FALLS PREVENTION: A UK MAPPING REVIEW OF PATIENT-FACING RESOURCES

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01 Introduction

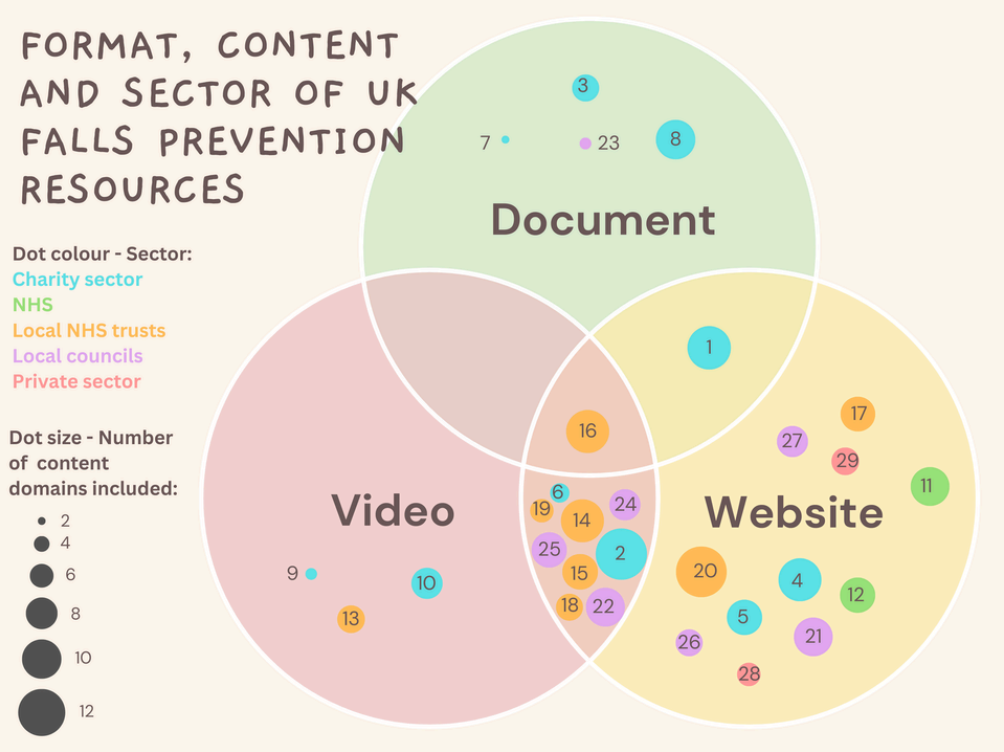
Around a third of people aged 65 and over fall every year and falls are the leading cause of injury-related hospital admission among older adults in the UK[1]. Despite evidence that physical activity reduces falls risk, public awareness of falls prevention information is low[2]. Improving access to this information and leveraging the unique clinical contacts of paramedics to support early signposting, may enhance the reach of falls prevention resources empowering older people to help reduce their falls risk. **Objective**: To systematically identify available patient facing falls prevention information for community dwelling older adults and map medium and content.

02 Methodology

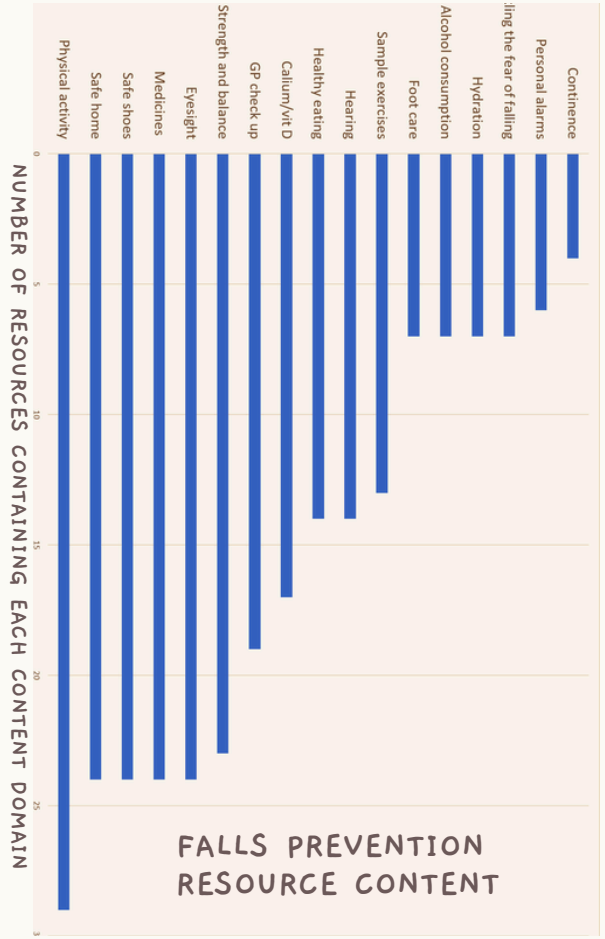
We conducted a systematic mapping review to identify UK-based, community-oriented, patient-facing falls prevention resources suitable for ambulance staff promotion. Searches were performed in May and June 2025 across AMED, CINAHL PLUS , MEDLINE, APA PsycInfo, EMBASE from 2015-2025 as well as comprehensive grey literature sources (including NHS and charity websites, Google, YouTube, and trial registries). Eligible resources were screened and extracted independently by two reviewers. Resources requiring additional home visits or clinician input were excluded. Extracted data included format, contents, sector, and any evidence of effectiveness or validation.

03 Results

A total of 39 unique resources were identified; 30 of these met criteria for broad generalisability beyond local programmes. Formats included websites, videos and documents, and originated from NHS, charity, council, and private sectors. All resources incorporated some form of physical activity guidance; the majority also covered home safety, footwear, medication review, vision checks, strength and balance training, GP check-ups, and calcium/vitamin D intake. Mapped findings reveal variable content coverage with no formal evidence of effectiveness or validation reported.



Sector	No.	Resource	Creators
Charity sector	1	Preventing falls (Staying steady).	Age UK
	2	Falls prevention	Age UK NI
	3	Falls Prevention Advice	Age UK Waltham Forest
	4	Falls Prevention	Age Cymru
	5	Fall prevention in the elderly	Patient.info
	6	Advice for older people, and their friends and family	Royal Society for the Prevention of Accidents (RoSPA)
	7	Being active is important for falls and frailty	Moving Medicine
	8	Get up and go	Chartered Society of Physiotherapy
	9	Stay Active at Home	Chartered Society of Physiotherapy
	10	Heston West Big Local fall prevention awareness guide	Heston West Big Local/ C-change West London
NHS	11	NHS Falls	NHS
	12	Why falls matter	NHS Inform Scottish Government
Local NHS trusts	13	Falls prevention Awareness week: Tips to keep you safe	Health Innovation North East and North Cumbria
	14	Older People	NHS Cornwall and Isles of Scilly
	15	Falls Prevention	NHS Highlands na Gaidhealtachd
	16	Falls and fractures in older people	NHS Nottinghamshire Healthcare
	17	Tips for staying steady	NHS Nottinghamshire Healthcare
	18	The NHS is helping people to stay on their feet this winter	Greater Manchester Integrated Care Partnership
	19	Falls and falls prevention	West Lothian Health and Social Care Partnership
	20	Fall assistant	NHS 24's Scottish Centre for Telehealth and Telecare
Local councils	21	Falls Prevention	Worcestershire County Council
	22	Falls Prevention	Barnsley Metropolitan Borough Council
	23	Fall-proof strength and balance plan: Able like Mable	Barnsley Metropolitan Borough Council
	24	Falls Prevention	West Berkshire Council
	25	Falls Prevention	NHS Birmingham and Solihill
	26	Preventing falls	North Northamptonshire Council
	27	Preventing falls	Dover District Council
Private	28	Fall Prevention: Simple tips to prevent falls	Mayo Clinic
	29	Fall prevention in older adults: Tips for staying safe	Aurem Care



04 Conclusion

A diverse range of UK patient-facing falls prevention materials exists, but contents vary and there is a lack of supporting evidence. Evidence mapping highlights current resource priorities and identifies potential resources for paramedic-led signposting to improve falls prevention engagement and outcomes among community-dwelling older adults.

References: 1. NICE (2025) New guideline will help cut falls and related hospital admissions for older and at-risk people. Available from: https://www.nice.org.uk/news/articles/new-guideline-will-help-cut-falls-and-related-hospital-admissions-for-older-and-at-risk-people 2. De Souto Barreto, P. et al. (2019) Association of Long-term Exercise Training With Risk of Falls, Fractures, Hospitalizations, and Mortality in Older Adults: A Systematic Review and Meta-analysis. JAMA Internal Medicine [Online]. 179(3), pp. 394-405. Available from: https://doi.org/10.1001/JAMAINTERNMED.2018.5406

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