

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

No.1
cause of emergency admissions for older people



£1.1k
per day in hospital

£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

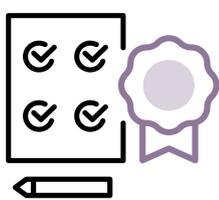


20+
years

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



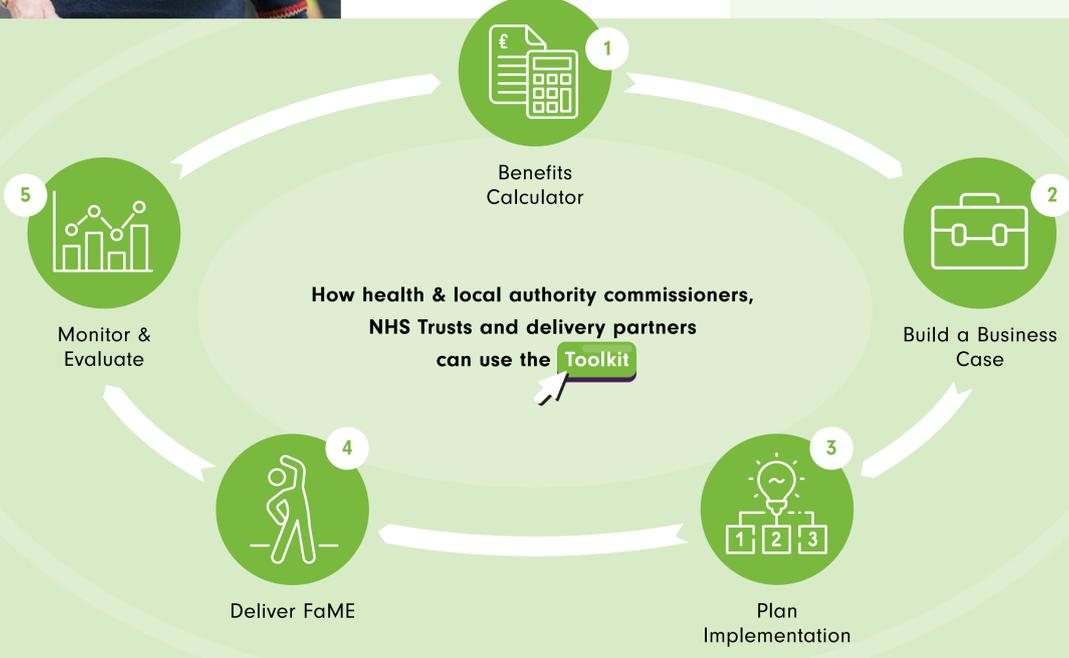
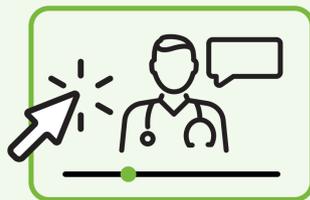
Making FaME a reality

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



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:

£1 = £50

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