

GP Briefing

Make a Move – a partnership project (pilot)

What is it?

- The Make a Move (pilot) project is part of the work of the Integrated Falls, Fracture & Fragility Group who are developing a Strategy and redesigning the Falls Pathway
- Make a Move is a partnership project between ActivLives and Age UK Suffolk to improve the pathway for people who fall or are at an increased risk of falling
- The project will develop and deliver Otago and seated/standing evidenced based community based exercise sessions across Ipswich & East Suffolk
- A Network of Physical Activity Instructors will be created and receive specialist 'falls prevention' training including Otago and Functional Fitness for Older Adults to enable them to deliver safe, effective evidenced based interventions
- This pilot project will seek to challenge and change the negative attitudes / behaviour to preventative action and activity in the 55 – 64 age range, including people who are high risk of falling, whilst targeting people 65 years and over in line with NICE guidance
- Make a Move will also provide opportunities for socialising to reduce loneliness and social isolation, which can also be a cause of falls in the older population

Age UK Suffolk will:

- Map existing Otago sessions across the East of the County, bringing instructors and groups into a new Network to improve access to community exercise sessions in urban and rural areas
- Train instructors in Otago / Functional Fitness to build a bank of instructors to deliver sessions across the patch
- Deliver Otago community based exercise sessions and provide opportunities for people to socialise

ActivLives will:

- Develop existing and new ActivHubs including seated / standing / Otago sessions and social opportunities
 - Establish & deliver 5 new ActivHubs in Felixstowe; Westgate & Gainsborough areas of Ipswich and 2 rural areas
 - Working with IBC / Housing Associations / Sheltered Housing Schemes / Residential Care Homes activity co-ordinators / OT's deliver 12 week specialist exercise programmes
 - Provide sessions on diet & nutrition, raising awareness about bone health, the prevention of falls and provide advice and information regarding Foot Care.
 - Seek & recruit 5 volunteers to provide health improvement information and support the development of the new ActivHubs.
 - Volunteers will help people to socialise and make new friends and build social networks, will facilitate the provision of refreshments and help with completing assessments, as and when required.
 - Both organisations will promote the Make a Move project services and network, as well as signposting people to other local organisations.
 - Assessments will be carried out to measure the impact of the project on Make a Move members and the reduction of falls, fractures and social isolation.
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- Benefits to patients**
- 4 free sessions to introduce people to the exercise and the group
 - Improve access to community based Otago / seated/standing exercise sessions
 - Regular evaluation and goal setting opportunities
 - Individualized programmes
 - Improved balance, strength, posture & gait
 - Increased confidence & independence
 - Improved health & wellbeing
 - Reduced social isolation and loneliness
 - Access to useful health information and support
 - Access to other organisations & services
 - Volunteering / Social opportunities

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- Referral criteria**
- Aimed at people 55 – 64 years who are high risk of falling, but with a focus on people 65 years and over in line with NICE guidance
 - Patient is health screened and cleared by GP / Health Professional to participate in community based 'Falls Prevention' seated/standing (OTAGO) exercise as outlined in the 'Classification of Sessions for Referral Purposes'.
 - Once the patient has been contacted and assessed they will be offered 4 free sessions to introduce them to the activity session. After the 4 sessions they will be required to pay a small fee e.g. £2.50 for the activity session.

How do I refer

GP / Health Professional explain to the patient why they are being referred to the community based 'falls prevention' exercise session

With the patients consent either:

Make a referral to ActivLives using the '**Referral Form - Health Care Professional**' and return to ActivLives

or

Hand the patient the '**GP Referral Card**' asking the patient to contact ActivLives directly.

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- Launch details**
- Referrals can be made in this way from 20th November 2014

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- Contact details**
- For any queries regarding the service, please contact the Make a Move Team:
 - Monday – Friday 9.30am – 5pm - 01473 345350
 - Make a Move team:
ActivLives:
Lindsay Bennett, ActivAgeing Manager – Lindsay@activlives.org.uk;
Kim Bilner, ActivHub Development Coordinator – Kim@activlives.org.uk;

Age UK Suffolk:

Glenda Deakin – Otago / Specialist Project Coordinator –
Glenda.Deakin@ageuksuffolk.org
