

Community Exercise for Falls Prevention using the QTUG

WHY

Over the last 20 years we have seen an **increase in the amount of falls** taking place for those aged **over 65**, which **leads to social and health care needs** following the fall for the rest of their life.

Delivering exercise to elderly member of the community has **been proven** to reduce a person's falls risk. Where possible we should be looking to **use exercise to increase strength** of and **reduce the risk** of having a fall, through prevention and awareness techniques.



WHAT

We are providing an exciting opportunity for service users within the East and North Hertfordshire community to **participate in weekly exercise classes** at a Flexi-care site linked with their Support at Home provider. We have been running these classes within the Care Home sector for a few years now to reduce Falls risk and have had fantastic results.

Watch the video at
www.hcpa.info/falls

AIMS

The **QTUG (Quantitative Timed Up and Go)** device uses body-worn sensors to assess mobility, falls risk and frailty and is used to **assess a service user's falls risk, during a walking assessment**: This will **provide a percentage score of how likely that individual is to fall**. We aim to work with service users who have at least a 50% likelihood of having a fall while at home.

Additionally, we are carrying out a confidence assessment with each service user and a WEMWBs questionnaire focussing on the engagement side.

OFFER TO RESIDENTS

The Strength and balance program includes 1 sessions per week for 21 weeks.

Each exercise session will be led by one of SMILE's specialist Postural Stability Instructors (PSI) /Otago Exercise Tutors. These fun and rewarding sessions last 1.5 hours and aim to improve and maintain the resident's strength, balance and confidence. Each participant will also receive an exercise booklet to follow at home.

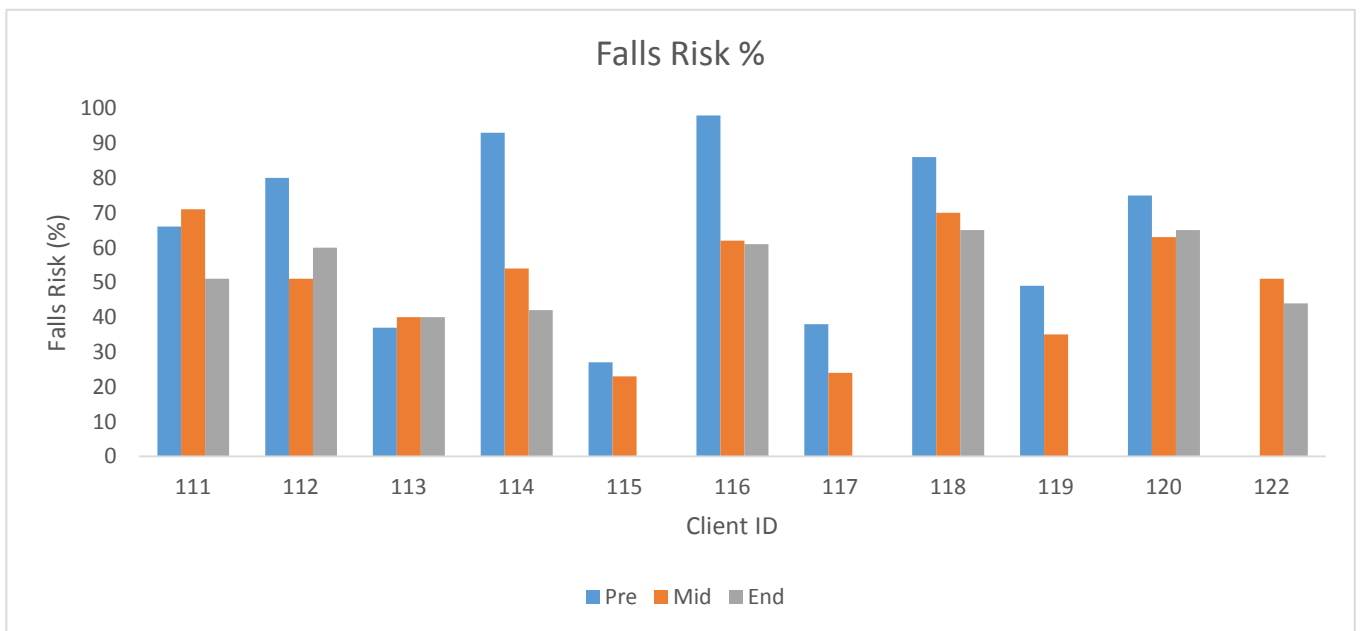
The inclusion criteria for service users:

- *Aged 65+ and living in the community*
- *At a risk of fall, or had a fall in the past 12 months*
- *Able to stand unsupported for 60 seconds*
- *Able to follow instructions*

RESULTS

"I feel a lot steadier than I did on week 1, I am finding the exercises easier and easier each week".

"I feel a lot more confident getting down to the floor when I'm cleaning the kitchen"



The graph (above) shows Falls risk percentage scores for each participant before starting the Otago classes program. Each participant was then re-assessed at the mid and end points of the program. We would expect to see a reduction in falls risk percentage scores by 10-20% at of the program.

- Of the 12 participants, 11 reduced their falls risk percentage score after successfully completing the course.
- Every participant attended more than 50% of the sessions provided.
One client did not see an improvement but did successfully maintain their falls risk percentage score across the 4-month program (they were a low risk)

The remaining seven groups will be running between May and November 2017.

For further information please email michelleairey@hcpa.info