



Strong and Steady

Older People's Physical Activity



Background



- **Public Health funded 3 year programme**
- **Universal and Targeted Service**
- **Target audience – N Y residents aged 65+**

Universal



- **Community based activity that provides a structured opportunity for social interaction through age and ability appropriate physical activity and/ or sport**
- **Simple and Sustainable**
- **Existing opportunities or newly established**
- **Self referral**
- **Wider messaging e.g. Warm and Well**



- **15 Targeted service programmes across the county to provide a structured opportunity for improving strength and balance through age and ability appropriate physical activity and/ or sport for individuals that have been identified by the referrer as being at risk of or having had a fall.**
- **Referral from a professional**
- **OTAGO Community Based exercise Programme or the Later Life Postural Stability programme**

Success measures



- **Increased Physical Activity Levels**
- **A desire to continue Physical Activity independently**
- **Improved self reported Well Being**
- **Improved Timed Up and Go scores (targeted)**
- **‘Patient stories’**

Programme officially launched April 27th at Fairfax Community Centre



- **Activity started in January using already qualified Instructor**



Marketing Materials produced



- **Participants**
- **Deliverers**
- **Referers**
- **Points of interest**

OTAGO Training



- **Recruitment in early part of the year**
- **15 People trained in June 2018**
- **All signed up as delivery partners to begin September**
- **Range of partners from Private providers to Local Authority, Trust and Age UK staff**

Triage



- **Service level agreement in place with individual Age UKs**
- **County wide telephone number of (01423) 226303**
- **Local numbers promoted by Age UK's**

Delivery Timetable for 15 of 15 Targetted



- **Craven – Settle Extra Care Facility**
- **Hambleton - Northallerton Age UK Office,**
- **Hambleton – Shire House Thirsk**
- **Harrogate - Fairfax Fairfax Community Centre**
- **Harrogate - Knaresborough Community Centre**
- **Harrogate – Ripon**
- **Harrogate – Town Centre venue**
- **Richmondshire – Catterick Garrison The Bridge**
- **Richmondshire – Leyburn Kirkwood Hall**



- **Ryedale - Malton Community Sport Centre**
- **Scarborough – Filey Age UK**
- **Scarborough Town Centre The Street**
- **Scarborough – Whitby Leisure Centre**

- **Selby Town Centre The Studio**
- **Selby - Sherburn in Elmet The Old Girls School**

The story so far



- **73 on the programme**

Age Ranges	Number of Patients
45-49	1
50-54	2
60-64	1
65-69	11
70-74	10
75+	48

Referrals



Referral Source	Total
GP	4 (5.5%)
Self	44 (60.3%)
Living Well Team	1 (1.4%)
Health & Social Care (HAS)	2 (2.7%)
Falls Team	0 (0%)
Hospital	4 (5.5%)
Family Member	7 (9.6%)
Other	11 (15.1%)

Reason for attending



EliChe	Total
Fear of falling	17 (23.3%)
Feeling unstable	27 (37%)
History of falls (injurious or non-injurious)	18 (24.7%)
Has had a fall in the last 6mths	7 (9.6%)
Low bone density and / or family history of Osteoporotic fracture	3 (4.1%)
None of the above	1 (1.4%)

What happens next



- **Increase referrals from Health professionals**
- **Cross referral from other services**
- **Further workforce development**
- **Additional programme development**
- **Impact Measurement**