

Bradford PCT and Positive Action on Falls prevention

The pro-active 'Positive Action on Falls' programme was set up to benefit people of 65 years and over and living within the City of Bradford Metropolitan District Council's boundary. The Falls Prevention Co-ordinator initiated the project. Its aims and rationale were specifically to raise awareness through a 'one-off' presentation giving information and some instruction in simple exercises. The programme used material from the DTI leaflet 'Slips, Trips and Broken Hips' and also reflected the general consensus emerging from the literature on the importance of maintaining balance and strength, as well as reviewing medication.

Positive Action on Falls represented a novel approach to providing practical information to groups of older people using volunteer tutors - 'peer mentors' – delivering a set programme focussing on risk factors and simple exercise techniques. By September 2003 137 groups had been involved, representing around 2,200 people aged from 60 – 94 years.