

# The Return on Investment for Falls Prevention Programmes

## Case Study



Public Health England (PHE) commissioned YHEC to assess the potential return on investment (ROI) and cost-effectiveness outcomes associated with community-based falls prevention programmes targeting the elderly population.

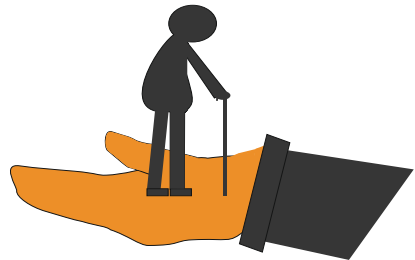
Three exercise-based programmes (Otago home exercise, Falls Management Exercise group programme and Tai Chi) and one home assessment and medication programme were included in the analysis. They were selected following a systematic literature review that was completed to search for programmes that have previously been found to be cost-effective.

A simple health economic model was developed to assess the cost and quality of life impact of implementing each programme, by predicting the number of falls that could be avoided over a two year period. The model was populated using efficacy and cost data from the

literature, validated by a panel of experts in the field of falls prevention.

All programmes were predicted to reduce the number of falls and all were cost-effective when patient quality of life was included. However, only one of the four programmes (home assessment and modification) produced a financial ROI to the NHS and local authorities (i.e. cost savings from a reduction in falls outweighed the cost of implementing the programme).

The research was published on the [PHE website](#) and is being accessed by commissioners to inform local decision-making.



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