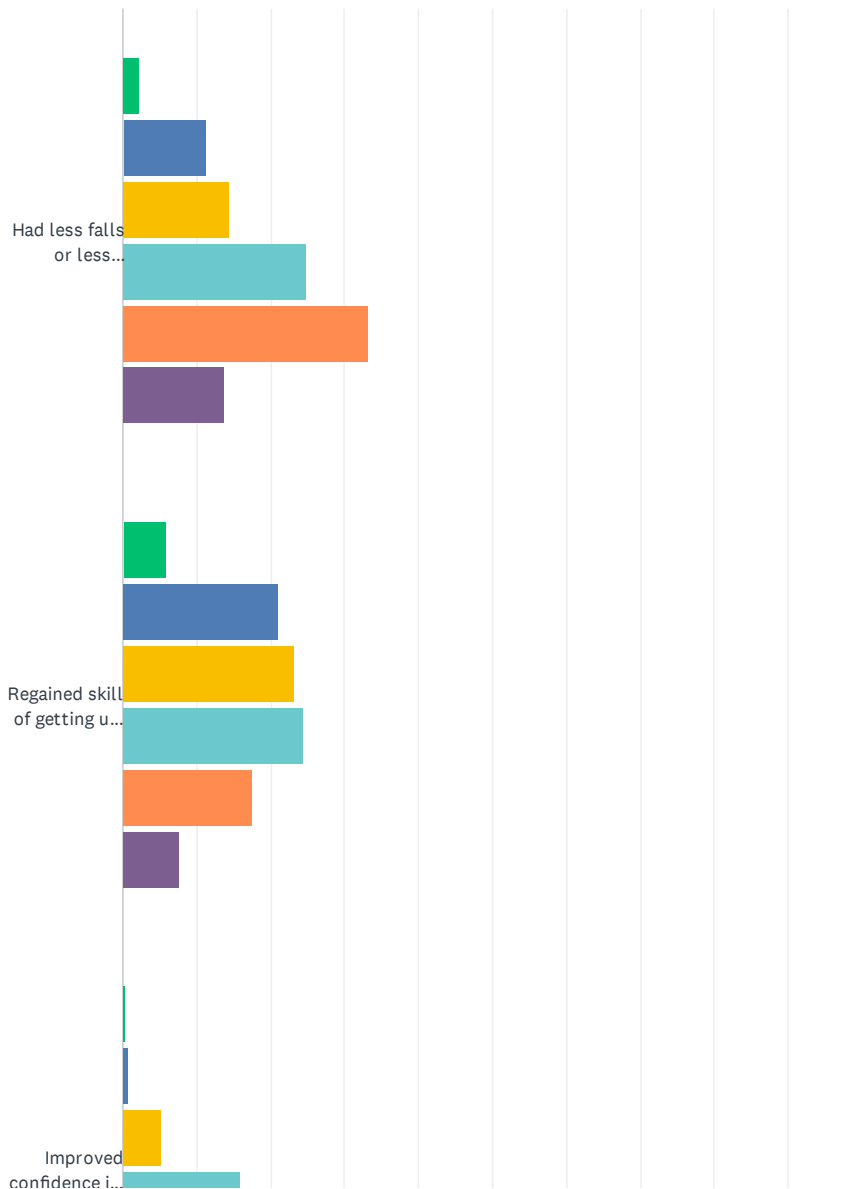
- Not sharable
- sheenagh.gifford@nhs.net
- Roberts.rebecca@denbighshire.gov.uk
- Info@activefuture.co.uk
- Na
- Hampshire Steady and Strong evaluation
- chloeredfern@sefton.gov.uk
- Too far in the past
- Jane.reddaway@nhs.net
- jane.reddaway@nhs.net
- NERS Scheme
- jane.reddaway@nhs.net
- Victoria.shaw1@nhs.net
- maritajenkinson@nhs.net
- jeannie.wyattwilliams@wлга.gov.uk
- both
- judyjones222@hotmail.com
- Not sure who did the evaluation or if it even happened
- Kerry.gordon1@nhs.net
- joanvine1@mac.com
- tom.snape@ageuktrafford.org.uk
- I don't have access to the information now
- enamarinovic@aol.com
- NERS database WLGA evaluations
- melanie.menzies@nleisure.com
- S.Goldsmith@shu.ac.uk
- outcome measures used and repeated and spreadsheet compiled
- FES-1
- Not Shareable
- angela.liatis@ageuksolihull.org.uk
- tracy.fone@nhs.net
- info@ablefitness.co.uk
- sheree.cox@btinternet.com
- Hampshire county council research
- Evaluation currently being written up
- jenny.perry@clch.nhs.uk
- sheenagh.gifford@nhs.net
- simon@northyorkshiresport.co.uk
- fitness. bude@gmail.com
- Sheffield Hallum University
- simon@northyorkshiresport.co.uk
- marie.thorne2@wales.nhs.uk
- no
- Please refer to Horsham District Council for this information
- nicola.j.kelly@hants.gov.uk
- emma@wellbalancedprogramme.co.uk
- christina.morgan@energizestw.org.uk
- NERS Jeannie Wyatt Williams
- NIALBRADLEY@AGEUKBOLTON.ORG.UK
- will have to check with service, stephen.list@solent.nhs.uk

- adi.phillips@southernhealth.nhs.uk
- lucy.reynolds@scll.co.uk
- Jeannie.wyattwilliams@WPGA.gov.uk
- Logged on NERS database
- Results of the Strictly No Falling scheme in Derbyshire are being collated by Age UK Derby and Derbyshire. I don't have a name to contact though.
- Qualitative only-case studies
- Lucy Baginskis
- Eleanor.blackwell@blaby.gov.uk
- Anngela.makin@nhs.net
- Steady Steps - Leicestershire Rutland Sport
- debbranagan@btinternet.com
- sarah.alexander@lfc.co.uk
- annasdownes@hotmail.co.uk
- Office@goodneighbourproject.org.uk
- We do our own in-house evaluations & assessments
- Ellie@almsport.co.uk
- MairEluned@ynysmon.gov.uk

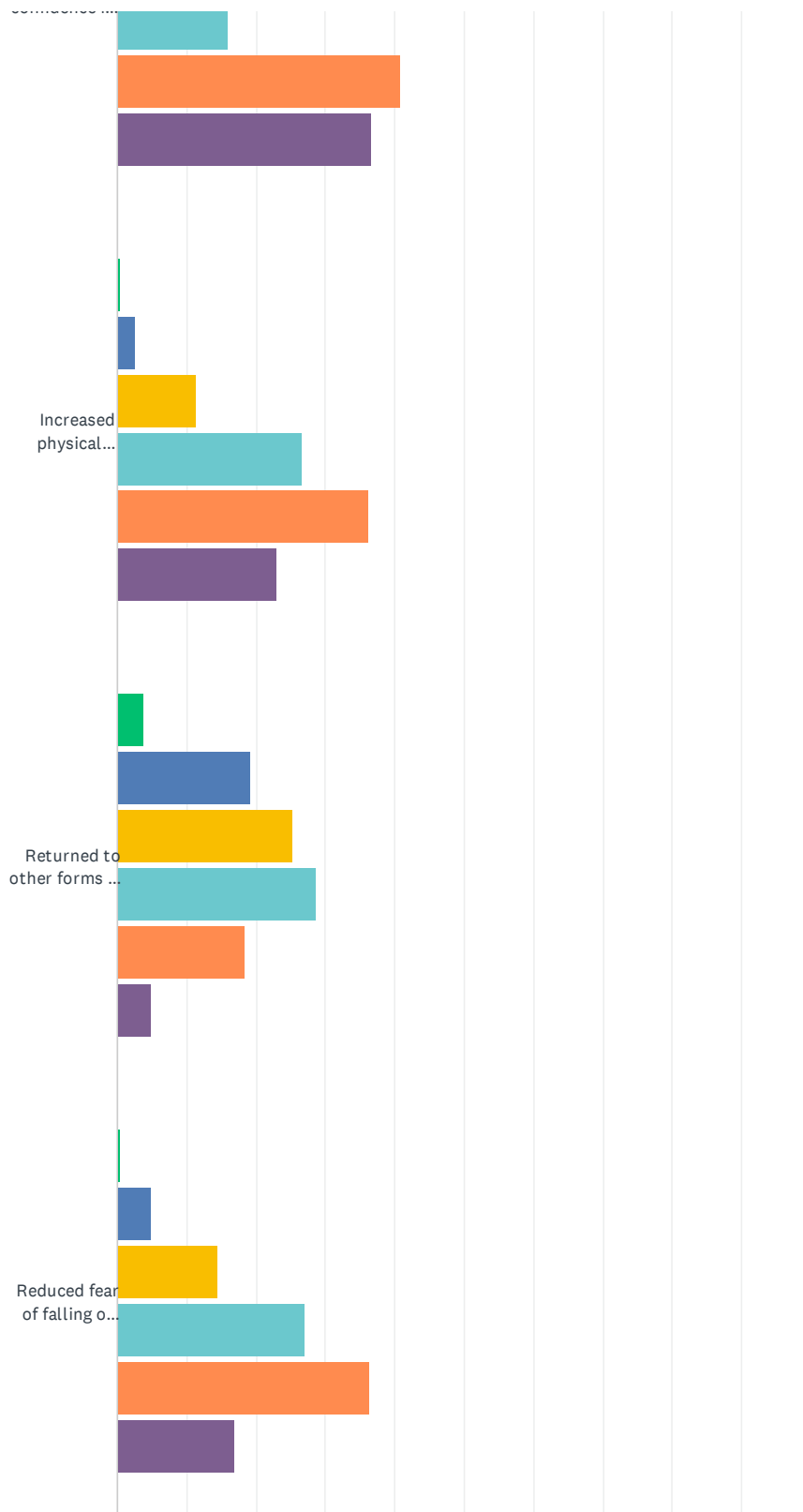
Q26 Almost there! - we want to ask about YOUR perceptions of any impact of the FaME programme on the participants. We offer a list of benefits that have been highlighted in previous evaluations or research.

Please estimate what percentage of participants in your FaME programmes spoke of or showed evidence of improvement in each of the following:(where 0% means no one showed these improvements and 100% means all showed this improvement)

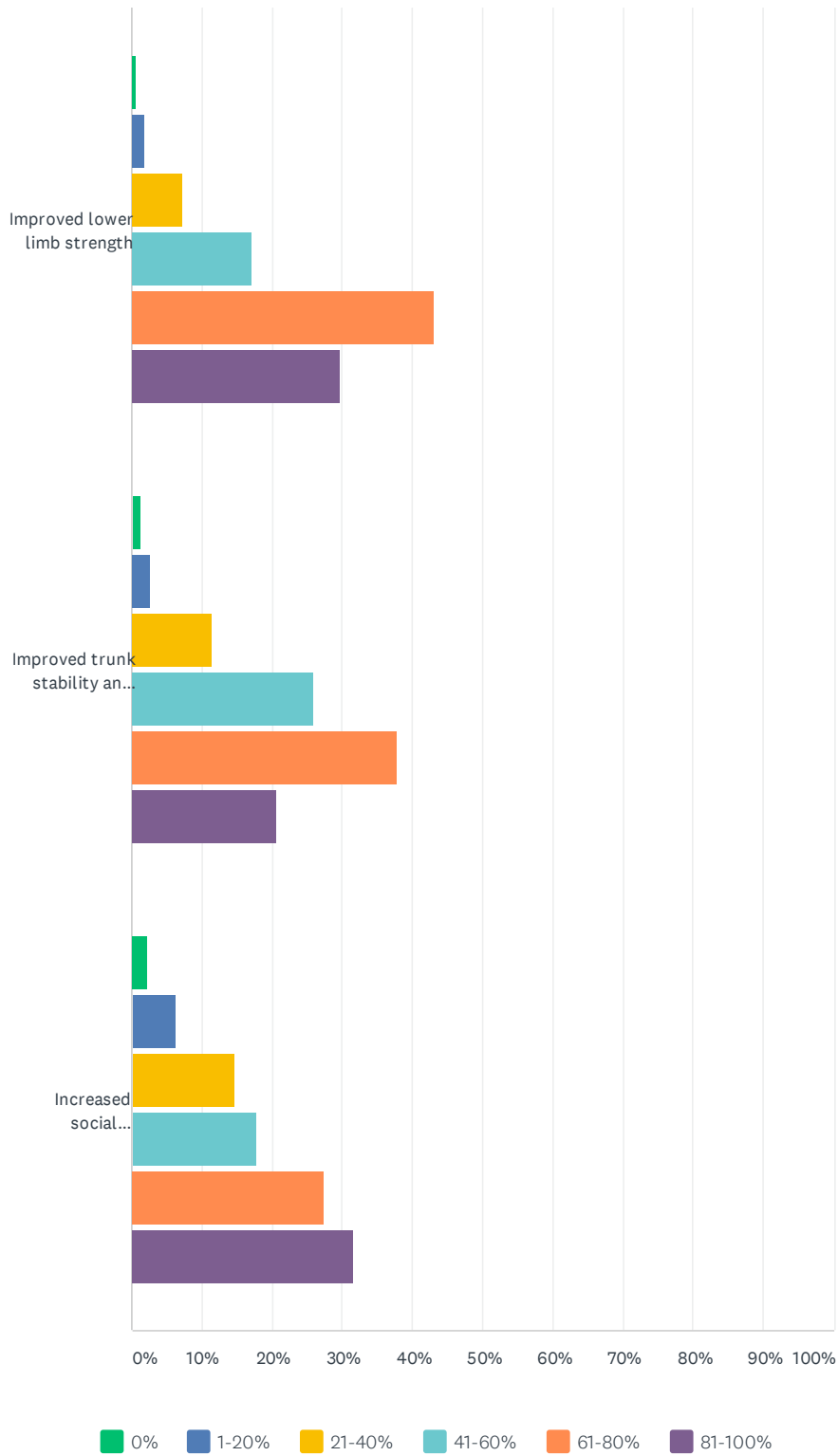
Answered: 507 Skipped: 149



PSI Survey (FaME delivery) - A National survey of Reach and Impact



PSI Survey (FaME delivery) - A National survey of Reach and Impact

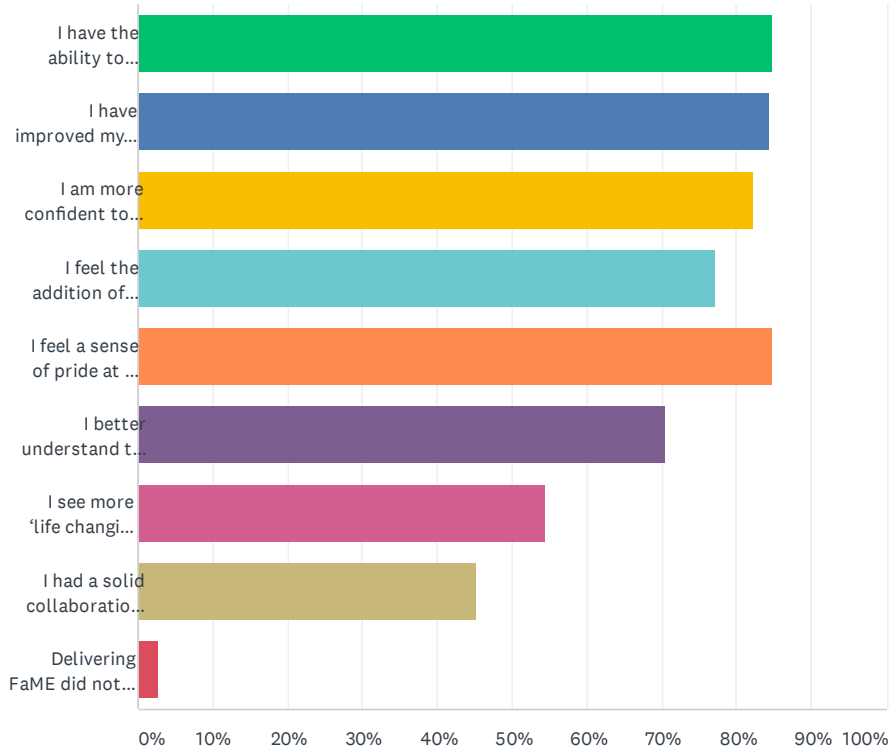


PSI Survey (FaME delivery) - A National survey of Reach and Impact

	0%	1-20%	21-40%	41-60%	61-80%	81-100%	TOTAL
Had less falls or less injurious falls	2.37% 12	11.24% 57	14.40% 73	24.85% 126	33.33% 169	13.81% 70	507
Regained skill of getting up off the floor unaided	5.92% 30	21.10% 107	23.27% 118	24.46% 124	17.55% 89	7.69% 39	507
Improved confidence in balance	0.39% 2	0.79% 4	5.33% 27	15.98% 81	40.83% 207	36.69% 186	507
Increased physical activity over and above attending the sessions	0.39% 2	2.56% 13	11.24% 57	26.63% 135	36.09% 183	23.08% 117	507
Returned to other forms of physical activity they had stopped previously	3.75% 19	19.33% 98	25.25% 128	28.60% 145	18.34% 93	4.73% 24	507
Reduced fear of falling or avoidance of activity	0.39% 2	4.73% 24	14.40% 73	27.02% 137	36.49% 185	16.96% 86	507
Improved lower limb strength	0.59% 3	1.97% 10	7.30% 37	17.16% 87	43.20% 219	29.78% 151	507
Improved trunk stability and posture	1.18% 6	2.76% 14	11.44% 58	26.04% 132	37.87% 192	20.71% 105	507
Increased social interactions with others of same age outside of the programme sessions	2.37% 12	6.31% 32	14.60% 74	17.75% 90	27.42% 139	31.56% 160	507

Q27 And Finally, we would like to know what effect leading these FaME programmes had on you as an instructor? (tick one or more options whichever you think best describes the effect on you compared to other exercise programmes you deliver)

Answered: 507 Skipped: 149



PSI Survey (FaME delivery) - A National survey of Reach and Impact

ANSWER CHOICES	RESPONSES
I have the ability to individualise the exercises to the preferences and needs (health etc) of my participants	84.81% 430
I have improved my skills to deliver exercise to older people using FaME	84.22% 427
I am more confident to progress the balance and strength challenge to participants using the FaME programme	82.25% 417
I feel the addition of FaME exercises into my other sessions have improved the outcomes for older people in those sessions	77.12% 391
I feel a sense of pride at the changes I see with the people in my FaME programmes	84.81% 430
I better understand the need for regularity in exercise for training gains and the importance of dose	70.41% 357
I see more 'life changing' improvements in my FaME participants than in other exercise programmes I deliver	54.44% 276
I had a solid collaboration with health professionals and falls services	45.17% 229
Delivering FaME did not have any effect on me as an instructor	2.76% 14
Total Respondents: 507	