

Dementia and Falls Prevention Workshop

Specialist Falls Service

19th September 2024

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All About Falls

What I'd like to share with you today...

- Specialist Falls Service – our Team
- What is a fall
- How to assess risk of falling
- Activity & exercise
- Staying independent



Specialist Falls Service



A small Team - 10 clinical staff



Education & training

Population >1m

Around 8% of people in BNSSG >75 - the fastest growing population within our area



Sirona
care & health



Home visits



Care homes



Clinics



Exercise Groups

Aquatic therapy



Did You Know...?

- Around a third of people aged 65 and over, and around half of people aged 80 and over, fall at least once a year
- Dementia increases the risk of falling due to multiple factors
- Around 20% of people who fracture their hip move into long-term care in the first year after fracture.
- Many of these falls are preventable – there needs to be **assessment** and **action to reverse the reversible risks**

Are Falls Inevitable as We Get Older?

- **No!**
- **We have to change the culture and thinking around falls and ageing**
- There are many risk factors for falling and also many ways to reduce these risks
- Not all older people fall... and not all people who fall are older!
- We must be proactive and do all we can to prevent falls before they start

What is a Fall?

An event which causes a person to, unintentionally, rest on the ground or lower level

What is a Near Miss?

A slip, trip, stumble or loss of balance where the person saves themselves or is saved from falling



What is a Long Lie?

When a person who has fallen spends a prolonged period of time on the floor because they're unable to get up. This is any time greater than 1 hour

Let's see...

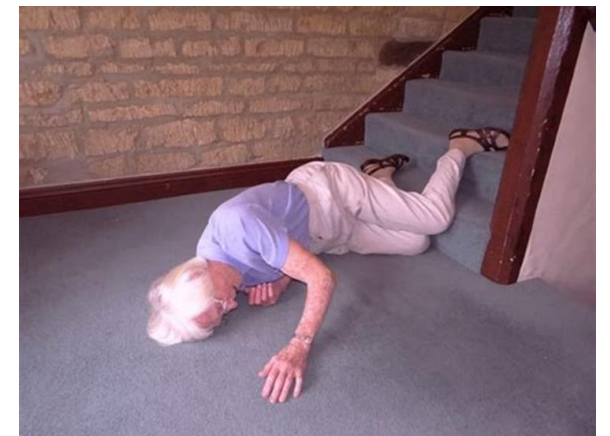
- Has anyone fallen in the last 6 months?
- Have you had any near misses without actually falling?
- Did you get yourself up off the floor?
- Did you have a long lie?
- Did you hurt yourself?
- Have you told your GP?



How to Avoid a Long Lie

A 'long lie' can be a dangerous consequence of having a fall

- Staying on the floor without moving can lead to serious medical problems and hospital admission
- If you fall, you should **always** try to get up
- If you cannot get up, try to sit up and lean on something for support
- **CALL FOR HELP**
- If you cannot sit up, you should still try to move uninjured limbs
- Stay warm
- Stay hydrated
- Take pain relief
- Keep moving



MFRA



Multi-factorial Falls Risk Assessment



**FEAR OF
FALLING**



Who Should Have a MFRA

NICE says older people...

- who receive medical attention because of a fall
- or who report falls in the past year
- or who have changes in their walking / balance

... should be offered a **multifactorial falls risk assessment (MFRA)**








And if older people are in contact with healthcare professionals, they should be asked routinely whether they have fallen in the past year and for details of any falls

All older people who have fallen or who are at risk of falls benefit from having an MFRA. Having Dementia further increases the risk of falling



If you are concerned about falling, ask your GP to refer you for a falls risk assessment

UK Chief Medical Officers' Physical Activity Guidelines (2019)

Physical activity for adults and older adults

 Benefits health	Reduces your chance of	Type II Diabetes -40%
 Improves sleep		Cardiovascular disease -35%
 Maintains healthy weight		Falls, Depression etc. -30%
 Manages stress		Joint and back pain -25%
 Improves quality of life		Cancers (colon and breast) -20%

 Some is good, more is better 

 Make a start today: it's never too late 

 Every minute counts 

UK Chief Medical Officers' Physical Activity Guidelines (2019)

Be active

at least **150** minutes moderate intensity per week
Increased breathing able to talk

OR

at least **75** minutes vigorous intensity per week
breathing fast difficulty talking

OR a combination of both

Build strength
at least **2** days a week

Minimise sedentary time
Break up periods of inactivity

Improve balance
For older adults, to reduce the chance of frailty and falls
2 days a week

Activities: Swim, Brisk walk, Cycle, Gym, Yoga, Run, Stairs, Sport, Bowls, Tai Chi, Dance.

30
minute
s x 5
days

15
minutes
x 5 days

There aren't enough days in the week...!

DO
MORE,
TO DO
MORE!



A little bit every day – it all adds up...

Keeping Active whilst Living with Dementia



[Dementia and falls - Dementia UK](#)



[Physical activity, movement and exercise for people with dementia | Alzheimer's Society \(alzheimers.org.uk\)](#)

'Start Today Exercise Program'



***Changing the culture around exercise
one person and one clinician at a
time.....***

The stomp



Start position: Sit upright in a chair with your back supported, knees shoulder-width apart and at a right angle (90 degrees).

Action: Alternate lifting legs up and down, as if you are marching up and down stairs.

The kicker



Start position: Sit upright in a chair with your back supported, knees shoulder-width apart and at a right angle (90 degrees).

Action: Straighten your knee while focusing on squeezing your thigh muscles. Pull your toes towards you. Hold for three seconds. Lower your foot back down to the starting position. Complete on both legs.

This exercise will strengthen the knees and improve flexibility.

If you take regular pain relief, taking this before exercise may help.

If you have not exercised in a while, muscle ache is normal. This is just your muscles working. However, if pain lasts over 24 hours or previous pain is made worse, please stop exercises.

Contact the specialist falls team:

T: 0300 124 5859

E: specialistfallsservice@nhs.net

Let us know what you think and get involved

T: 0300 124 5300*

E: sirona.hello@nhs.net

W: www.sirona-cic.org.uk

*Calls from landlines are charged up to 10p per minute; calls from mobiles vary, please check with your network provider. This is not a premium-rate number.

This document can be provided in other formats and languages, please contact us.

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NHS



Start Today
Exercise Programme

Start the
change with
single STEP



Sirona
care & health

Start
Today
Exercise
Programme

What is the Start Today Exercise Programme (STEP)?

Together with Wesport, we have developed a homebased exercise programme to increase strength and balance for people who find it difficult to get out and about. It is designed for people who are at risk of falls and becoming less active.

One in three people over 65 and half of people over 80 fall every year, and the risk increases as we become older. Research shows simple lifestyle changes prevent falls, make us more independent and improve our quality of life.

What are the benefits of physical activity for adults?

- Improved health.
- Improved sleep.
- Healthy weight maintenance,
- Stress management,
- Improved quality of life.

Building easy exercises into your day will make completing everyday jobs easier and maintain strength and balance.

What does the STEP involve?

Six exercises which improve strength and flexibility. Complete each exercise five to ten times, once or twice a day. You should soon see a difference in strength and mobility. Try exercising to your favourite upbeat song.

The twister



Start position: Sit upright with your feet flat on the floor, cross your arms and reach for your shoulders.

Action: Without moving your hips, turn your upper body to the left as far as is comfortable. Hold for five seconds. Repeat on the right side.

This stretch will develop and maintain flexibility of your upper back.

The elevator



Started position: Sit upright with your arms out wide.

Action: Raise both arms upwards, as far as comfortable. Keep your arms straight throughout.

Blades of glory



Start position: Sit upright with your back away from the chair, with arms at shoulder level. Pull your shoulders back and lift your arms slightly outwards.

Action: Gently push your chest forward and up until you feel the stretch. Hold for five seconds.

The rocker



Start position: Sit upright in a chair with your back supported, knees shoulder-width apart and at a right angle.

Action: Alternate lifting each heels off of the ground, as if you are pushing down on a gas pedal. Hold for three seconds. Move your ankles in the opposite direction, alternate lifting your toes off of the floor. Hold for three seconds

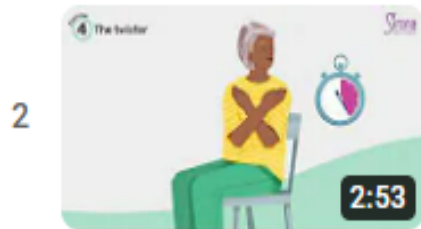
This exercise will improve ankle flexibility and lower the risk of getting blood clots.

STEP... on YouTube!



STEP: Why keeping active is so important as we age and how doing so helps prevent falls

Sirona care & health • 29 views • 3 weeks ago



Start Today Exercise Programme (STEP): How to keep mobile and active at home as you age

Sirona care & health • 81 views • 4 weeks ago



STEP: How health professionals can help the people they look after to stay mobile and prevent falls

Sirona care & health • 16 views • 3 weeks ago



STEP... the Video



S tart
T oday
E xercise
P rogramme

What Kind of Movement?



It's all about strength...

And balance!



6 exercises for strength and balance

Try these six simple exercises two or three times a week – every day if you like – and you should soon notice improvements to your co-ordination and balance



- MAKE SURE THE CHAIR YOU USE IS STURDY
- WEAR SUPPORTIVE SHOES
- IF YOU EXPERIENCE CHEST PAIN, DIZZINESS OR SEVERE SHORTNESS OF BREATH, STOP AND CALL YOUR GP OR CALL 111
- A SLIGHT SORENESS THE DAY AFTER IS QUITE NORMAL



1 Heel Raises

Stand tall, holding the back of a sturdy kitchen-type chair or kitchen sink, then lift your heels off the floor, taking your weight onto your big toes. Hold for three seconds, then lower with control. Repeat 10 times.



2 Toe Raises

Stand tall holding the same support, then raise your toes – taking your weight on your heels. Don't stick your bottom out. Hold for three seconds, then lower with control. Repeat 10 times.



3 Sit to Stand

Sit tall near the front of a chair with your feet slightly back. Lean forwards slightly and stand up (with hands on the chair if needed). Step back until your legs touch the chair then slowly lower yourself back into the chair. Repeat 10 times.



4 Heel-Toe Stand

Stand tall, with one hand on your support. Put one foot directly in front of the other to make a straight line. Look ahead, take your hand off the support and balance for 10 seconds. Take the front foot back to hip width apart. Then place the other foot in front and balance for 10 seconds.



5 Heel-Toe Walking

Stand tall, with one hand on a support like a kitchen cabinet. Look ahead and walk 10 steps forwards, placing one foot directly in front of the other so that the feet form a straight line. Aim for a steady walking action. Take the feet back to hip width apart, turn around and repeat the steps in the other direction.



6 One-Leg Stand

Stand close to your support and hold it with one hand. Balance on one leg, keeping the support knee soft and your posture upright. Hold the position for 10 seconds. Repeat on the other leg.



WHY NOT PULL OUT THESE CENTRE PAGES AND KEEP THEM ON THE FRIDGE?

More Advanced Exercises

Strength & Balance Exercises



Backward Chaining

Backward Chaining: The Whole Chain

Face your chair a few steps away



Lunge forward with your strongest leg and hold the sides of the chair seat or arms



Bend your back knee down to the floor



Bring your other knee down to the floor



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Bring one hand off the chair and onto the floor



Bring your other arm down to the floor so that you are in four point kneeling



Lower your hips onto the floor gently



Lower yourself down till you are lying on the floor



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Exercise & Walking Groups In North Somerset



Age UK [Timetable of exercise classes | Age UK Somerset](#)

Wesport [Falls Prevention Classes - Wesport - page 1](#)



Go4Life [Walking Groups in North Somerset \(betterhealthns.co.uk\)](#)

Better Health North Somerset
[Health Walks - North Somerset | Better Health North Somerset \(betterhealthns.co.uk\)](#)

Safety Starts at Home



Staying Independent & Safe

Sirona
care & health



The Take-away...



MOVE

- Movement / exercise is for everyone...yes EVERYONE!

DAILY

- Increase activity / exercise; twice a day, every day. Make it a habit

ASSESS

- Request an MFRA if you have fallen or feel at risk of falling

MODIFY

- Safety starts at home; reduce risks today

REDUCE

- Using equipment safely can prevent falls

AVOID

- Keep time on the ground to a MINIMUM; avoid a long lie!



Q and A's

