

SUPPORTING OLDER PEOPLE TO GET UP, STAY UP, AND LIVE THEIR BEST LIVES!

IT'S NOT ALWAYS OBVIOUS
WHO IS AT RISK OF FALLS...



SOME MAY FEEL UNCOMFORTABLE
DISCUSSING IN FRONT OF FAMILY

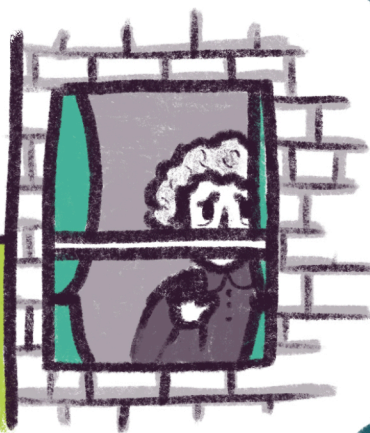
NEED TO
CONSIDER LIFESTYLE
AS WELL AS OTHER
CO-MORBIDITIES



SOME MAY BE
AVOIDING THINGS THEY
MIGHT USUALLY DO DUE TO
THE FEAR OR RISK OF FALLS



6 PEOPLE OVER 80
FALL EVERY MINUTE
IN THE UK...



WE NEED TO
ENSURE THIS
HELP REACHES THOSE
WHO NEED IT.

ADVERTISE
WHERE
PEOPLE
WILL SEE!

• **FaME** IS AN EXERCISE PROGRAMME
THAT IMPROVES STRENGTH, STABILITY
AND CONFIDENCE IN BALANCE

• IT IS A **PLACE-
BASED** **SOLUTION**

REMEMBER!



DOESN'T NEED TO BE
'GENTLE' - IT SHOULD BE:

**CHALLENGING &
EMPOWERING!**



I NO LONGER SHUFFLE
MY FEET WHILST
WALKING!

I CAN'T SAY HOW MANY
THINGS AROUND THE
HOUSE THIS COURSE HELPS
WITH!

I NOW WALK
WITHOUT
A STICK!



Looking at local needs

• WORKED WITH THE SOUTH WEST
AHSN TO

SPREAD
THE PROJECT
ACROSS DEVON!

ANALYSIS HAS
FOUND FaME TO BE
A COST-EFFECTIVE
AND EFFICIENT
WAY OF PREVENTING FALLS



SKETCHNOTES BY
GRACEELIZABETH.CO.UK

