

Title of Intervention: Falls Management Exercise (FaME) Program

Intervention Strategies: Group Education, Individual Education

Purpose of the Intervention: To prevent injuries and falls

Population: Women over the age of 65

Setting: Community-based, home-based

Partners: None mentioned

Intervention Description:

- **Group Education:** The FaME program is 36 weeks of Falls Management Exercise classes, which include the basic fitness components and adaptations that would be seen in any older adults' exercise class. In addition, there are specific progressive falls management strategies within the program that strive to ensure safety and comfort. The program includes a combination of supervised group and self-directed home based sessions. Qualified specialists with additional falls management training, together with hip protectors worn during the class, were used to keeping risks at a minimum. Quality and consistency was assured through regular monitoring and training by research staff. The progression of the program was arranged in three phases which have been named "Skilling up", "Training gain" and "Maintaining the gains".
- **Individual Education:** The home-based sessions were aided by an exercise booklet in large print with illustrations of the correct technique for each exercise. Each exercise was taught and checked for correct technique during the supervised class.

Theory: Not mentioned

Resources Required:

- **Staff/Volunteers:** Senior specialist exercise trainers
- **Training:** Not mentioned
- **Technology:** Not mentioned
- **Space:** Room to conduct group exercise classes
- **Budget:** Not mentioned
- **Intervention:** Hip protectors, exercise booklets
- **Evaluation:** Daily falls diaries, balance, strength and flexibility measurement tools

Evaluation:

- **Design:** Case control
- **Methods and Measures:**
 - Pre-exercise assessments measured individual asymmetry and specific problems with balance, strength and flexibility.
 - The number of falls in each group was assessed through daily falls diaries, which were completed and turned in by participants every two weeks.

Outcomes:

- **Short Term Impact:** Not measured
- **Long Term Impact:** There was a significant reduction in the number of falls during the intervention period for the exercise group compared with the control group.

Maintenance: Not mentioned

Lessons Learned: This intervention provides evidence that progressive individualized balance and strength exercise can reduce falls among frequent fallers.

Citation(s):

Skelton, D., S. Dinan (1999). "Exercise for falls management: Rationale for an exercise programme aimed at reducing postural instability." *Physio: Theory Practice* 15: 105-120.

Skelton, D., S. Dinan, et al. (2005). "Tailored group exercise (Falls Management Exercise -- FaME) reduces falls in community-dwelling older frequent fallers (an RCT)." *Age Ageing* 34(6): 636-9.