Appendix 1

One borough; one community; London’s growth opportunity

Encouraging civic pride

Enabling social responsibility

Growing the borough

For more information visit lbbd.gov.uk/visionandpriorities
Falls Prevention from the Better Care Fund

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Topic: Falls Prevention
Date: 10 February 2016
Background

• Older people are more likely to experience life-changing injuries following a fall.

• There is an increased risk of bone fractures requiring major surgery, with less successful outcomes.

• Women are at greater risk of serious fractures e.g. fractured neck of femur.

• Accidental falls cause 7 avoidable deaths each year in Barking and Dagenham.
The Care Act 2014 mandates local authorities to develop a coherent approach to prevention, through the provision of support and services that maintain independence and avoid the need for more intrusive social care services. The Council’s approach to prevention has recently been discussed at the Health and Wellbeing Board and has contributed to the Council’s two main strands of falls prevention.
Preventative measures for falls in B&D

**Prevention Strategies**

The Emergency Care audit showed that 25% of attendances by over 75s were attributable to falls.

**Handy Person Support Service**

Will provide practical support in individuals’ own homes to reduce environmental hazards that may contribute to falls or ill health.

These schemes were, therefore, designed to have a direct impact on: emergency admissions to Hospital (General and Acute), all age per 100,000 population; and injuries due to falls in people aged 65 per 100,000 population.

**Whole Body Therapy**

Reduces the incidence of falls, severity of injuries, and long term effects from a fall; thereby reducing admissions to hospital and reducing the need for extra care.

The service will provide basic maintenance, provide small items of equipment, rectify trip hazards, and signpost individuals to other services and support.

A 12 weeks, progressive, evidence based falls management exercise programme. Including targeted, personalised and progressive strength and balance exercise sessions.
Handy person support service

To reduce the incidence of falls, severity of injuries and long term effects from falls

To design, implement and facilitate a falls prevention exercise intervention which feeds into the falls pathway within Barking & Dagenham

To evaluate the falls prevention exercise programme’s effect on participants’ incidence of falls, severity of injuries and long term effect of falls

Evaluate the programme’s effectiveness on functional fitness, postural stability, mobility, fear of falling and confidence of performing daily living activities
Handy person support service

A handy person service to reduce hazards and prevent falls in the home

Eligibility criteria
- aged 65 and over; or
- vulnerable or has a disability; or
- being discharged or recently been discharged from hospital; or
- at high risk of falling due to a medical condition.

The service provides
- fitting grab rails;
- making loose carpets and trailing wires safe;
- changing light fittings or bulbs;
- making your front path safer;
- any other small jobs to make your home free from trip hazards.
Whole body therapy

- A 12 week course was run between August and October 2015.
- An evaluation of the scheme subsequently took place in November 2015.
- This evaluation report to measure outcomes and KPIs will help to understand the scheme’s impact. This will inform future commissioning decisions.
Whole body therapy

The evaluation of the scheme – which involved 11 participants aged between 70 and 93 years, four were male, seven were female – showed the following improvements for those involved:

- 46% increase in functional reach
- 32% improvement on get up and go
- 30% improved shoulder rotation
- 19% improved unsupported standing
- 50% improvement in time taken to stand from a seated position
- 67% increase in ability to rise from a chair without the aid of assistive devices or another person
- 40% increase in the ability to rise from the floor without the help of another person

These results should be interpreted with caution due to the small number of participants.
What further can be done?

Fund new ‘prevention’ initiatives which target emerging needs which are having biggest impact upon BCF metrics.

Consideration should particularly be given on investing in initiatives which ‘upstream’ prevention and therefore support earlier intervention opportunities and promote self help. This would promote a proactive and timely response to emerging needs, led by the individual - rather than existing services waiting for a person’s condition to deteriorate before a service further ‘downstream’ becomes appropriate.
What further can be done?

This concept promotes independence, wellbeing and social responsibility supporting residents to live well for longer. This could be implemented on a condition by condition basis dependant on needs / resource.
Questions?