



Introduction to Strictly No Falling

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Project background

Strictly No Falling project is funded by DCC Public Health and delivered by Age UK Derby & Derbyshire. Our core aims are to reduce falls rates and avoid injurious fall leading to hospital admissions and to help people in Derbyshire live stronger for longer.

Falls remain high on the Health and Wellbeing Board agenda and due to an ageing population will continue to. SNF was created and commissioned by DCC Public Health to support this.

Age UK Derby & Derbyshire as an organisation has been involved in the development and implementation of falls prevention services for over 19 years, winning the contract for delivering Strictly No Falling in 2013 and twice more subsequently

Royal Society of Public Health Award nomination

A Royal Society of Public Health recognition saw the core SNF team attend the award ceremony in London. The team were delighted to be recognised as runners up in the Health at Every Age category out of hundreds of nominees, and it offered the opportunity to learn more about innovative and exciting approaches to Public Health across the country.

Shooting Stars board game

The Shooting Stars game, thanks to an idea that one of our community instructors had, was developed during the first COVID lockdown. It is a large floor game based on Snakes and Ladders, with each number having a different exercise for players to carry out. The Strictly No Falling team delivered one of these FREE games to every care setting in the county. Care homes received this contact and support warmly.

Meet the SNF Advisor team (Derbyshire)



Falls Prevention Service Manager and Falls Advisor (North)

Hello, I'm Jo Briggs, I have worked on the Strictly No Falling programme since 2013. I began my role as a Falls Advisor covering the south of the county. I continue to do this role but now in the north of the county. As the programme expanded, in 2015 I took on the role as manager. I have worked in the fitness industry since 1994, working with all age groups and delivering exercise to various groups. My journey into falls prevention began in 2012 when I completed my Chair Based Exercise qualification. I went on to complete the Otago, Postural Stability, Tutor Training, Assessor and IQA qualifications. I tutor the Otago training programme to further develop the skills of our instructors. I am passionate about sharing my skills and knowledge to help others stay safe and independent.

Community Falls Prevention Advisor (South)



Hi, my name is Emma and I have worked on the Strictly No Falling project since 2018. I was originally working on our sub-project called Zing My Zimmer, which was designed to prevent up to about 60% falls in care homes. The project proved successful because in the care homes I visited, there were 59% less falls than the previous year. I also teach a Chair Based Exercise and Otago class to a wonderful group in Heanor. Prior to this, I worked in a care home in Amber Valley for about 6 years, a position I loved before heading off onto a new scary venture - maternity leave!



Care Home Falls Advisor Hi, I'm Sarah Smith in January 2023 I joined the Strictly No Falling project. I have spent 20+ years working in day centres and care homes. I am extremely passionate about supporting adults to maintain and develop their skills and knowledge to enable them to retain their independence for as long as possible. For the last three years I have been managing two of the Age UK Derby and Derbyshire day centres and have been very fortunate to see the positive impact regular movement and exercise has on our older people.



Hello, I am Alison Milner. I joined Age UK Derby & Derbyshire in September 2020, working in the finance team. In February 2023, I joined the Strictly No Falling Team to help with admin/referrals etc. Prior to working here, I spent 23 years working in banking and 10 years as the administrator in a dementia registered care home.

Falls Prevention and why does it matter?

Falls are everyone's business. The impact of falling on individuals is highly detrimental to physical, emotional and psychological wellbeing, often leading to loss of autonomy and confidence and the restriction of daily activities.

However, many falls among older persons are associated with identifiable and modifiable risk factors. Appropriate physical activities or exercises to improve strength, balance, and flexibility are both beneficial and cost-effective interventions.

The median age of the population in Derby and Derbyshire is expected to increase by 3 years between 2018 and 2043, with the number of people aged 90 or over expected to double during the same period. Older people are at an increased risk of having a fall, and falls are the most common cause of injury related deaths in people over the age of 75. As a result, falls prevention is high on the Health and Wellbeing Board agenda.

Examples of ways to help prevent falls and risks:

- **Having regular eye tests**
- **Having feet and nails treated by a chiropodist or foot care professional**
- **Regular checking of footwear for fit, condition and comfort**
- **Do care settings have policies on residents mobilising independently?**
- **Completing our Falls Awareness and the Benefits of Exercise**
- **The use of appropriate walking aids if necessary**

The Community strand of the project aims to:

Work to bring together different agencies who care and support older adults -

We promote the service to encourage referrals from these providers. We then contact clients to discuss their needs and answer any questions they may have. If we can meet their needs, we can offer a place in a weekly `Strictly No Falling` class in their locality. If our setting is inappropriate we will refer to a service that can. The benefits of joining a session include – reducing social isolation, meeting others experiencing similar issues and improving or maintaining stamina, strength and balance. This will help reduce the risk of falls, serious injury and support reducing the burden on NHS and emergency services.

Offer training and ongoing support for those interested in setting up a community class.

We deliver Chair-based exercise courses. We then can offer to upskill with further training to attend the Otago CPD Training to deliver the strength and balance element, which is needed to prevent falls. We currently have 160 classes across the county and continue to set up new classes in areas of high need and low provision. We also promote this training to identify suitable potential instructors.

The Care Homes and Day Services strand of the project aims to:

Recognise and celebrate the existing and future work undertaken by care settings to maximise quality of life for residents and service users through a structured award scheme.

Support the formal and informal upskilling of care home staff in relation to falls prevention and awareness, and the importance of functional mobility for overall wellbeing.

Support the development and delivery of physical activity within care homes by staff, in the form of structured exercise sessions and less formalized physical activity.

Our offer for the community and care settings

- **Tailored support** from our Falls Prevention Service Advisors, including regular mentoring of staff delivering activities.
- **Flexible, solution-focused approach** to developing strengths and managing limitations.
- **Recognition and evidencing** of your organisational commitment to falls prevention via an award scheme and website listings.
- **Structured guidance** for increasing physical activity.
- **Online training** in Falls Awareness and the Benefits of Exercise.
- **Access to training courses**, such as Chair Based Exercise, Otago CPD training and our very own E.M.M.A. (**E**very **M**ove **M**atters **A**lways) workshop.

Training available to potential community instructors and care home staff

Chair Based Exercise and Otago (strength & balance)

Physical activity of any kind has numerous health benefits. However, in order to directly reduce falls risk, the evidence base indicates that structured strength and balance exercise is required. In order to reach the highest levels of the Strictly No Falling Care Home framework, activities which incorporate these components must be delivered regularly within the setting.

The Chair Based Exercise training course is demanding and intensive, and so care home staff and their managers are required to undertake preparatory work to ensure that they are ready to undertake the course. Upon successful completion of the Chair Based Exercise course, you will be eligible to undertake the Otago CPD Training, which equips learners with the knowledge to deliver standing exercises to further challenge balance.

Alternatively, care homes who offer residents access to community Chair Based Exercise classes, or who invite an independent instructor to deliver classes in the setting, are also eligible to receive recognition

Every Movement Matters (Always) (E.M.M.A)

Developed in-house by the SNF team, the E.M.M.A programme is designed to bridge the gap between total inactivity and a high degree of frailty, and more formal exercise sessions such as chair based exercise or Otago. Many course attendees from care home settings express the concern that their residents will find chair-based exercise too challenging to engage with, and sometimes the preconception that their residents are 'too frail' to engage in movement of any kind.

The E.M.M.A programme focuses on simple, functional movements, which older adults, even those who are very frail, may already be engaging in as part of their day to day routine. By training care staff to break down, progress and correct the form of these simple movements, it is hypothesised that activity levels can be increased and frailty levels reduced.

Falls Awareness and The Benefits of Exercise

Our Falls Awareness and Benefits of Exercise eLearning, developed in-house, are now available for free on the Age UK DD website. These offer flexibility for completion and are a great tool to boost falls causes and prevention knowledge.

Contact details and useful links

North Derbyshire:

Jo Briggs (project manager and community)
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07837 277252

Age UK Derby and Derbyshire Admin:

Alison Milner
administration@ageukderbyandderbyshire.org.uk
07547 327923 / 01773 766922

South Derbyshire:

Emma Richards (community)
emma.richards@aukdd.org.uk
07921 083351

Care Homes:

Sarah Smith
sarah.smith@ageukdd.org.uk
07712 568 838

To see what classes we have in Derbyshire, please visit:

<https://www.ageuk.org.uk/derbyandderbyshire/activities-and-events/snf-classes/>

To make a referral for one of our classes, please fill out the box on this link:

<https://www.ageuk.org.uk/derbyandderbyshire/our-services/exercise/snf-referrals/>

For information on our services within Care Settings:

<https://www.ageuk.org.uk/derbyandderbyshire/ourservices/exercise/fallsprevention-care-homes/>

To source a Falls Action Card:

<https://www.ageuk.org.uk/derbyandderbyshire/our-services/exercise/falls-action-card/>

To find out more about applying for training:

<https://www.ageuk.org.uk/derbyandderbyshire/activities-and-events/training-courses/>

To complete our online falls prevention courses:

<https://www.ageuk.org.uk/derbyandderbyshire/activities-and-events/falls-awareness-elearning/>