Learning and Development opportunity / Weblink	Brief Description	Type / Mode	Aimed at
REPORTS/GUIDANCE/ DOCUMENTS **Domain D3: Ageing Well – Promoting and supporting holistic physical health and wellbeing with older people COMPLETE** **REPORTS/ GUIDANCE/ DOCUMENTS**			
Overview | Falls: assessment and prevention in older people and in people 50 and over at higher risk | Guidance | NICE	This NICE Guidance (updated 2025) covers assessing risk of falling and interventions to prevent falls in all people aged 65 and over, and people aged 50 – 64 who are at higher risk of falls. It aims to reduce the risk and incidence of falls, and the associated distress, pain, injury, loss of confidence, loss of independence and mortality	Guidance	ALL
World Falls Guidelines	The World Guidelines for Falls Prevention and Management for Older Adults: A Global Initiative are published by Age and Ageing and 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	Guidance	HCP

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ONLINE LEARNING & DEVELOPMENT RESOURCES			
Falls Prevention video page	Birmingham Community Healthcare NHS Foundation Trust (BCHC) Falls and Fracture Prevention Service has produced a short video on how you can reduce your risk of falling by doing	Online video	

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	simple things…		
[Staying steady downloadable information guide | Age UK](#)	This guide outlines things older people can do to reduce your risk of falling. It includes: • how to stay active to improve your strength and balance • how to look after your eye and ear health • tips on looking after your feet and foot health • suggestions for staying safe at home	Online resources	Health & Social Care Professionals
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	Online resources	ALL
[The path to better ageing - The LifeCurve](#)	[The LifeCurve](#) is a simple idea and an app-based toolkit, specially developed to help keep you healthier and happier for longer. Best of all, it helps you do it in ways that suit you.	Online resource	ALL
[Welcome to Steady On Your Feet South Tees](#)	Steady On Your Feet is designed to help you stay active, maintain your independence as you age, and reduce your risk of falling. Along with practical advice, guidance, and resources, you can create your personal falls prevention action plan and find support available in your local area	Online platform (South Tees)	ALL

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RESEARCH ARTICLES			
https://www.cochranelibrary.com/collections/doi/10.10	A collection of evidence relevant to falls prevention	Research Article Collection	ALL
https://www.cochranelibrary.com/cdsr/doi/10.1002/14	Research Article: Exercise for preventing falls in older people living in the community	Article	All

[Sarcopenia: revised European consensus on definition and diagnosis - PubMed](#)	European Working Group on Sarcopenia in Older People (EWGSOP2) - This article provides a definition of sarcopenia that aims to foster advances in identifying and caring for people with sarcopenia	Article	Healthcare Professionals
[Preventing falls: New programme works in care homes - NIHR Evidence](#)	National Institute Health Research – Falls prevention programme is effective in care homes	Article	ALL