

How Falls Management Exercise (FAME) classes have supported older adults in Plymouth over the last 6 months

1 Reducing falls

FaME has resulted in a falls rate reduction of 88% across the 6-month programme, with only 5% of attendees experiencing a fall, in comparison to 70% in the 12 months before FaME.



2 Reducing attendance at hospital

Throughout the 6-month programme there have been no broken bones, A&E attendances or admissions to hospital.

In the 12 months prior to FaME, 10% of participants experienced at least 1 broken bone, 17% attended A&E and 5% had an admission as a result of a fall.



3 Building confidence

Attendees report an improvement in confidence with everyday activities and walking.



"It has completely changed my life. I feel I am much stronger in upper and lower body. I have no use for my walking stick."

"After having 2 nasty falls my confidence has returned and I feel more like me again."

5 Getting fitter

Over half the attendees improved their moderate intensity physical activity by at least 15 minutes per week.



Over 80% of participants were actively planning on continuing with strength and balance exercise after finishing FaME.

"I now have the want to continue with exercising at home and urge to improve my health."

4 More balanced, walking better and stronger at the end of FaME

Based on a range of physical tests carried out during FaME, just under half of participants were walking faster and $\frac{3}{4}$ of participants improved their balance and muscle strength.

"I'm already feeling stronger and steadier in walking. Thanks to you I've got my confidence back."



6 Things we didn't expect

1 in 3 attendees reported improved self-rated anxiety and depression.

1 in 4 attendees reported improved pain/discomfort.

Over half reported improved self-rated health.

"I walk with a more upright posture and experience very little discomfort in my knees and hips."



If you want to know more about FaME classes in Plymouth: www.oneyouplymouth.co.uk/fame/