



accidents don't have to happen

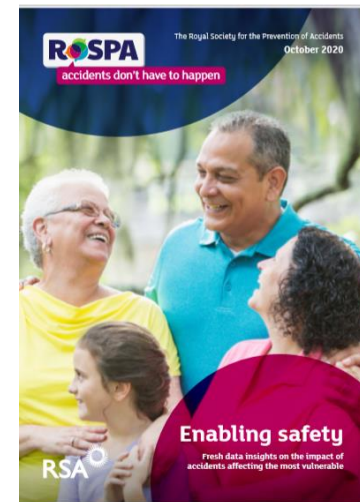
Fall Fighters and Later Life Roadshows

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RoSPA's partnership with RSA

- A long-term strategic partnership
- Follows research into key areas
- The initial priority – preventing falls in the home



- *“Most participants felt there was insufficient support and advice on accident prevention for older people and their carers”*
- *“Two-thirds of people feel uncomfortable raising safety issues with their older relatives”*

Project aims

- Raise awareness of falls prevention, among older people and their families
- Increase the uptake of strength and balance exercises among older people
- Improve the safety and wellbeing of older people in the midst of the coronavirus pandemic.



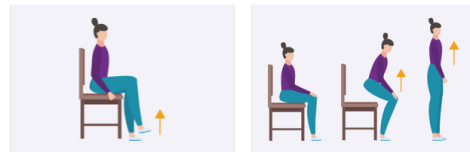
New web hub

How I can maintain strength and balance?

Regular light activity and movement throughout your day, coupled with some specific exercises that help to improve strength and balance can be helpful in preventing falls. Structured exercise programmes that are individualised to the person and progress in challenge over time offer the greatest benefits, but there are lots of things you can do at home to start to improve your strength and balance. There are options for doing exercises in a seated or standing position, and you don't need any specialist equipment or kit.

We're delighted to be working with Later Life Training, who are experts in strength and balance, to give you an introduction to these movements.

To give you a flavour, let's start with these top 10 exercises for strength and balance:



1) Circulation boosting (to reduce inactive sedentary time)

- Sit tall, hip walk the buttocks forwards to just past the centre of the chair
- Lightly hold the sides of the chair if you need to
- Using the ankles and feet, march the legs
- Build to a steady rhythm that feels comfortable
- *Continue for one to two minutes*

2) Stand up and sit down for strength

- Place the heels slightly behind knees
- Lift the trunk tall and ease slightly forwards
- Stand up (using hands on the chair for support if needed. Progress to no hands over time)
- Step back until legs touch the chair, then stand tall, bend knees and slowly lower bottom back

Which group are you in?

To help you find the best information for your needs, please visit one of the following areas:



I'm in later life



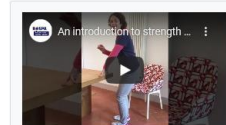
I'm a family member of someone in later life



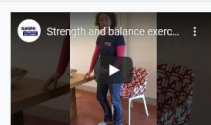
I work with people in later life

Demonstrations

Watch these videos showing strength and balance exercises. The first video gives a really good introduction to what strength and balance is all about, and the following three videos include some progression that you could build into your routine.



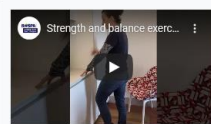
An introduction to strength and balance exercises



Strength and balance exercises - Progression video 1



Strength and balance exercises - Progression video 2



Strength and balance exercises - Progression video 3

Watch these videos about making your home safer



Preventing falls in your home: a room-by-room guide



Preventing falls in your home: a guide to safety aids



Tips for making your home fire safe



General tips for making your home safer

Checklists

After watching the videos, why not download these handy checklists, which will help you look around your own home with a fresh pair of eyes. How many of the boxes can you tick?



Checklist for preventing falls at home

Falls are often caused by hazards in the home that are easy to overlook, but simple to fix

Download the checklist



Checklist for preventing fires at home

Being aware of the most likely cause of fires in the home can help prevent them

Download the checklist



Checklist for preventing accidents at home

More accidents happen in the home than anywhere else, but there are simple steps you can take to reduce the risks

Download the checklist

Online Roadshows



- Originally planned as face to face events but adapted as 1 hour online sessions
- Included demonstrations of strength and balance exercise and Q&A led by Later Life Training
- 12 sessions delivered, targeting up to 20 participants per session.
- 257 attended (77 members of the public)

Online Roadshows

- 69% - the roadshow information would help them make their home safer
- 85% - the demonstration of strength and balance exercises would help them build movement more regularly into daily routine
- Those agreeing that they felt comfortable to talk to family and friends about how to prevent falls rose by 6% after the roadshows
- 9% more felt comfortable to talk to family and friends about strength and balance

Online Roadshows

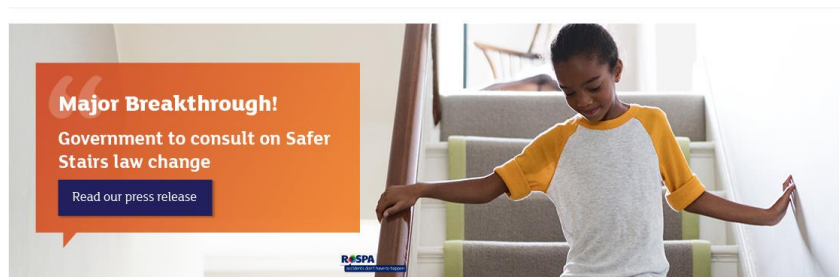
- **“Know what to do to prevent falls at home” - rose by 8% overall after the roadshows, and by 19% among people in later life**
- **95% of practitioners said that they felt confident to talk to their clients about falls prevention (up from 78% pre-roadshow) and 92% about strength and balance exercises following the roadshows, (up from 74%)**



- Online awareness sessions available to all
- Equips people to share falls prevention messages
- 18,882 visitors to the Fall Fighter web pages
- 897 have undertaken the e-learning, many more received the information

The roadshows, web hub and Fall fighters have

- Supported people in later life, their families and practitioners by providing key advice and support
- Demonstrated the potential of an online approach
- Increased confidence to improve strength and balance
- Increased confidence to make changes at home
- Enabled participants to improve safety



The call for safer stairs

Why call for safer stairs?



Falls Charity Appeal - Help us to prevent falls and save lives

Thank you!

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