

Learning and Development opportunity / Weblink	Brief Description	Type / Mode	Aimed at
REPORTS/GUIDANCE/ DOCUMENTS Domain D4.2 Falls Prevention, risk assessment and management			
Raising-the-bar-on-strength-and-balance-full-report.pdf (ageing-better.org.uk)	Centre for Ageing Better: This report presents the models of delivery, issues, barriers, and innovative solutions when implementing community-based strength and balance programmes targeting all older adults and includes evidence-based programmes to reduce falls	Report	Health & Social Care Professionals
https://www.gov.uk/government/publications/falls-applying-all-our-health/falls-applying-all-our-health	Public Health England Document: Applying all our health Guidance on how to prevent falls and fractures	Policy & Guidance	ALL
https://www.gov.uk/government/publications/falls-and-fractures-consensus-statement	Public Health England Falls and Fracture Consensus Statement These documents outline approaches to interventions and activities helping prevent falls and fractures to improve health outcomes for older people.	Guidance	Health & Social Care Staff
https://www.nice.org.uk/guidance/cg161	Nice guidance: Falls in older people: assessing risk and prevention (2013) NB: New guidance currently being written- due for publication 2026	Guidance	Health & Social Care Staff
Scenario: Falls - risk assessment Management Falls - risk assessment CKS NICE	NICE: practical guide on how to assess falls risk in those over the age of 65	Guidance	Health & Social Care Staff

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ONLINE LEARNING & DEVELOPMENT RESOURCES			
Fallsafe British Geriatrics Society (bgs.org.uk)	The Fall Safe Project: a quality improvement programme that uses evidence-based care bundles to reduce inpatient falls.	On-line resource	Health & Social Care Staff
https://www.bgs.org.uk/sites/default/files/content/attachment/2018-05-22/Falls_drug_guide.pdf	A BGS document on medicines that contribute to falls	On-line resource	Health Care Professionals
https://www.e-lfh.org.uk/	E-Learning for Health: Preventing falls in hospital- Royal College of Physicians	e-learning	Health & Social Care Staff
https://www.e-lfh.org.uk/	Community Falls Prevention: This Falls Module is designed for all community clinical/social care staff working with patients in either a health or social care setting, or in an individuals' own home.	e-learning	Health & Social Care Staff
https://www.laterlifetraining.co.uk/	Later life training: This company provide specialist, evidence based, effective exercise training for health and exercise professionals working with older people and frailer older people. The website also has lots of useful information relating to falls prevention	Webpage	Health & Social Care Professionals
https://www.reactto.co.uk/resources/react-to-falls/	React to Falls: A set of resources that incorporates short training videos and advice, aimed at care home providers	On-line resource	Care homes
www.worldfallsguidelines.com_	World Falls Guidelines Webpage featuring a range of publications, resources and guideline materials focused around falls care	Online resource	All
RESEARCH ARTICLES			
https://www.cochranelibrary.com/collections/doi/10.1002/14651858.SC000002/full	A collection of evidence relevant to falls prevention	Article(s)	Health & Social Care staff

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https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD012424.pub2/full	Research Article: Exercise for preventing falls in older people living in the community	Research Article	Health & Social Care Staff
https://doi.org/10.1093/ageing/afac205	World guidelines for falls prevention and management for older adults: a global initiative: These guidelines aim to provide a framework and expert recommendations to healthcare and other professionals working with older adults on how to identify and assess the risk of falls. They recommend which interventions, alone or in combination, should be offered to older people as part of a person-centred approach to preventing and managing falls.	Research Article	All
Sarcopenia: revised European consensus on definition and diagnosis (nih.gov)	This article provides a definition of sarcopenia that aims to foster advances in identifying and caring for people with sarcopenia	Article	Health Care Professionals
NIHR Evidence - Preventing falls: New programme works in care homes - NIHR Evidence - Informative and accessible health and care research	National Institute Health Research		