



ProFouND: Prevention of Falls Network for Dissemination

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EU Stakeholder Summit February 2014

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Report on the first meeting of the ProFouND EU-level Support Group for Actions on Fall Prevention, Brussels, Wednesday 5 February, 2014.

1. Opening and introductions

The meeting was attended by 28 participants (see list of attendees in annex 1). After a welcome by the moderator of the meeting (Wim Rogmans) and introduction to the ProFouND aims and objectives by Chris Todd, participants briefly presented the organisation they represent and their interest in the issue of falls prevention.

It was concluded that the diversity of membership in the Support group reflects well the wide range of professions that are relevant for enhancing safety of older people and falls prevention. Additional membership is sought from the nursing professions, family organisations, informal carers and insurance associations.

The round table was followed by a brief presentation by Dawn Skelton covering the main products and services that the ProFouND-project aims to achieve. In the discussion, the participants welcomed the tools that are to become available by the end of this year, in particular the ProFouND Falls Prevention Application (*PFPApp*). Also great interest was expressed in the cascade model training programme that will create a cadre of accredited exercise trainers across Europe to implement exercise regimens that have been proven to reduce falls amongst older people.

The meeting was then informed by the EC-representatives about the EU-Strategic Implementation Plan of the European Innovation Partnership on Active and Healthy Ageing (the EIP on AHA). The EIP recognises the need to establish robust evidence base and to ensure evidence for innovation and health is moved into practice, and the need for stakeholders to be linked up into partnerships. Falls prevention is one of the spearheads in the EIP-plan. Therefore the EC provides financial support to the ProFouND-project and welcomes in particular the initiative to organise this meeting and to create the ProFouND EU-level Support Group for Actions on Fall Prevention.

The Commission representatives expressed, in particular, their interest in the Concept paper which was sent to all invitees to the meeting and discussed possible future support through the ICT 10-2015 work plan, which aims to support collective awareness and digital social platforms for sustainability of multi-stakeholder networks. In that perspective, the group is advised to consider the requirements of this new work plan carefully and consider a funding bid for the stakeholder group with a strong emphasis on innovation and end-user involvement.

2. Purpose of the EU-level Support Group and proposed actions

Wim Rogmans, moderator of the meeting, opened the discussion on the purpose of the EU-level Support Group (see Concept paper in annex 2). The overall aim is to create a joint platform for EU-level stakeholder organisations to raise awareness among European institutions and national policy makers. In particular, the stakeholder group are to consider the impact of the rising epidemic of fall injuries in an ageing Europe, and the need to move available evidence into practice and to ensure sustainable programmes for actions at EU- and national level.

The proposed objectives are to increase the visibility of the impact of fall injuries among senior citizens and to advocate for long term programmes for promoting fall prevention among senior citizens; to encourage national member organisations in integrating appropriate education and communications within existing programmes for professional development; and to expand and further develop Fall Awareness Campaigns in countries and at European level.

Target audiences identified in the Concept paper are European institutions, national governments, the national members of the umbrella organisations that participate in the EU-level Support Group of ProFouND, and the general public to be reached through the media and actions by the Support group members and their affiliates.

In two rounds of discussions the participants listed the following actions to help the three above mentioned objectives moving forward:

I. Increased visibility by joint advocacy by:

- Issuing a joint statement on falls policy priorities for national and local authorities and care providers supported by the EU stakeholders, e.g. an EU silver paper on active ageing and falls prevention.
- Engaging with older people and their representative organisations to empower them to become advocates for falls prevention.
- Producing a Factsheet on Cost-effectiveness of Falls prevention for nations/regions
- Screening new EP members/ Commissioners on possible interest and organise meetings with them.
- Screening the contents of existing curricula and training programmes for professionals and enhancing the falls prevention components within these programmes.
- Translation and promotion of key resources on stakeholder websites.

II. Empower our national member organisations by:

- Presenting the Falls prevention initiative at board meetings, national and EU-level conferences.
- Establishing a falls prevention task force within each of the participating EU-member organisations.
- Surveying national member organisations and their members about current practices and options for continuous improvement.
- Producing publications and editorials in journals, websites, newsletters.
- Prioritising responsibility of GPs, hospitals, etc., towards patients (eg, in medication, Fall safe bundles).
- Developing targeted falls prevention advice/packages for member organisations.
- Linking up national organisations from wider stakeholders by forming national steering groups for falls prevention.
- Engaging member organisations through inviting resources and contribution that can be hosted on PFN website.
- Scaling up cascade training within different professions across Europe.
- Organising webinars and promote wider dissemination of PFN tools and guidelines.

III. Further develop fall awareness campaigns by:

- Organising joint media campaigns mapped onto special days, eg, international older persons day (1st Oct) and other EU-wide or national campaigns, eg. for Bone Health, Physical Activity (May 2015), Fractures (EFORT)
- Organising a unique EU Falls Awareness Day with the EU-level stakeholder organisations.
- Producing PFN resources pack for delivering national falls prevention days/weeks and promoting unique national falls awareness campaigns.
- Linking in with Link in with Age Friendly cities network (WHO healthy cities, etc)
- Scaling up social networking and ICT interventions

3. Next steps

In anticipation of the European elections in Spring and the new college of Commissioners being established after the Summer break, it is proposed to prioritise actions that aim to enhance the visibility of the issue towards EU-level policy makers, i.e. the production of a joint statement and an EU- factsheet on Cost-effectiveness of national and regional falls prevention programmes.

Concurrently actions shall be initiated to communicate our initiatives within the network of national member organisations, i.e. through presentations at board meetings, international conferences and communications in newsletters and journals. This should lead to the creation of dedicated task forces

and actions within the organisations represented in the EU-level Support Group on Falls prevention among older people.

Also in the course of this year, the ProFouND team will produce a resources pack for delivering national falls prevention days/weeks in view of launching unique national as well as annual European falls awareness campaigns.

In consultation with the members of the Support group a more detailed work plan will be established for the entire Support group as well as each of the EU-level member organisation.

It is expected that by the end of this year substantial progress will have been made by all partners involved.

Therefore it is proposed to have the next meeting of the Support group being organised in November this year, which gives the opportunity to piggy-back the meeting with the EUPHA-EuroSafe seminar on 'Maximising uptake of effective falls prevention interventions across Europe', Glasgow 19th of November 2014.

The date for the ProFouND-Support group meeting in Glasgow will be on the 20th of November (same rules for travel reimbursement will apply). Further details will be forwarded in due course.

==OO==

Annex 1- List of participants in meeting 5 February, 2014

Standing Committee of European Doctors (CPME)

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European Forum for Primary Care (EFPC)

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European Federation of National Associations of Orthopaedics and Traumatology

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Geriatric medicine section UEMS;

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European Association for Directors and Providers of Long-Term Care Services for the Elderly (EDE)

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HEPA Europe (European network for the promotion of health-enhancing physical activity);

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EuroHealthNet;

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European Public Health Association (EUPHA)

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European Platform of European Elderly (AGE);

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Achmea Health Centres

- Marjan Meijboom	Marjan.Meijboom@achmea.nl
- Denise Altena	Denise.Altena@achmea.nl

Observers:

- DG CONNECT/ EIP	
Geert.vancraeynest@ec.europa.eu (t.b.c.)	
Horst.KRAEMER@ec.europa.eu	

ProFouND Team:

Chris Todd,	University of Manchester, ProFouND project leader)
- Dawn Skelton,	Glasgow Caledonian University & Later Life Training
- Jorunn Helbostad,	Norwegian University of Science and technology
- Clemens Becker,	Robert Bosch Gesellschaft für medizinische Forschung mbH
- Wim Rogmans,	EuroSafe-European Association for Injury Prevention
- Emma Stanmore,	University of Manchester, Communications Manager ProFouND
- Jane McDermott,	University of Manchester, Project Administrator

Annex- 2 Concept paper for an EU-level Support Group for Actions on Fall Prevention



Introduction

The Prevention of Falls Network for Dissemination (ProFouND) would like to establish an informal platform of EU-level stakeholder organisations that would be interested in working together to raise awareness and concerted actions for falls prevention among senior citizens in Europe: the EU-level Support Group of ProFouND.

This will be an action oriented platform for strategic cooperation in raising awareness and for initiatives at EU- and national level that support the translation of evidence based fall prevention solutions into practice. The EU-level Support Group will work towards European institutions and promote synergy of actions among themselves and their own national member organisations.

Prevention of Falls Network for Dissemination (ProFouND)

ProFouND is an European Commission, Competitiveness and Innovation Framework Programme, funded thematic networking project that works with the European Innovation Partnership on Active and Healthy Ageing to bring about the dissemination and implementation of best practice in falls prevention across Europe.

The objective is to embed evidence based fall prevention programmes for senior citizens at risk of falls by using effective training programmes and ICT-support solutions in as many countries in Europe. ProFouND will create customised best practice guidance and tools for a wide range of professionals. And it will provide a cascade model training programme using face to face and e-learning approaches to create a cadre of accredited exercise trainers across Europe to implement exercise regimens that have been proven to reduce falls amongst older people.

In view of this ambition, ProFouND intends to bring together relevant EU-level stakeholder organisations to increase awareness of falls and innovative prevention programmes amongst health and social care authorities, relevant commercial sectors and NGOs in order to ensure effective implementation and reach across EU.

Context and background

Each year, one in three adults aged 65 and older falls, mostly at home. Falls often lead to long-term physical disability, severe dependency, activity avoidance and reduction in quality of life. The associated costs of treatment and the 'cost' to the individual's engagement in an active and fulfilling life are considerable. Incontrovertible evidence now exists that most falls among older people are associated with identifiable and modifiable risk factors, i.e. a combination of age and disease-related conditions and the individual's interaction with their social and physical environment.

There is ample evidence to show that interventions, particularly those promoting physical activity and strength and balance training, are effective and can significantly reduce the burden of the rising epidemic of fall injuries in an ageing Europe.

The EU-Strategic Implementation Plan of the European Innovation Partnership on Active and Healthy Ageing (the EIP on AHA) lays down an exciting, if challenging view of developments in ageing in Europe. The EIP recognises the need to establish robust evidence base and to ensure evidence for innovation and health is moved into practice, and the need for stakeholders to be linked up into partnerships. Falls prevention is one of the spearheads in the EIP-plan. ProFouND is funded by the EC to overcome limited awareness and usage of innovative solutions to prevent falls and make these available throughout the EU.

Purpose and Mission

The overall goal is to create a united front of EU-level stakeholder organisations to raise awareness among European institutions and national policy makers as to the impact of the rising epidemic of fall injuries in an ageing Europe, the need to move available evidence into practice and to ensure sustainable programmes for actions at EU-, national and local level.

The objectives would be to:

- Increase the visibility of the impact of fall injuries among senior citizens in terms health and social care expenditures as well as loss in quality of life and societal engagement;
- Advocate for long term EU- and national level facilitated community programmes for promoting active lifestyles and fall prevention among senior citizens;

- Encourage and support national member organisations in integrating appropriate education and training modules within existing curricula for professional development and vocational training;
- Expand and further develop Fall Awareness Campaigns in countries and at European level.

Target audiences will be the European institutions, national governments, EU-level media, regional/local communities and, last but not least, the national members of the umbrella organisations that participate in the ProFouND EU-level Support Group,

Main activities

The Support Group member organisations are suggested to consider activities that:

- Contribute to information exchange and sharing of good practices in developing strategies and programmes for promoting active lifestyles and fall prevention among senior citizens;
- Identify possible roles members of the Support Group may play in maximising reach and uptake of evidence-based guidance and tools made available through ProFouND;
- Create opportunities for joint advocacy and high level policy support to long term strategies and programmes at EU-, national, and local level; and
- Maximise the reach and impact of EU-level fall awareness campaigns in countries and local communities.

Governance and sustainability

ProFouND will facilitate the Support Group for three years, i.e. 2013-2015, by organising and preparing documents for consultation meetings with EU-level organisations that have expressed interest in joining the Support Group and to subscribe its mission. EuroSafe as lead partner in ProFouND for this part of the project will be the first point of contact for all members of the Support Group.

The Support Group decides on the process through which it wishes to complete its mission over the three years period. At least three meeting (to be held in Brussels) are foreseen in the ProFouND budget that provides a modest contribution for meeting facilities as well as travel support for those in need.

The success of the Support Group will be measured as to the degree it succeeded to achieve sustainable awareness and actions at EU- and national level

Next steps

The following steps are foreseen:

- Consultation ProFouND management team on annexed short list of organisations to be invited in first round (SEPT 2013)
- Invitations to key contacts within key EU-level organisations, OCT 2013
- Sounding of interests and possible contributions, NOV 2013
- First meeting of Support Group members, Brussels, FEB 2014

Amsterdam
12 SEPT 2013
EuroSafe
Wim Rogmans

EU Level Support Group

Objectives:

- Increase visibility and advocacy
- Empower national member organisations
- Expand fall awareness

Increase visibility and advocacy

- Issue joint statements, eg. silver paper on injuries and falls policy priority for Governments supported by the EC stakeholders
- Translation and promotion of key resources on stakeholder websites
- Screening new EP members/ Commissioners on possible interest and organise a meeting
- Influence the contents of curricula for professionals
- Blueprints on cost-effectiveness of falls prevention for nations/regions
- Engage older people to become advocates

Empower national member organisations

- Presenting at board meetings, national and EU-level conferences
- Establishing a falls prevention task force within each of the participating EU-NGOs
- Surveying members as to current practices and options for improvement
- Publications and editorials in journals, websites, newsletters
- Prioritisation of responsibility (of GPs, hospitals, etc) towards patients eg, in medication, Fall safe bundles
- Develop targeted falls prevention advice/packages for member organisations
- Link up national organisations from wider stakeholders eg, form national steering groups
- Engage member organisations through inviting resources and contribution that can be hosted on PFN website
- Scale up cascade training with different professions
- Free webinars and disseminations

Expand Fall Awareness

- Advocate EU Falls Awareness Day, stakeholders disseminate and contribute
- Produce PFN resources pack for delivering falls prevention days/weeks
- Organise joint media campaigns mapped onto special days, eg, international older persons day (1st Oct)
- Organise unique national falls awareness campaigns
- Link in with other EU-wide and national campaigns, eg. for Bone Health, Physical Activity (May 2015), Fractures (EFORT)
- Link in with Age Friendly cities network (WHO healthy cities, etc)
- Scale up social networking and ICT interventions



Implementing best practice across Europe

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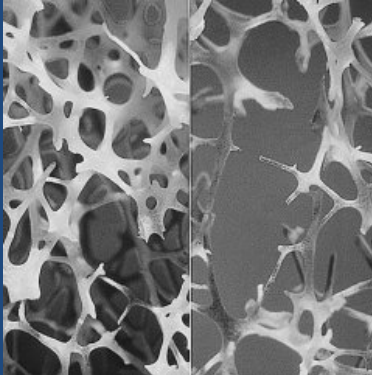
A series of actions

- Prescription adherence
- Personalised health management
–falls prevention
- Frailty prevention
- Integrated care
- Independent living
- Age friendly environments



18 partners





Masud, Morris *Age & Ageing* 2001; 30-S4 3-7
Rubenstein. *Age & Ageing*; 2006; 35-S2; ii37-41

30-40% community dwelling
>65yrs fall in year

40-60% no injury

30-50% minor injury

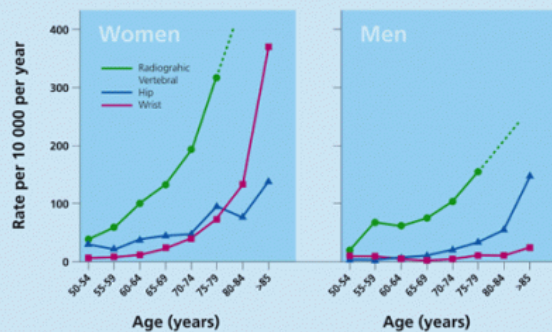
5-6% major injury (excluding fracture)

5% fractures

1% hip fractures

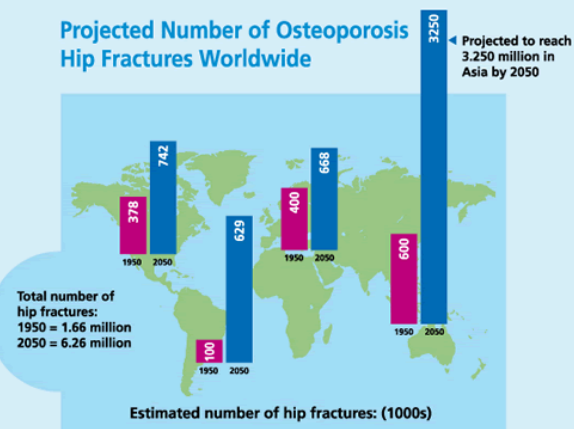
Falls most serious frequent
home accident
50% hospital admissions for
injury due to fall
History of falls a major
predictor future fall

Age- and gender-specific incidence of
vertebral, hip and distal forearm fractures



Adapted with permission of the authors, P. Sambrook and C. Cooper

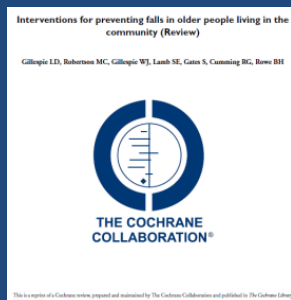
Projected Number of Osteoporosis
Hip Fractures Worldwide



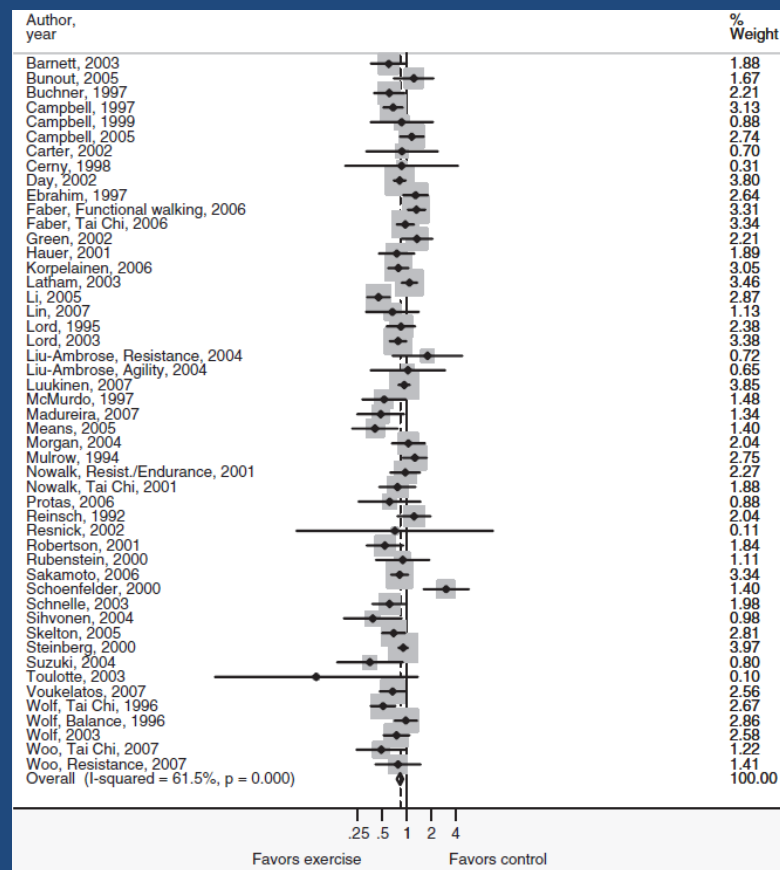
Adapted from C. Cooper et al, *Osteoporosis Int* 1992; 2:285-9

Falls can be prevented!

Gillespie et al 2012
159 trials
79193 participants



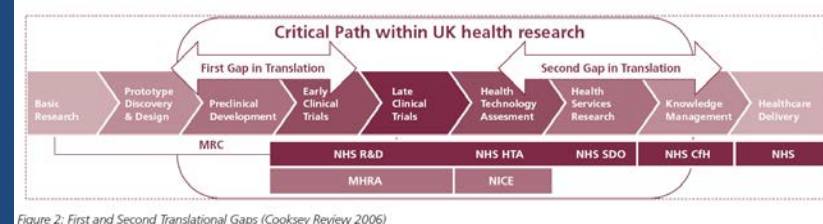
- *Multiple-component group exercise*
 - RaR 0.71 [0.63-0.82] RR 0.85 [0.76-0.96]
- Multiple-component home-based exercise
 - RaR 0.68 [0.58-0.80] RR 0.78 [0.64-0.94]
- Tai Chi
 - RaR 0.72 [0.52-1.00] RR 0.71 [0.57-0.87]
- Multifactorial intervention individual risk assessment
 - RaR 0.76 [0.67-0.86] RR 0.93 [0.86-1.02]
- Vitamin D
 - RaR 1.00 [0.90-1.11] RR 0.96 [0.89-1.03] NB low Vit D
- Home safety interventions by OT
 - RaR 0.69 [0.55-0.86] RR 0.79 [0.69-0.90]



RR=0.83 (95%CI 0.75-0.91)

(High Dose & Challenging RR=0.58 (95%CI 0.48-0.69)

Sherrington et al JAGS 2008



- Prevention programmes are *efficacious*
- *Implementation gap*
 - *Falls prevention not a priority*
 - *Services not available*
 - *Evidence not used or modified*
 - Training needs to be challenging, progressive & regular
 - Programmes often too short term
 - *Refusal/non-adherence=50-90%; prevention not effective?*
- *No strong evidence technology helps...*

EUROPE



UK	Manchester	Glasgow
	Belfast	London
D	Stuttgart	
NL	Amsterdam	Leiden
FIN	Jyväskylä	
S	Umeå	
I	Empoli	Ancona
E	Madrid	Barcelona
	Valencia	
EL	Athens	Lamia
NO	Trondheim	
CH	Zurich	
Ö	Vienna	
H	Budapest	

1. University of Manchester
2. Glasgow Caledonian University
3. Robert Bosch Gesellschaft für medizinische Forschung
4. Norges Teknisk-Naturvitenskapelige Universitet
5. Later Life Training Ltd
6. EuroSafe European Association for Injury Prevention and Safety Promotion
7. Osteoporosis Betegek Magyarországi Egyesülete
8. Swiss Council for Accident Prevention bfu
9. Instituto de Salud Carlos III
10. Azienda Unità Sanitaria Locale 11 Empoli
11. National Center for Scientific Research "Demokritos"
12. Connected Health Alliance CIC
13. Instituto de Biomecánica de Valencia
14. Fundacio Institut Catala de l'Envel·liment
15. TEILAM: Technical Educational Institute of Central Greece
16. Johanniter-Unfall-Hilfe in Österreich
17. Istituto Nazionale Riposo e Cura Anziani
18. Regionförbundet i Västerbottens län
19. Jyväskylän Yliopisto
20. Stichting Consument en Veiligheid
21. Achmea B.V.

- 21 partners 12 countries (+ 15 associate members)
- disseminate best practice in falls prevention
- embed evidence based programmes in at least 10 countries/15 regions by 2015
- use internet & ICT to facilitate widespread implementation
- collate resources library
- distribute tailored, customised, best practice guidance
- cascade model e-learning to create cadre of accredited exercise trainers across Europe
- create *PFPApp*
- collect standardised falls data across Europe
- work with E-NO FALLS to create “ICT for Falls Forum”
- **work with stakeholders**

Maximising Take-up of Effective Falls Prevention Interventions



Curating the best falls prevention resources for use by professionals in practice and to inform our application development



Developing powerful web applications to enable easy production of tailored information for at-risk older people



Promoting the dissemination and adoption of evidence based best practice in falls prevention throughout Europe and beyond

The Prevention of Falls Network for Dissemination (ProFouND) is a new EC funded initiative dedicated to bring about the dissemination and implementation of best practice in falls prevention across Europe.

ProFouND comprises 21 partners from 12 countries, associate members from a further 10 countries. ProFouND aims to influence policy to increase awareness of falls and innovative prevention programmes amongst health and social care authorities, the commercial sector, NGOs and the general public so as to facilitate communities of interest and disseminate the work of the network to target groups across EU. Read more [about ProFouND](#).

ProFouND has eight work packages with clearly defined aims, objectives and deliverables.



WP1



WP2



WP3



WP4



WP5



WP6



WP7



WP8



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- WP 1 Management, co-ordination, sustainability & meetings**
- WP 2 Website construction and maintenance**
- WP 3 Website resources content management**
- WP 4 Toolkit and best practice guidance development**
- WP 5 Best practice exercise regimen training**
- WP 6 Evaluation and outcome monitoring**
- WP 7 ICT and technology for falls forum**
- WP 8 National & regional implementation & dissemination**



Resources to encourage/support evidence based campaigning and services

MANCHESTER
1824



Glasgow Caledonian
University



NTNU

Norwegian University of
Science and Technology



Robert-Bosch-Krankenhaus



European Connected Health Alliance
*Delivering leadership for the development of Connected
and MHealth markets and practice across Europe*

laterLife
training

EuroSafe

European Association for
Injury Prevention and Safety Promotion

Working together





The **Prevention of Falls Network for Dissemination (ProFouND)** is an EU funded Thematic Network dedicated to disseminating the knowledge and best practice of falls prevention.

Behavioural Best Practice Biomechanics Blood Pressure Chronic Disease Classification Clinical Assessment Communication Costs Workforce Utilization Patient

ProFouND collates evidence-based resources to inform the development and content of an online web-based expert system - *ProFouND Falls Prevention Application (PFPApp)*

The *PFPApp* will enable the creation of tailored and customised, best practice guidance, that can be context and individual specific. You will quickly produce easily understandable and attractive printable leaflets, branded with your institutional logo, contact information and other bespoke information according to what is available in your local area

ProFouND also provide downloadable manuals and templates in various EU languages to produce localised implementation pathways for falls prevention in a number of settings and for the wide functional capabilities of older people

Collation of best practice resources

Search:

Preventing Falls - Manual for Professionals (Finnish)
by DAWN SKELTON on JANUARY 27, 2014 [EDIT](#)

Otago Home Exercise Manual for Professionals (German)
by DAWN SKELTON on JANUARY 6, 2014 [EDIT](#)

Expert Series on Exercise Programmes for Falls Prevention - Professionals (English)
by DAWN SKELTON on JANUARY 6, 2014 [EDIT](#)

Falls Awareness Week Resources/Campaigns - Feet and Falls (English)
by DAWN SKELTON on JANUARY 6, 2014 [EDIT](#)

Falls Awareness Week Resources/Campaigns - Action Pack for Event Holders (English)
by DAWN SKELTON on JANUARY 6, 2014 [EDIT](#)

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All Organisation/Settings ▼

All Professions/Interests ▼

Implementation ▼

All Intervention Types ▼

All Additional Tags ▼

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ProFouND
Prevention of Falls Network for Dissemination
Maximising uptake of effective falls prevention interventions across Europe
your falls practice

By
resource
type
Eg.
implementation



Collation of best practice resources

Search:

Online Video: Falls Prevention and Bone Health (English)

by KARIN KAMPE on FEBRUARY 2, 2014 [EDIT](#)

Online Video: Improve your home safety! (English)

by KARIN KAMPE on FEBRUARY 2, 2014 [EDIT](#)

Online Video: Risk factors for falls (English)

by KARIN KAMPE on FEBRUARY 2, 2014 [EDIT](#)

Effects of falls prevention classes for older people - Video (English)

by KARIN KAMPE on FEBRUARY 2, 2014 [EDIT](#)

Exercise: online Strength and Balance Exercises (English)

by KARIN KAMPE on FEBRUARY 2, 2014 [EDIT](#)

Exercises: online Balance work (English)

by KARIN KAMPE on FEBRUARY 2, 2014 [EDIT](#)

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Video Clip ▾

All Intervention Types ▾

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By
resource
type
Eg.
Video clips



Collation of best practice resources

Search:

Falls and fall injuries - How to avoid falling (Swedish)
by KRISTIN TARALDSEN on FEBRUARY 2, 2014 [EDIT](#)

Home safety Leaflet (Greek)
by JORUNN L. HELBOSTAD on JANUARY 31, 2014 [EDIT](#)

Checklist to prevent falls (Swedish)
by JORUNN L. HELBOSTAD on JANUARY 31, 2014 [EDIT](#)

Checklist to prevent falls (Finnish)
by JORUNN L. HELBOSTAD on JANUARY 31, 2014 [EDIT](#)

Safe through the night (German)
by KARIN KAMPE on JANUARY 9, 2014 [EDIT](#)

Fall prevention leaflet (Italian)
by KRISTIN TARALDSEN on JANUARY 9, 2014 [EDIT](#)

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Leaflet ▾

Awareness ▾

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ProFouND
Prevention of Falls Network for Dissemination
Maximising uptake of effective falls prevention interventions across Europe
Is your falls prevention practice as good as it can be?

By
resource
type
Eg.
Awareness
Leaflets for
Older People

Collation of best practice resources

Search:

Chair Based Home Exercise Programme for Older People (Dutch)

by DAWN SKELTON on FEBRUARY 2, 2014 [EDIT](#)

Strength and Balance Home Exercise Booklet for Older People (Dutch)

by DAWN SKELTON on FEBRUARY 2, 2014 [EDIT](#)

Otago Home Exercise Programme Booklet for Older People (Dutch)

by DAWN SKELTON on FEBRUARY 2, 2014 [EDIT](#)

Medication and fall prevention (Dutch, English, Turkish, Arabic)

by KRISTIN TARALDSEN on JANUARY 27, 2014 [EDIT](#)

Search / Filter

Search by keyword

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ProFouND

By
Language
Eg.
Dutch



Otago Home Exercise Booklets Translated

- Evidence based home exercise programme shown to reduce falls with regular use and progression (Campbell & Robertson, 1997, 2001)
- 7 RCTs in community dwelling older people

Otago strength and balance home exercise leaflets

- English



- Dutch



- Finnish



- French



- Greek



- Hungarian



- Italian



- Norwegian



- Polish



- Spanish



- Swedish



- Welsh



- German



- Flemish



We still want

- Albanian
- Catalan
- Czech
- Croatian
- Danish
- Estonian
- Greenlandic
- Icelandic
- Latvian
- Russian
- Turkish
- ...etc

Postural Stability Home Exercise Booklets Translated

- Evidence based strength and balance programme shown to reduce falls in frequent fallers and community dwelling older people (Skelton et al. 2005)
- 2 RCTs, primary and secondary prevention



Postural Stability home exercise leaflets

- English



- Dutch



- French



- Greek



- Hungarian



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- Latvian
- Russian
- Turkish
- ...etc

CHAIR BASED

Home Exercise Pr

Gyakorlatok székkal

SILLA SENTADA

Programa de Ejercicios de Inicio



Chair Based Home Exercise Booklets Translated

- Evidence based strength and flexibility programme shown to improve function in frailer older people (Skelton et al. 1995, 1996)
- 2 RCTs
- Preparation for standing balance work

Chair based home exercise leaflets

- English



- Dutch



- French



- Greek



- Hungarian



- Italian



- Norwegian



- Polish



- Spanish



- Swedish



- German



- Flemish



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- ...etc

Running your own Falls Awareness Events

Falls Awareness Week Resources/Campaigns - Action Pack for Event Holders (English)

by DAWN SKELTON on JANUARY 6, 2014

Through local events and national media coverage, Falls Awareness Week offers an opportunity for older people, relatives and carers to find out more about falls and take part in the local classes and services that can help to prevent them. Many event holders also find that their Falls Awareness Week activities lead to developments in their projects and services, such as new partnerships and classes being set-up or ongoing training for staff. AgeUK have produced this [Action Pack for Event Holders](#) so that you can run your own Falls Awareness Week event.



Falls Awareness Week

Action pack for event holders



Advice on how
to run Falls
Awareness
Events and
ideas

EC Stakeholders

European Society for Quality in Healthcare (ESQH)

by DAWN SKELTON on FEBRUARY 3, 2014 [EDIT](#)

ESQH is a not-for-profit organisation dedicated to the improvement of quality in European healthcare. It consists of 20 members, all of whom are National Societies for Quality in Healthcare. Contact info: info@esqh.net [...] [Read more...](#)

European Association for Communication in Healthcare (EACH)

by DAWN SKELTON on FEBRUARY 3, 2014 [EDIT](#)

EACH is an interdisciplinary non-profit organisation which brings together researchers and trainers in the field of communication in healthcare. Its objectives are to facilitate the exchange of ideas and products of teaching and research activities across a network of individuals and institutions in Europe and beyond. EACH is associated with the scientific journal Patient Education [...] [Read more...](#)

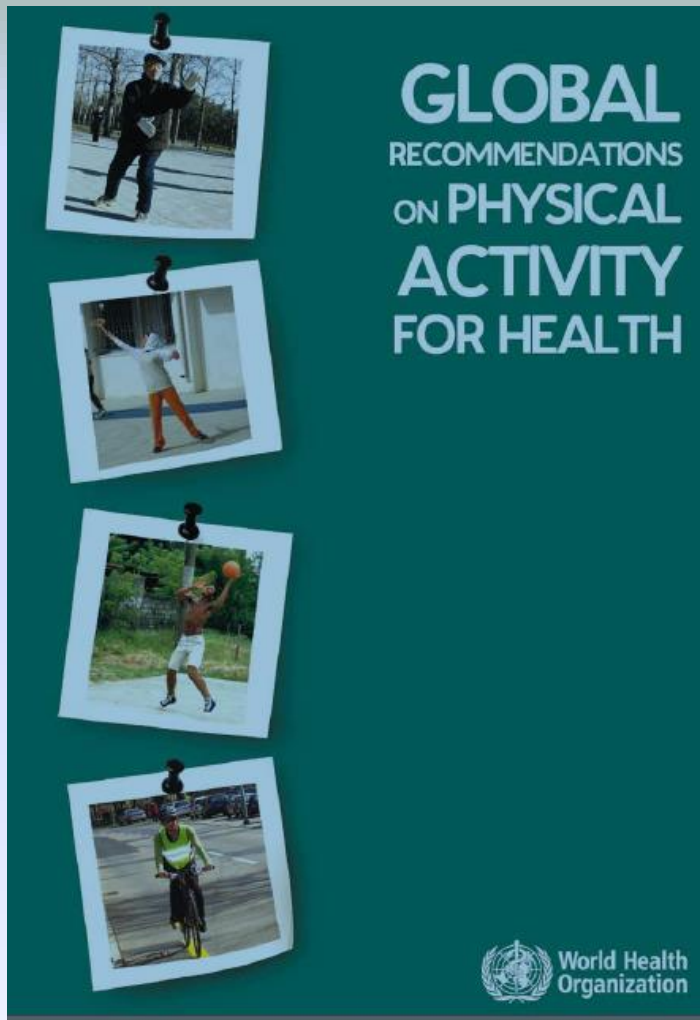
European Public Health Association (EUPHA)

by DAWN SKELTON on FEBRUARY 3, 2014 [EDIT](#)

The European Public Health Association (EUPHA) is an umbrella organisation for public health associations and institutes in Europe. EUPHA was founded in 1992 by 15 members (12 countries). EUPHA now has 71 members from 40 countries.
Conferences: European Public Health Conference Journal: European Journal Public

For your
members to
find other EC
wide
stakeholder
organisations

Cascade Training with a focus on strength and balance exercise



Older adults should also undertake physical activity to improve muscle strength on at least two days a week.

Older adults at risk of falls should incorporate physical activity to improve balance and co-ordination on at least two days a week.

Recommendations for effective intervention:

Gillespie et al. 2012, Sherrington et al. 2011,
WHO Guidelines 2008, ABS/BGS Guidelines 2010

Cascade Training of Evidence Based Exercise

- Otago Exercise Programme (OEP) Leader Qualification
- Cascade Trainers (CTs) identified, trained and accredited in at least 10 regions across Europe (at least 40 CTs)
- Why?
 - UK – over 3000 trained OEP Leaders, over 2500 PSI Instructors
 - RCP Audit, 41% of falls services have OEP Leaders delivering exercise, 54% of services have PSI Leaders
- Cascade Training Programme
 - Jan 2014, Stuttgart. 13 Cascade Trainers accredited to run OEP Leader training in **Germany, Switzerland** and **Austria**
 - Future training
 - **Spain, Norway, Greece, Italy, Sweden +++**

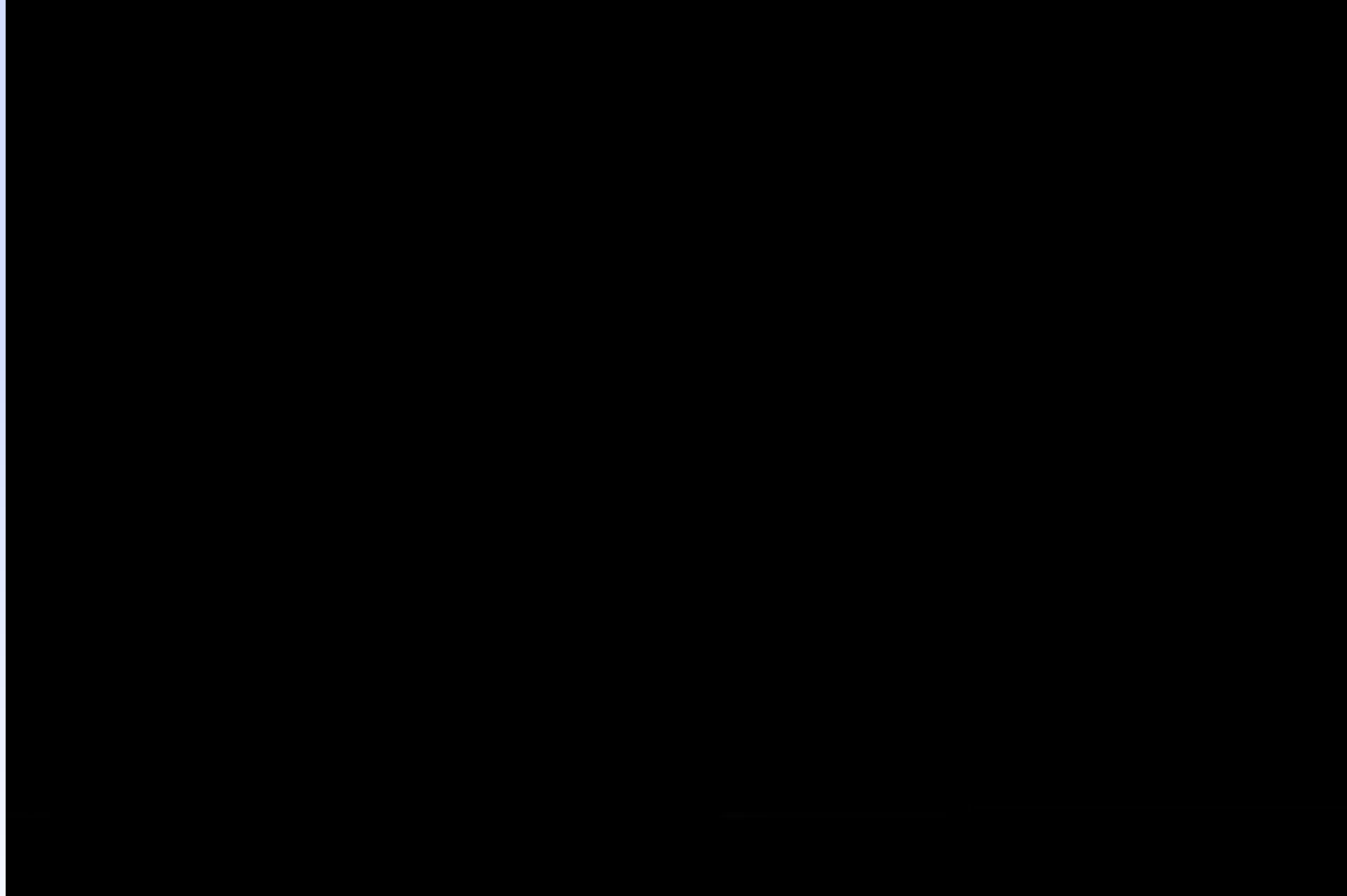


Training in tutor delivery

- How to run the courses locally
- Training on leading workshops and skills on management of training
- Timetable and delivery styles
- Assessment criteria and assessment skills
- Paperwork (health & safety, registers, assessment paperwork etc)
- How to “sell” the course and advertise
- What is available as support from LLT

Cascade Trainers

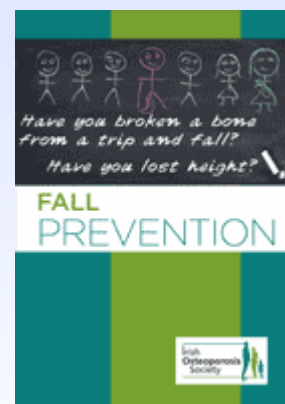
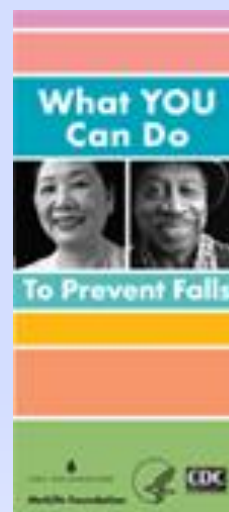
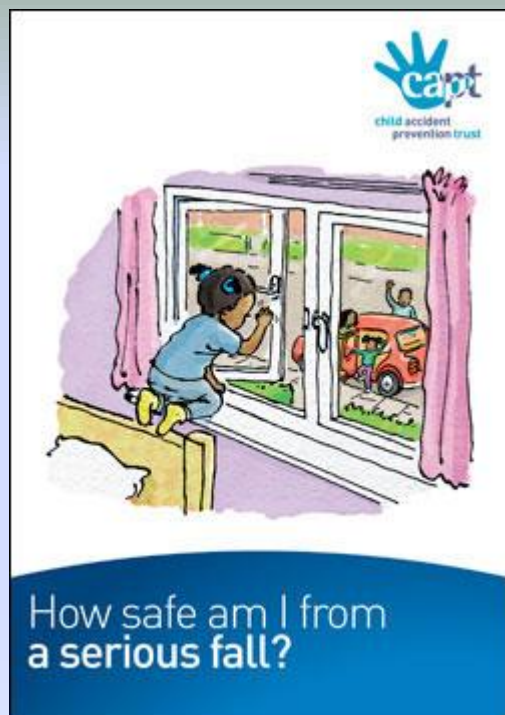
- Identified locally – Can you help?
- Need to be available to cascade train, have excellent motivation and confidence and be able to translate materials (with local partners) for cascade training
- Training “cost” to NEW instructors determined locally
- Intellectual property remains with LLT
 - Small online training fee (from March 2016) to cover updating of information, quality assurance and continuing professional development.



Resources – To Come

- PFP Online App
 - Principles of personalisation and tailoring of information for best adherence
 - Information for patient/client after assessment (including information about interventions)
 - Tailored and only pertinent information
 - Service can add logos and local options/referrals
- Recommendations for different settings
 - Care home, hospital, community
 - Ability to personalise (logos, referral options etc)
 - Brief best practice statements on different risk factors/interventions

Leaflets – are they read?



Ms Dawn Skelton



Your
personalised
Staying Steady,
Staying Strong plan

21st January 2014

At your assessment today, we discussed some lifestyle changes and other things you could do to reduce your risk of falls and help maintain your independence in the future.

Exercise and physical activity



Strength and balance exercises have been shown to improve someone's ability to do everyday tasks, maintain independence and confidence and to reduce unsteadiness no matter what age you are.

You prefer to exercise at home, so in a separate leaflet there are a series of exercises that you could aim to do at least three times a week. However, we do have group exercise classes where you would be exercising with people like yourself and could share experiences and enjoy the social gathering. Please let us know if you change your mind and would like to join the group at some point in the future.

Bone Health



We also identified that you do not get outside much and avoid calcium and

vitamin D in your diet. Vitamin D and calcium are important for bone health so we suggest you ensure you get out of the house to get some sunlight/daylight at least once a day and take a Calcium/Vitamin D supplement, which you can get from your local pharmacy.

Vision



You also reported that you have not had a recent eye check or glasses prescription check and that you have noticed your eyesight getting worse. A yearly eye check with your local optician is recommended.

Dr. Clemens Becker, RBK

Best practice guidance for different settings

- Ability to:
 - bespoke to suit your setting
 - Nursing home / hospital / community etc
 - Add your logos and contact details
 - Add local information on services and settings





Call to action

- Register and contribute
- **Disseminate** our resources
- Help us **find new resources**
 - Guidelines for particular professions
 - Leaflets, online presentations and video clips for older people and for professionals
 - In different languages
- **Disseminate** our cascade training
 - Identify cascade trainers?
- Spread the word through **social media**



Why join ProFouND?

Whether you are a health or social care professional or manager, provider of services for older people, falls scientist or researcher, ICT-for-falls manufacturer or developer, policy maker or charitable organisation working with older people, ProFouND will have something for you. For more details of the work of ProFouND and to learn how you can get involved visit:

www.profound.eu.com

Registration



Agreement

By joining ProFouND you are actively contributing towards a wider adoption of best practice in Falls Prevention and agree to the following:

- *You are a Falls Prevention professional dedicated to reducing falls and fractures.*
- *You are prepared to create a profile with your full name, email address, some details regarding your work and a recent photograph of yourself as part of the sign up procedure.*
- *You will take part in occasional surveys and other activities relating to your work and use of ProFouND resources and applications.*
- *You understand that we will use your details, in a non-identifiable way, to help us assess and report on the impact of the ProFouND project to the European Commission.*
- *You understand that you will be added to our mailing list and promise to read our announcements*.*

Click to agree and register now!

* In return we promise to respect your privacy and your inbox and we will never share your contact details without your prior permission.

<http://profound.eu.com/registration-agreement/>



ProFouND

@ProFouNDEU FOLLOWS YOU

Prevention of Falls Network for Dissemination
profound.eu.com

130
TWEETS

400
FOLLOWING

133
FOLLOWERS

Following



Followed by Frances Healey, Age UK Salford, Rosie Belcher and 34 others.

Tweets



ProFouND @ProFouNDEU

Feb 1

A fun video of our exploits at the Cascade Training for WP5 in Stuttgart. with thanks to Bex Townley, LLTs... fb.me/1Xt3xg2la

[View media](#)

[Reply](#) [Retweet](#) [Favorite](#) [More](#)

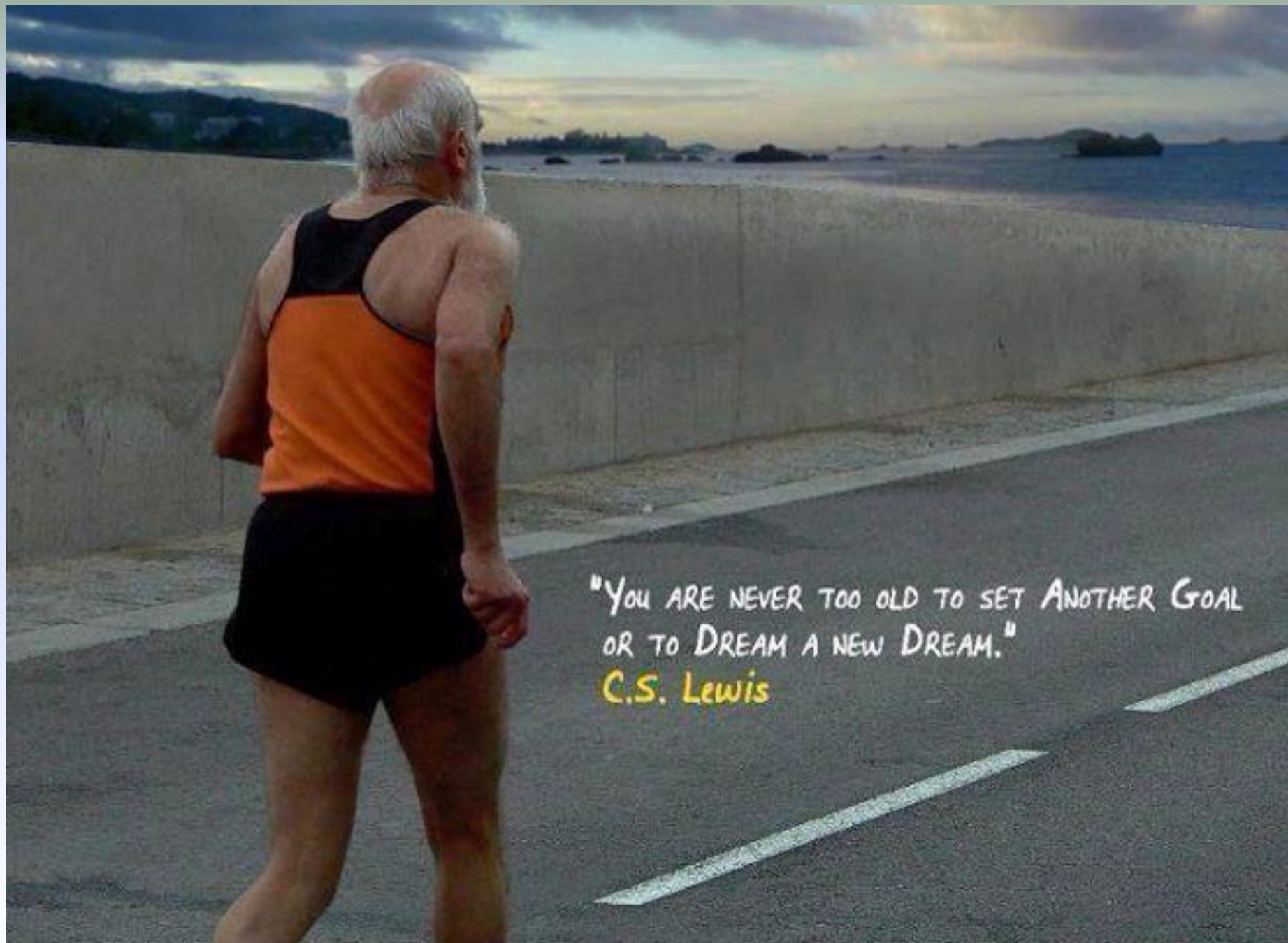
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followers

[http://www.facebook.com/pages/
Profoundeucom/](http://www.facebook.com/pages/Profoundeucom/)



Like us on Facebook





"YOU ARE NEVER TOO OLD TO SET ANOTHER GOAL
OR TO DREAM A NEW DREAM."

C.S. Lewis

Questions



dawn.skelton@gcu.ac.uk





Digital Social Platforms

A way forward for PROFOUND



ICT 10 – 2015: Collective Awareness Platforms for Sustainability and Social Innovation

Scope

c. Digital Social Platforms (DSP)

- Digital social platforms for multidisciplinary groups developing innovative solutions to societal challenges
- Scaling up: transposition of existing or emerging solutions to larger transnational scales
- Build on established open multi-stakeholder networks, e.g. [European Innovation Partnerships](#)
- Provide a suitable ICT-enabled cooperative environment for expansion and governance
- Transferable and scalable to other communities in different domains and societal challenges.



Research and Innovation Actions

Horizon 2020 – LEIT-ICT

ICT 10 – 2015: Collective Awareness Platforms for Sustainability and Social Innovation

Expected Impact

c. Digital Social Platforms (DSP)

- Definition of new concepts and models for the development of digital social platforms, deeper understanding of social innovation processes
- Transferability and scalability of the digital social platforms model, as well as of the services developed, to enlarged communities across borders
- Measurable improvement in cooperation among citizens, researchers, public authorities, private companies, non-profit, non-governmental and any other civil society organisation

Research and Innovation Action (100%), proposals requesting small contributions are expected

- The EIP as an example of an existing multi-stakeholder network
- DSP – could be built with a narrower scope



Research & Innovation



ProFouND informal platform

Why it could be a DSP:

- Information exchange and good practices
- Increasing visibility
- Support for national member organisations
- Campaigning and awareness raising
- Evidence based solutions
- Working towards practice and uptake
- Broad stakeholder base

ProFouND informal platform

Consider alignment with DSP principles:

- Focus on advocacy is quite strong
- Involvement of end-users / citizens / elderly

ProFouND informal platform

Consider adding for a DSP approach

- Identification of blockers for participation
- Finding (ICT supported) enabling factors
- Interdisciplinary research, particularly DSSH, behavioural change
- Incentives, rewards, possibly business models
- Transferability and scalability

Opportunity as a Digital Social Platform

- ✓ *Long-term perspective for stakeholder platform*
- ✓ *Analytical backing*
- ✓ *Trial and error approach*
- ✓ *Pioneer status*
- ✓ *Funding beyond the current TN*