

FaME

Falls Management Exercise

Example delivery models

The report 'Raising the bar on strength and balance: the importance of community-based provision' by the Centre for Ageing Better and University of Manchester's Healthy Ageing Research group presents the models of delivery, issues, barriers and innovative solutions of community-based strength and balance programmes. The report is full of downloadable documents and videos from programmes across England that illustrate good and innovative practice. The report can be found here <https://www.ageing-better.org.uk/publications/raising-bar-strength-balance>

The figure below illustrates the FaME programme in Leicestershire (locally called Steady Steps) examined in the PHISICAL study.



