



TOGETHER

we can be the best

WE CAN

enabling older people to get up, stay up and live their best lives

**Are you delivering FaME based falls prevention programmes
or
plan to, but are unsure how to start?**

WE CAN OFFER

- Expert advice and mentorship
- An online Community of Practice (CoP) to share successes/challenges
- Quality Improvement advice to support your PSIs and service
- Advice on the evaluation of your service (cost analysis and outcomes)
- Help you get off to the best start for your new sessions (using the FaME Implementation Toolkit for commissioning, business planning, target population, training and funding)





N- FIT is a group of experts in delivery of FaME or in implementation of evidence-based falls prevention in the older population.

The current core members include representatives from:

Later Life Training

AGILE (older adults special interest group Chartered Society of Physiotherapy)

Age UK

Royal Society for the Prevention of Accidents (RoSPA)

FaME Services (Community Interest Company, Charity, Council)

FLEXI Research Team (University of Manchester, University of Nottingham and University of Exeter)

We focus on the following questions:

What is needed to ensure FaME delivers intended outcomes and ideal return on investment?

What are the key elements of FaME that score lower on fidelity?

What are the FaME Essentials?

What are the FaME Adaptables?

If you want to discuss how N-FIT can help you build, shape or ensure success in your FaME exercise programme, contact Bex.

Contact: Bex Townley at bex@laterlifetraining.co.uk