



The Royal Society for the Prevention of Accidents

accidents don't have to happen

Stand Up Stay Up

RESOURCES AND INFORMATION LINKS Issue 1 August 2016

This document is just a starting point, providing, in no particular order, some links that will hopefully be helpful in developing your falls prevention work. If you have any further queries or high quality resources that you wish to add to this list please contact:

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Source/Description	
National Guidance	
Public Health Outcomes Framework	http://www.phoutcomes.info/
NICE Quality Standards on Falls prevention (QS86 published March 2015)	https://www.nice.org.uk/guidance/qs86
Falling standards, broken promises	https://www.nos.org.uk/document.doc?id=1516
PHE Health and wellbeing of older people profiles	http://fingertips.phe.org.uk/profile/older-people-health
General Information & Guidance	
Age UK for professionals	http://www.ageuk.org.uk/professional-resources-home/services-and-practice/health-and-wellbeing/falls-prevention-resources/
Kings Fund info graphics on health spending, population and PH investment	http://www.kingsfund.org.uk/audio-video/public-health-spending-roi

British Geriatric Society	http://www.bgs.org.uk/index.php/fit-for-frailty
Falls interventions in the local community	http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD007146.pub3/abstract
Centre for Ageing Better – research into Ageing and information about a partnership programme they are running with local authorities.	http://www.ageing-better.org.uk/
Centre for Ageing Better – research into later life – the 50-64 year olds	http://www.ageing-better.org.uk/our-work/other-activities/later-life-2015/
Jackie Riglin article on Falls prevention in Cambridgeshire	http://www.csp.org.uk/frontline/article/falls-prevention-older-people
Think Local Act Personal (TLAP) – Resources on community engagement	http://www.thinklocalactpersonal.org.uk/
College of Occupational Therapists Fact Sheet	http://www.cot.co.uk/sites/default/files/commissioning_ot/public/Falls-Evidence-Factsheet.pdf#search="Falls prevention"
Royal College of Physicians information about falls prevention	https://www.rcplondon.ac.uk/search?keys=Falls%20prevention
Hearing loss debate and possible links to falls	http://researchbriefings.parliament.uk/ResearchBriefing/Summary/CDP-2016-0126#fullreport
Physical Activity	
Age UK strength exercise interactive guide	http://www.ageukmobility.co.uk/mobility-news/article/interactive-guide-for-the-best-strength-exercises
Why too much sitting is bad for you – NHS Choices	http://www.nhs.uk/Livewell/fitness/Pages/sitting-and-sedentary-behaviour-are-bad-for-your-health.aspx
Denise Kendrick review of evidence on exercise to reduce fear of falling in older people	http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD009848.pub2/otherversions
Examples. of good practice and evidence of success in reducing falls through	http://www.theguardian.com/healthcare-network/2016/apr/19/over-65-exercise-classes-cut-

exercise classes	falls-risk?CMP=ema-1700&CMP=
ProFouND aims to influence policy and to increase awareness of falls and innovative prevention programmes, amongst health and social care authorities, the commercial sector, NGOs and the general public. Has a number of useful resources including a set of factsheets covering all aspects of falls prevention	http://profound.eu.com/
Later Life Training – a training organisation specialising in exercise programmes for older people. Downloadable exercise books available.	http://www.laterlifetraining.co.uk/
Age UK Spring clean advice	http://www.ageukmobility.co.uk/mobility-news/article/spring-clean-your-way-to-a-better-2016
Behaviour Change	
NHS One You campaign	https://www.nhs.uk/oneyou#3uJu9AZCPgOkhAkQ.97 https://www.gov.uk/government/news/phe-launches-one-you
Frailty Toolkit	
Frailty fulcrum	http://www.frailtytoolkit.org/frailty-fulcrum-animation/
Nottinghamshire frailty toolkit	http://www.frailtytoolkit.org/info/
<i>To be filled by you!</i>	<i>To be filled by you!</i>