

PATIENT INFORMATION

FaME

Falls Management Exercises for Older Adults



Healthy Lifestyles Team

St Edmund's Community Care Centre

Victoria Park Road

Torquay

TQ1 3QH

0300 456 1006

torbaylifestyles@nhs.net

Strength and balance exercise class for older adults

What is the FaME programme?

FaME is the name of an exercise programme that has been shown to improve strength, stability and confidence in balance. The programme is delivered by specialist qualified exercise instructors who understand the age-related changes that happen in the body and the medical concerns that you may have.

I have had some falls. Should I come to this programme?

The small group exercise classes are designed to improve your physical fitness, strength and balance. The exercises within the class are progressed slowly according to your abilities and within the same group people normally progress at different rates. The exercises are specifically developed to help you feel steadier on your feet and improve your confidence in getting around on your own. The classes are also great social events!

What should I expect when I attend?

The once-a-week classes are usually held in community venues like church halls or community centres and have a maximum of 16 people. You should just wear ordinary, comfortable clothes and flat shoes when you attend. You don't need to wear sports clothing unless you want to. You will use some equipment, like resistance bands or weights to ensure your muscles work and there is a change in your strength over time. Some exercises are seated in the early weeks, but more will be done in standing over time. If needed, the instructor will work with you through the stages of safely getting onto the floor and back up.

How do I join these classes?

To join the strength and balance class you need to be assessed by one of our instructors. During the assessment, the instructor will ask questions related to your health. In addition, the instructor will run through some simple tasks to measure your current mobility. You will also be asked to complete some questionnaires. At the end of the assessment, you will be given a start date for you to begin the exercise class. Sometimes, different support might be more appropriate for you, and if the instructor thinks this will be better for you, they will pass your information on, with your permission.

How long can I attend?

The course of exercises will last for 24 weeks. We recognise that this is a long time and that it is difficult to keep a diary free for a full 24-week period, so it is OK to inform us of any sessions that you are unable to attend. However, it is important to attend the class regularly to make significant improvements to your health. After the first couple of sessions, you will also be given exercises to do at home, in between the weekly sessions. These home exercises will be the same as ones you have done in the class and when done regularly you will feel the benefits much more quickly.

What happens after the 24 weeks?

Once you have completed the programme you will have the option of attending a community-based exercise class where you can continue with the exercises you have learned. This class is run by a local exercise instructor. Please note that there is a charge for this service.

Where do the classes take place?

The strength and balance exercise classes are available in the following locations:

- ◆ Ashburton
- ◆ Bovey Tracey
- ◆ Brixham
- ◆ Dawlish
- ◆ Newton Abbot
- ◆ Paignton
- ◆ Teignmouth
- ◆ Torquay
- ◆ Totnes



Please contact the strength and balance programme coordinator on 0300 456 1006 (local rate number) to book your appointment.

www.torbayandsouthdevon.nhs.uk

This document can be available in other languages and formats. For more information telephone 0300 456 1006

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.