

PREVENTING FALLS IN OLDER ADULTS WITH FaME

The evidence-based intervention...

VIEW THE
TOOLKIT

What's going wrong?



30-50%
of older people aged 65+ fall
at least **once a year**

£4.4B
cost to health and care system



**Most commissioned interventions
do little to reduce falls and
waste resource:**

Lack of dosage, content and not attracting
or retaining those most in need, reduces
falls by just 0-6%



£249
per ambulance
call-out



£1.1k
per day in hospital

No.1
cause of emergency
admissions for older
people

£14.6k

per hip
fracture

'Some' exercise is not good enough



**Evidence-
based**

strength, balance and exercise
training programmes are critical
to effective falls interventions

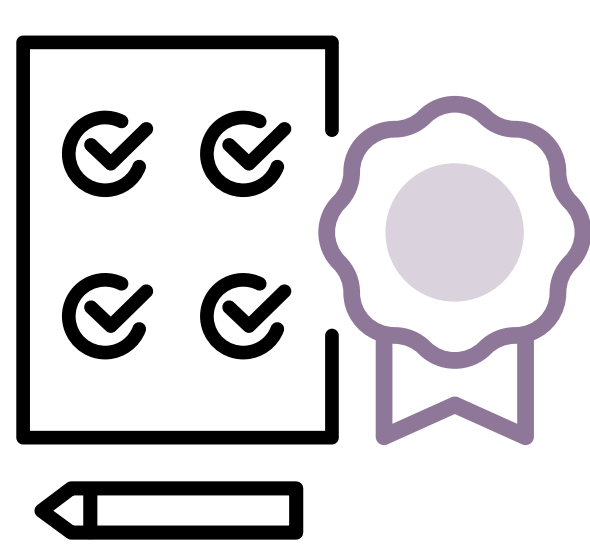


20+
years

of published clinical
trials and real-world
studies

The Falls Management
Exercise (FaME) Programme
is one of just 3 exercise
interventions

**Recommended
by a 2025 UK
Policy Briefing**



26-54%

reduction in falls with FaME



Making FaME a reality

FaME is feasible to deliver
in real settings and produces
real-world evidence
comparable to clinical trials



Our NICE endorsed
implementation toolkit
covers everything you
need to know

Watch this video to hear
from service users & staff



Monitor &
Evaluate



Benefits
Calculator



Build a Business
Case



Plan
Implementation



Deliver FaME

How health & local authority commissioners,
NHS Trusts and delivery partners
can use the **Toolkit**

What return to expect from implementing FaME?

26-54%

reduction in falls in your
region with FaME
Some regions report
as high as 88%



1 year:

Those who attend FaME
remain active one year
after it has ended



Classes are delivered
by specialty trained
postural stability
instructors, reducing
need for clinician-led
classes



**FaME realises
significant economic
and social return
on investment:**



For every **£1** of public health
money invested in FaME the social
return to the public purse is £50.59

**Every
£1**

of healthcare money invested in FaME
saves £2.28 in future healthcare costs



If you prefer to discuss in person, contact a member of the team: info@nfit.org.uk