**Bolton’s Fall Prevention Programme**

Age UK Bolton has a well-established community-based Strength and Balance FaME programme, which forms a crucial part of the locality’s falls prevention programme, overseen by Bolton’s Falls Collaborative. Older adults can self-refer into the programme and health and social care professionals are encouraged to refer people to it. To ensure this service operates effectively, the Age UK Bolton strength and balance instructors are trained and certificated in Postural Stability Instruction (PSI), Otago, Tai Chi, GP referral, Dementia Awareness, and “1st Steps in Dementia”.

Classes are delivered in a wide range of community venues including sheltered housing, community centres, places of worship, and Age UK Bolton’s Ageing Well Centre. Classes are open ended and incorporate a significant social aspect to foster a group identity, friendships and peer support networks to improve participation, enjoyment and the impact of sessions.

The Falls Prevention service at Age UK Bolton incorporates a broad continuum of complementary activities including Tai Chi, Gentle Dance, and walking football accommodating a broad range of older people with diverse needs. There are also various volunteer led activities to enable progression through programme and an onward pathway for falls prevention within the community.

Participants are given further support to continue exercises at home, including floor coping strategies and skills to rise from the floor in the event of a fall. Age UK Bolton also have digital resources such as digital class recordings on YouTube for clients to access. (link below)

<https://www.youtube.com/watch?v=_vCuFbmgkS4>

Or visit Age UK Bolton’s Youtube channel, here <https://www.youtube.com/channel/UCfKiJSfZZkH6vb2I00-pJdg>

**Liz, 70 case study:**

**Attends a Monday morning group at St. Peter's Hall, Church Rd, Bolton**

Liz suffered a fall on ice in February walking her dog. Although she hasn’t fallen since, she has struggled with limited mobility, poor balance and a loss of confidence. Her fall affected her self-efficacy to continue her daily activities and significantly increased her fear of falling, “I expect to (fall) with every step I take. It's very unsettling”.

Liz is being assessed for neurological problems but due to the long waiting lists the physiotherapist at her GP practice signposted her to the above class and began attending in April. Since attending, Liz has regained her confidence, increased her activity levels and is able to enjoy walking her dog.

“The quality of the training, and particularly Steve the trainer himself, is superb. Instructions are clearly given and moves demonstrated with positivity and information about adjustments we can make if necessary. He is careful to explain that we need to manage ourselves. Just excellent!

I feel motivated and determined, even when it's a challenge for me. Thank you for this really useful service. I'm not getting worse and it's keeping me active.”