



accidents don't have to happen

# Stand Up Stay Up

*Taking the Rise Out of Falls:*

*Falls Prevention Programme...* **The results so far...**

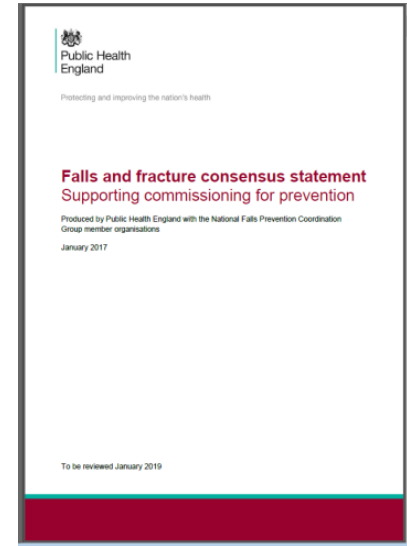
Ashley Martin

Public Health Adviser

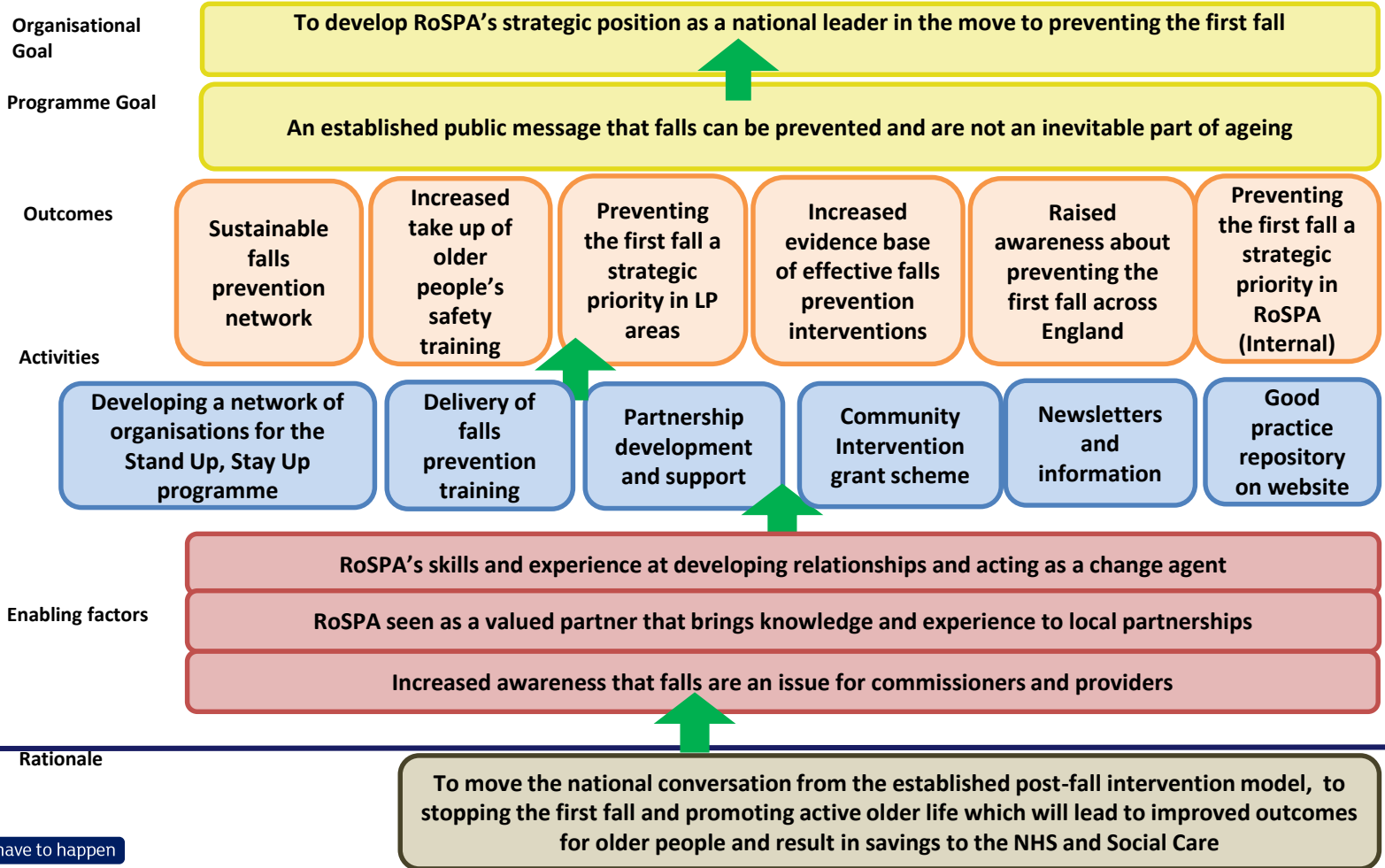


# Stand Up Stay Up – a national falls prevention programme

- **Funded by the Department of Health (DOH) 2016-19**
- **National programme focusing on preventing the first fall**
- **10 local partnerships across 7 of 9 government regions**
- **Supported delivery of National Falls Consensus Statement**



# An overview of the Stand Up, Stay Up Programme Theory of Change



# A multi-faceted approach...

- **Home improvements** – Introducing modifications for people suffering from dementia and for people who attended exercise classes
- **Training frontline staff/carers – 300 trained**

“When I go into the community, being more vigilant and more aware of the environment, the types of dangers that could be there.”



Increased knowledge of causes, consequences and costs of home accidents



More confident to promote a safer home environment



More confident to conduct home safety risk assessments

- **Pharmacy training** -how pharmacy teams can help to prevent falls is being made available nationally following successful delivery to 32 pharmacy professionals in Northamptonshire.

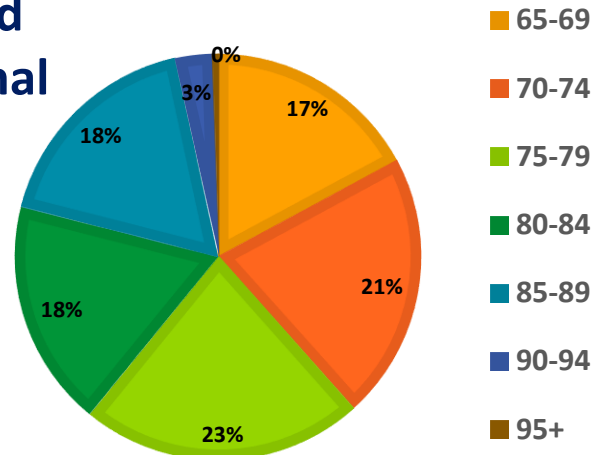
# Strength, balance and beyond:

- **Staying Steady** – Leisure services providing strength and balance classes
- **Move it or Lose it** – biometric measures captured at the end of the sessions along with client satisfaction and personal outcomes data
- **Using Community Assets** – Providing educational resources in libraries
- **It aint what you do...** video launching community wide activities
- **Gathering evidence – the common dataset**



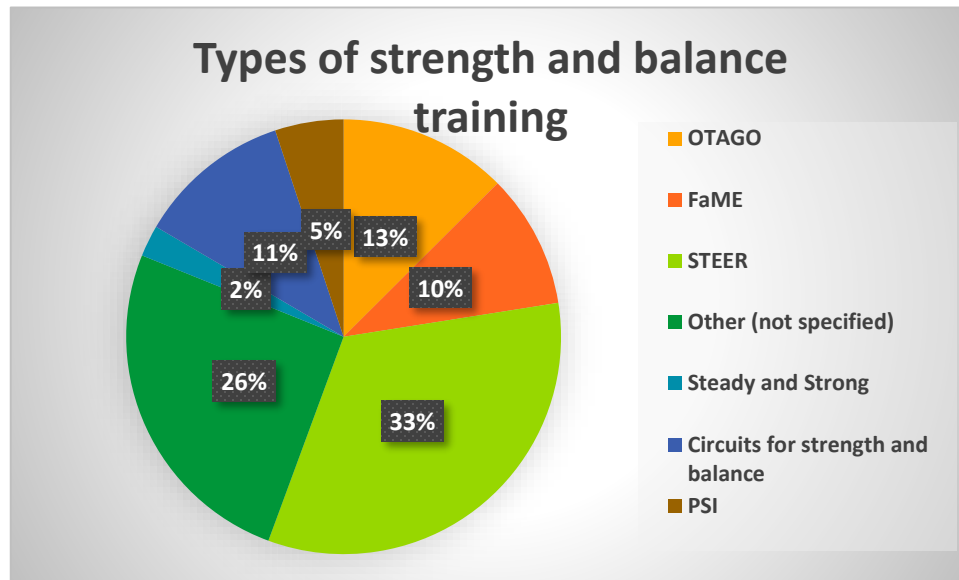
# Towards a common dataset

- Partners and networks invited to share data on strength and balance classes
- Mixed class types – results after 12 weeks
- Three measures: Sit to Stand, Timed Up and Go, and The Falls Efficacy Scale–International (FES-I):
- Results: 11 areas – over 471 participants
- 62% over 75 yrs



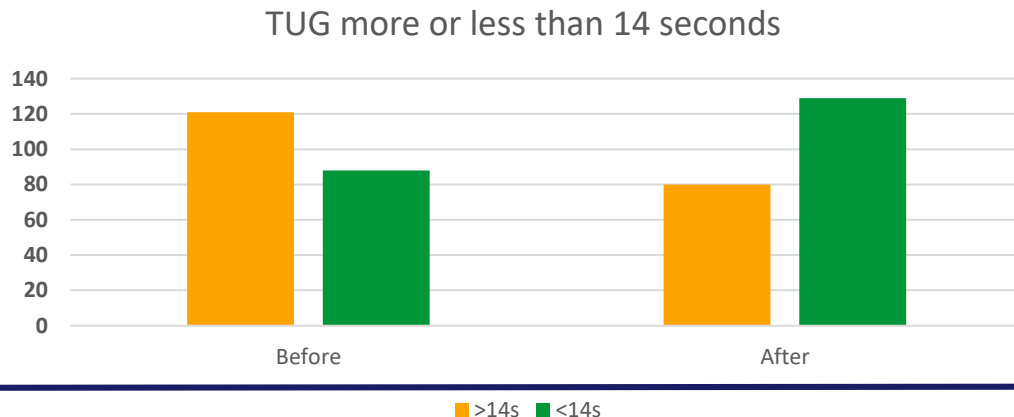
# Towards a common dataset

- 23% FaME or Otago
- Others based on local variations
- Average length 12 weeks



# Timed Up and Go

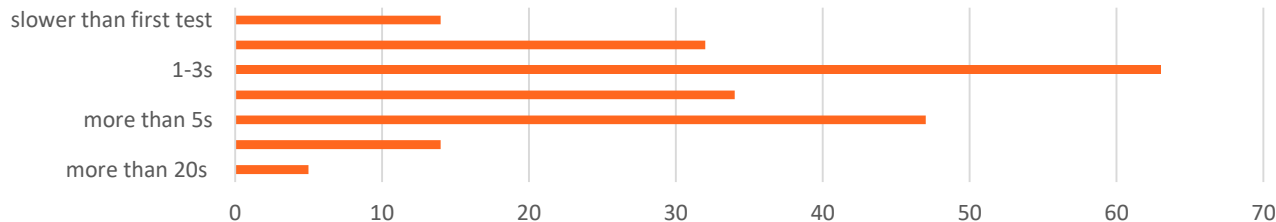
- Research suggests that a score of 14 seconds or greater indicates an increased risk of falls.
- 209 complete results: BEFORE: 121 completed task in >14 secs, 88 <14 secs
- After the exercise classes these figures were more or less reversed.



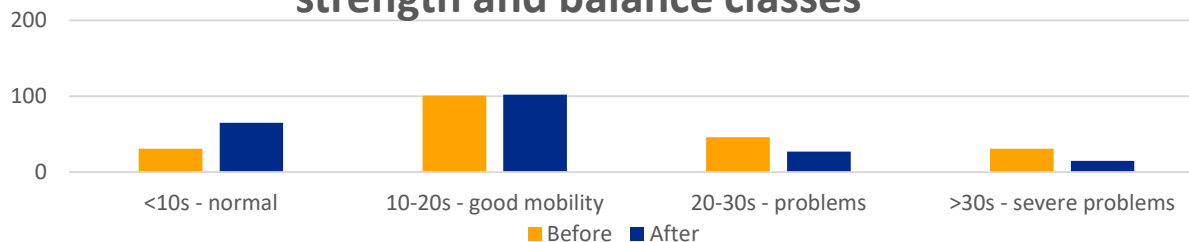


# Improvement after exercise classes

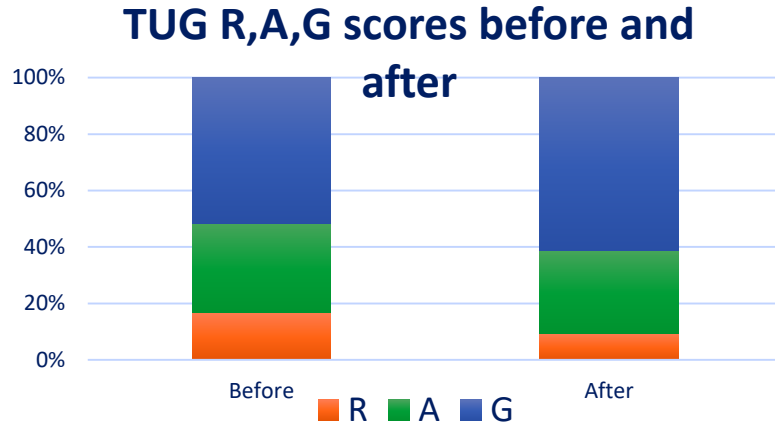
## TUG Improvement in seconds after exercise classes



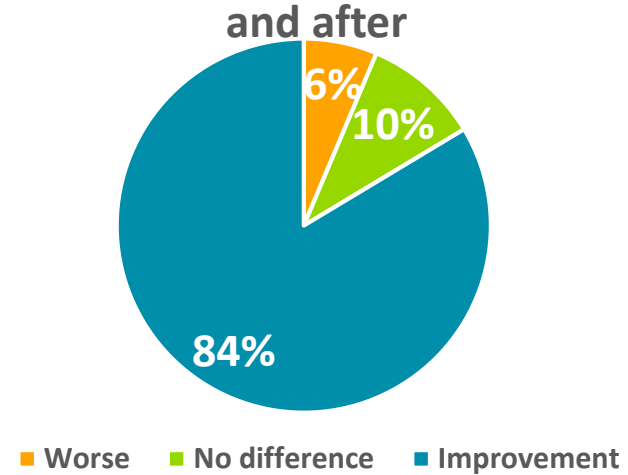
## Participants mobility before and after the strength and balance classes



# Towards a common dataset



**30 Second Sit-to-stand test- before and after**

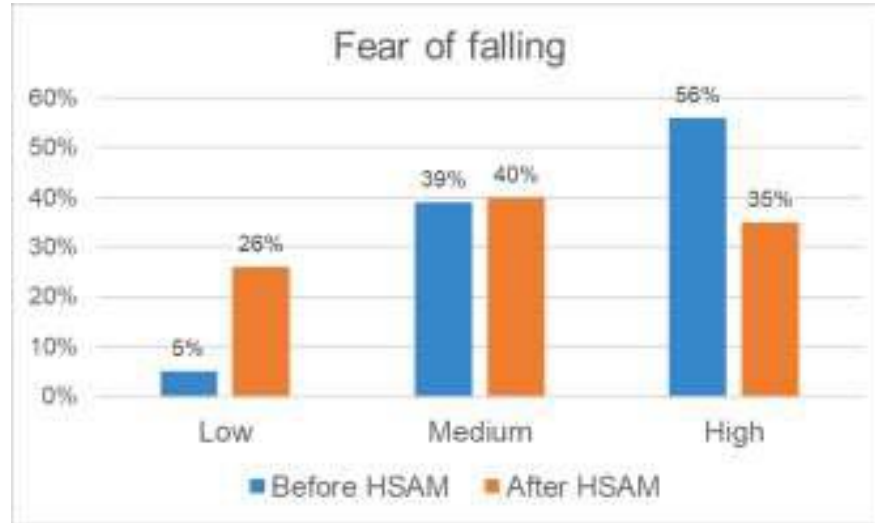


- TUG, improvements based on 180 participants
- Sit-to-stand improvement based on 299 participants

# Home improvements

- Home Safety Improvement programmes in Bristol and Northamptonshire demonstrate reduction in fear of falling

**£1.00** spent on assessment and modification for people who have already had at least one fall gives savings of **£3.17** in health and care costs. Public Health England



*Mr C said he felt “much safer” using the floor to ceiling pole as well as “finding all the rails beneficial”*

# Independent evaluation

- Working with RoSPA is helping to strengthen the focus on preventing the first fall.
- Funding and other resources allocated to shifting the falls agenda to early prevention
- Partnerships recognise that preventing the first fall requires the creation of new referral and service pathways.
- Training has increased frontline staff and volunteers' knowledge and influenced the way they work.
- Local partners are sharing ideas and good practice with each other and doing things differently.



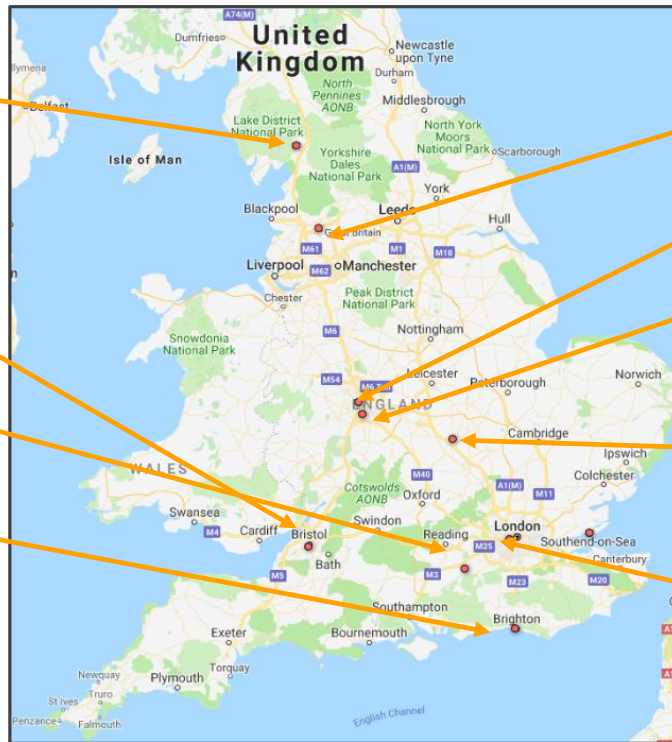
# Sustainability for improved lives

**Cumbria** – 23 Living Well coaches recruited

**Bristol** – Strength and balance built into contracts for two years

**Hampshire** – 24 falls champions trained

**Brighton** – Otago included in community activities



**Blackburn** – early falls prevention a priority

**Sandwell**, TUG embedded into community settings

**Birmingham** – a priority strategic objective

**Northamptonshire** – embedded into whole systems approach

**London** - Expanded exercise programmes continues

# The main objective: Improved lives

- *“I found the event very helpful particularly the MOT and fat/bone/muscle reading. I know now what I should be aiming to do going forward to improve my health.”*
- *“Very encouraging and motivating to take action”*
- *“Puts one’s mind at ease. I know everything is alright but some things I have to work on”*
- *“It brings back that confidence in you – it makes me feel younger”*



# Results so far: raised profile

- “We do more because the SUSU Project Officer is there .... RoSPA are bringing change – they’re changing us as an organisation.”
- “It has provided a networking and learning opportunity which has helped with new ideas, what has been done elsewhere and what has worked.”
- “The programme...helped to focus our thinking especially in terms of outcomes”.
- “Being part of a project with ROSPA has...helped to encourage partners to understand the importance of primary prevention.”





# Thank you!



**ROSPA**

accidents don't  
have to happen



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