

Falls Prevention - Adopt & Adapt Programme

Wednesday 30th November 10-11.30am

Falls Prevention Overview

The Volunteer role



Deliver one face-to-face visit in patient home per week (duration 8 weeks) demonstrating & facilitating physiotherapy prescribed exercises



Deliver one telephone call per week in addition to home visit for the first four weeks to encourage engagement with programme and support patients



Sign post to local community services and activities, and provide healthy living messaging



Undertake functional fitness assessments and record impact related data in patient workbooks

Ultimate aims



Help **restore patients' physical health and independence** and prevent **deconditioning**



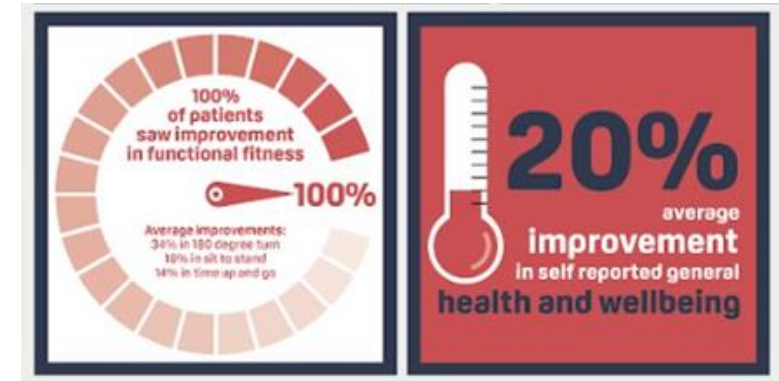
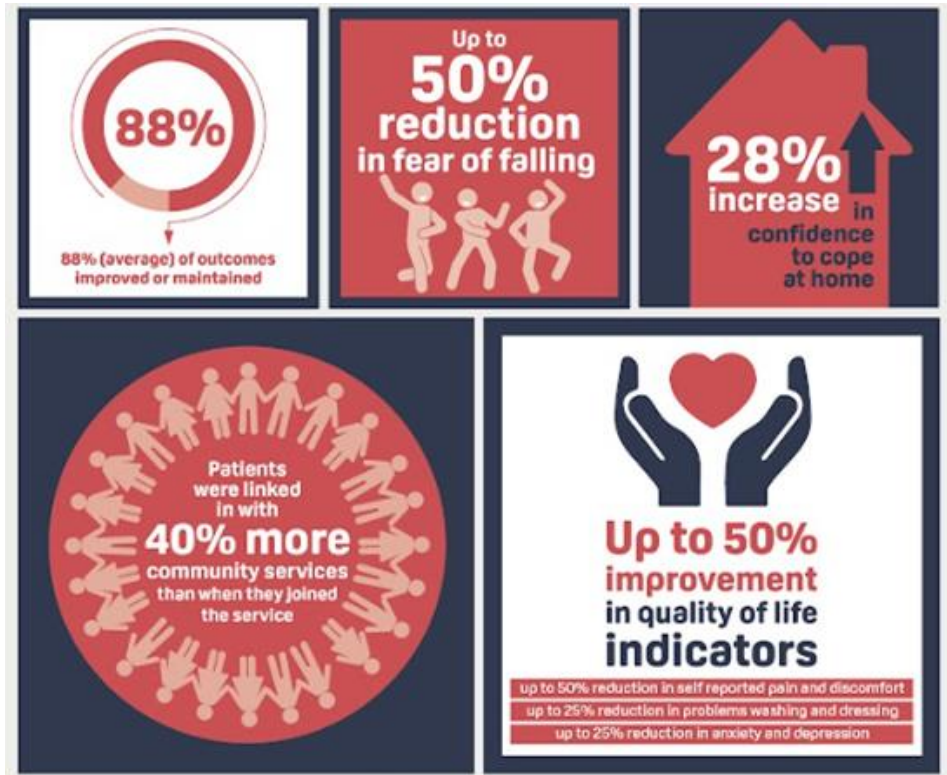
Enhance patients emotional wellbeing at a time where they are **feeling anxious and isolated**



Support patients at risk of falls within the community to **remain at home**

Falls Prevention Findings

Analysis of results from 5 patients



Data collection

This data is collected at week 1 and week 8

1. **EQ5D** – a paper questionnaire which assesses a patient’s current mobility, self-care, independence, pain and anxiety. This is filled in with the patient and subsequently submitted online this data online (as soon as possible after the visit)
1. **Fear of Falling** - Score 0 (nil) -10 (high) – patient is asked to self-score themselves on a scale of 0 – 10. Volunteers can explain that fear of falling is connected to their feelings of safety, balance, strength and stability whilst moving around.
1. **180 Turn** – Count how many steps it takes for the patient to complete a 180 turn.
1. **Sit to Stand (STS- 60 sec test)** (number of STS) - This is a Sit to Stand exercise which volunteers are taught on their training. They ask the patient to perform the exercise as many times as they can safely within 60 seconds. The number of repetitions of the exercise completed within this time-frame are recorded.
1. **Timed Up And Go** (time taken in seconds) - patients are asked to rise from a chair, walk to a marker 3m away, turn, walk back, and sit down again. This is timed in seconds.
1. **Number (approx.) of community services patient in contact with** (e.g Age Concern = 1) - Counts the number of community and voluntary sector services that the patient is already in contact with them at the start (week 1) and then again at the end (week 8) of your time together.
1. **Confidence in coping** – Patient is asked ‘How confident are you that you will be able to cope at home?’ 0 (not at all) - 10 (completely).

Patient 304 (cohort 1)

Outcomes and falls data	Pre intervention	Post intervention	Change
Number of falls (pre = 12 months prior)	2	0 during	NA
Falls resulting in A&E and / or admissions (pre = 12 months prior)	2	0 during	NA
LoS (days) (pre = 12 months prior)	21	NA	NA
	2		
Fear of falls (scale 0 nill -10 high)	10	7	30%
180 degree turn (steps)	9	6	33%
Sit to stand in 60 seconds (movement)	4	5	25%
Timed up and go (seconds)	82	50	39%
Confidence to cope at home level (scale 0 none -10 complete)	2	4	100%
Number of community services in contact with	0	4	100%
Mobility - problems in walking about	Moderate	Moderate	0
Self care - problems in washing or dressing	Moderate	Moderate	0
Usual activities - problem in doing usual activities	Moderate	Moderate	0
Pain / discomfort	Severe	Slight	50%
Anxiety / depression	Moderate	Slight	25%
Thermometer (100% is best possible health)	50	60	20%

Sessions	
Face to face	8
Telephone	5



100% health / support indicators improved or maintained from the start to the end of the falls prevention service.



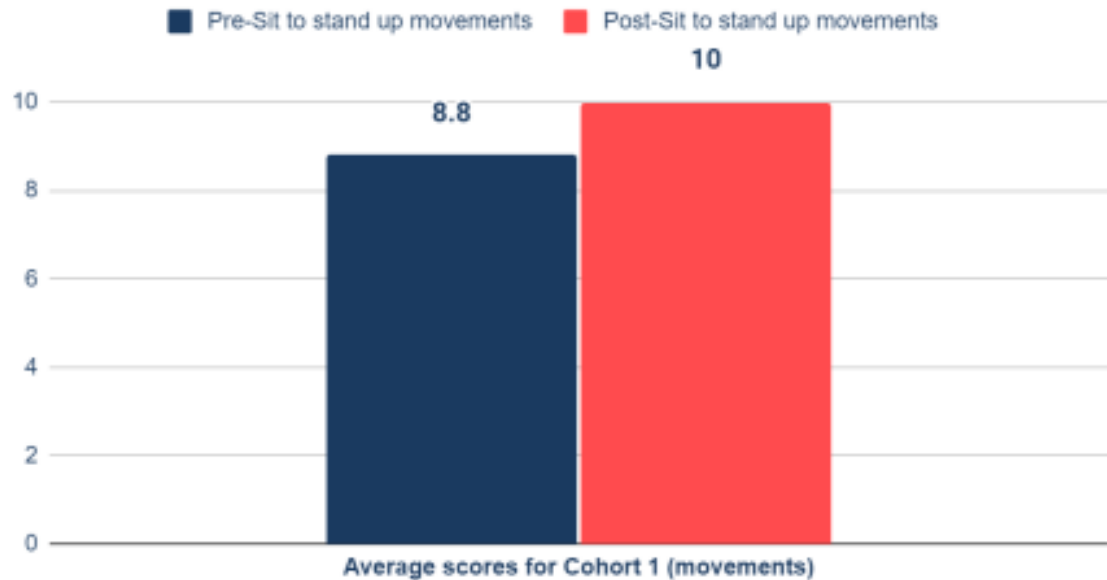
Pain and discomfort reduced from severe to slight



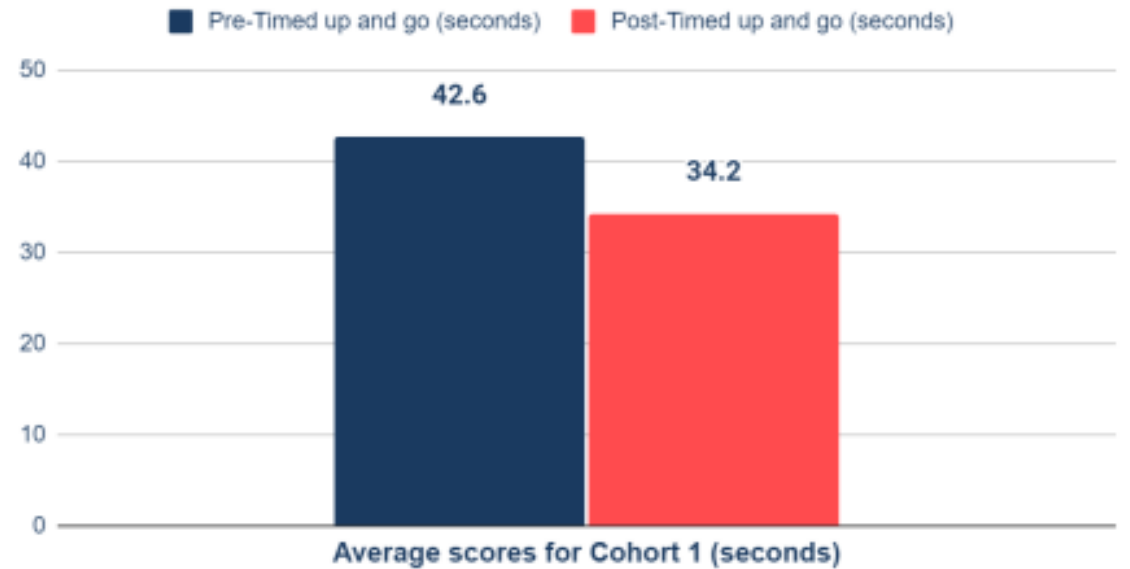
Timed up and go reduced by 32 seconds

Functional Fitness

Sit to stand up movements comparison after the programme - Cohort 1



Timed up and go (seconds) comparison after the programme - Cohort 1



Reflections from Kingston

- Acuity of patients
- Number of sessions or number of weeks?
- Geographic limitations
- Support with 'waiting well' as well as recovery

Adopt & Adapt Overview

What do we mean by adopt & adapt?

A programme to grow your volunteer service models

Takes a 'project management approach' to developing and delivering a new 'volunteer service.'

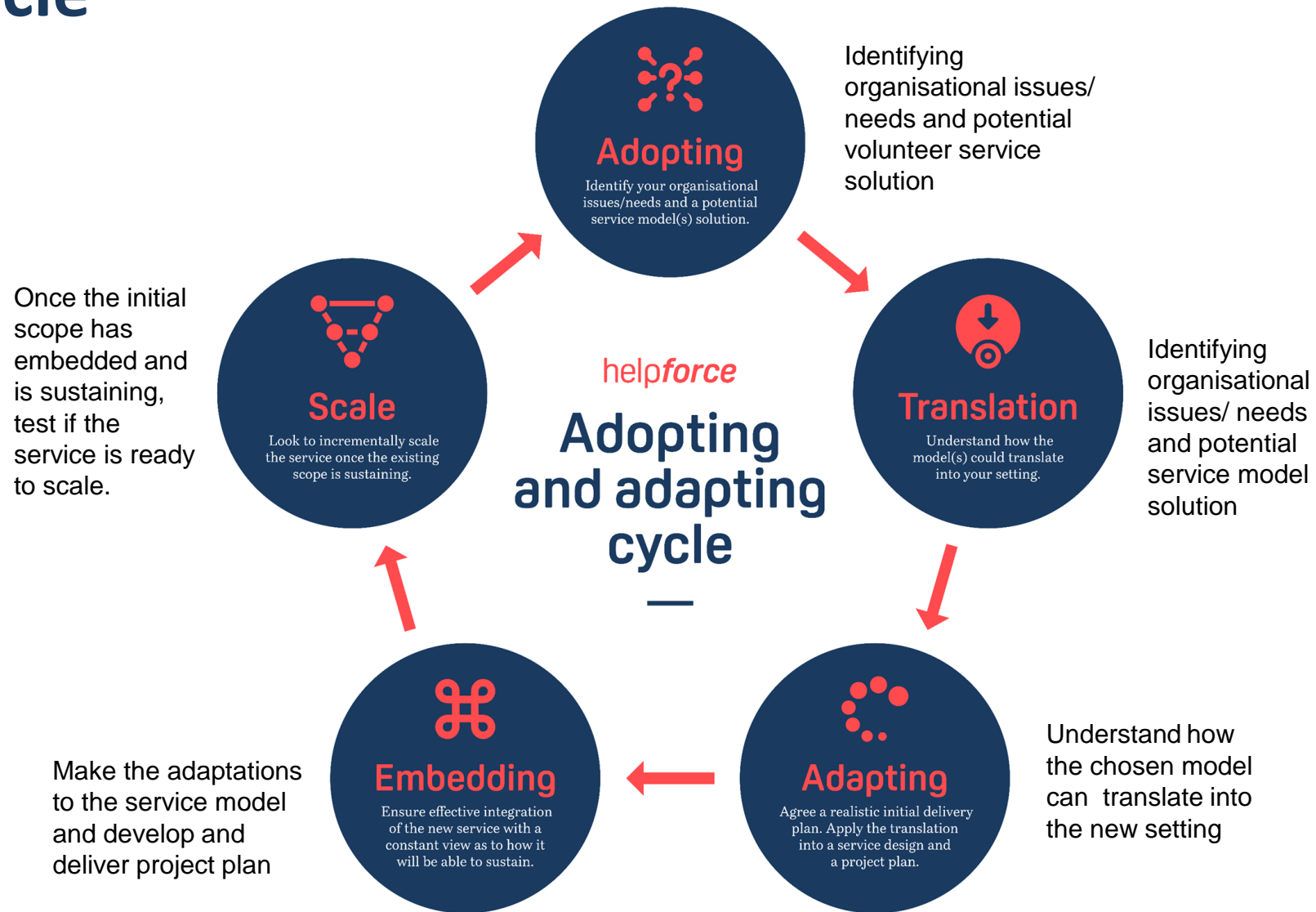
Supports to develop, diversify and improve volunteering capabilities.

We have produced a range of Service Guides which provide tried and tested volunteer service models to help build confidence in considering '**adopting**' a new volunteer role and '**adapting**' the new role to match Trust's needs

Aim is to accelerates organisational capability to deliver a *sustainable* service as learning has already been achieved by other Trusts and good practice established.

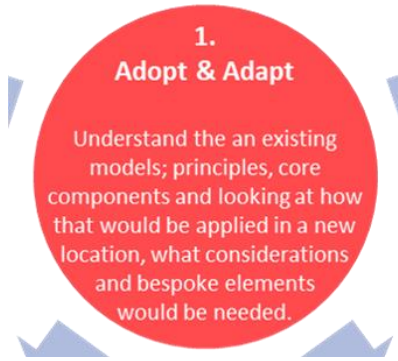
The service will assist in gaining organisational 'buy in' and reduces the risks associated with developing a new service/volunteer intervention as impact (the benefits) have been assessed and demonstrated

A&A Cycle



How to...

1. Adopt & Adapt - Making it work in your location



Understand the existing Falls Prevention model; principles and core components and look at how they would be applied in your location, what considerations and bespoke elements would be needed?

Considering the strategic and operational priorities and selecting a volunteer service that can positively impact those priorities can help to lock in the support of senior stakeholders and in turn improve organisational buy in.

Projects with senior buy in are more likely to sustain.

Sustainment is often not thought about until at a point when further funding is needed or the service is struggling. Defining at an early stage what measures (**sustainment markers**) will support a growing business case for continued investment and future scaling of the service.

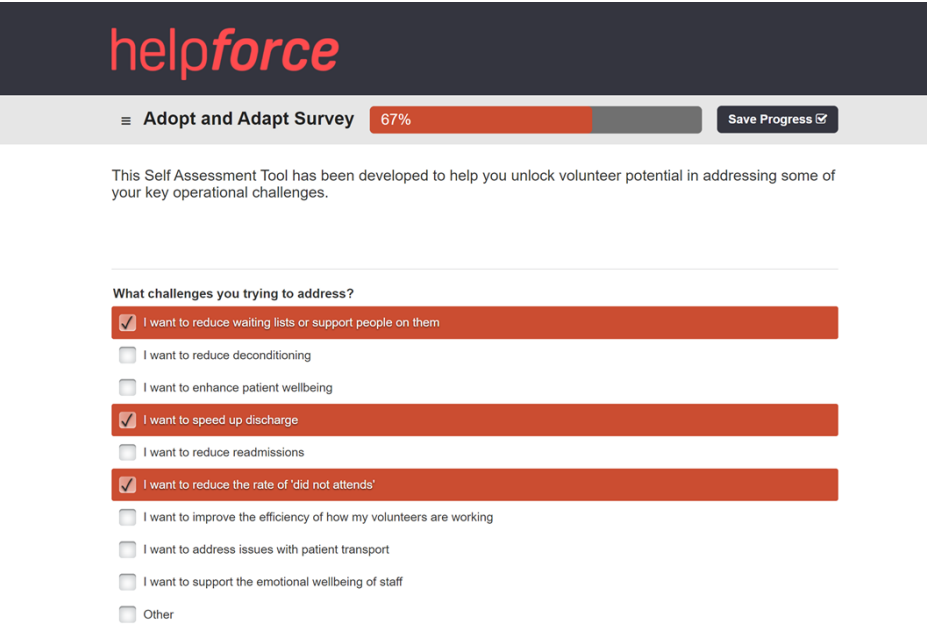
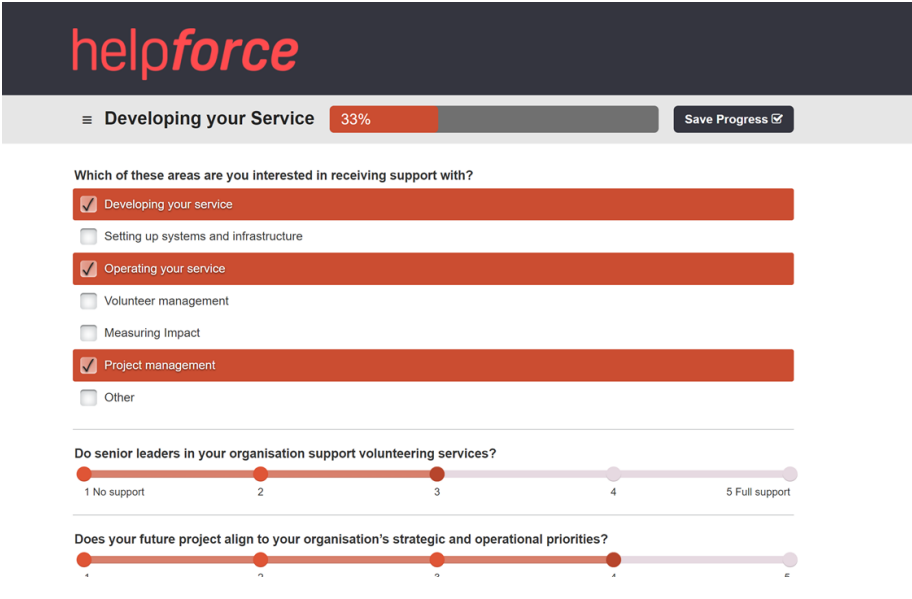
Check List: Adopt & Adapt

- Identify key strategic and operational priorities
- Research potential Falls Prevention opportunities
- Identify key stakeholders and set up Steering Group
- Understand existing volunteering context
- Develop solutions through workshops and co-design
- Embed data collection
- Agree service responding to strategic and operational priorities
- Identify key priorities and objectives for service sustainment

Self Assessment tool (SAT)

The SAT will identify the support needed for both the organisation and the individual leading on an A&A project and is an essential part of the process.

A SAT will be completed in December before the A&A programme starts in January.



Programme Managers will ensure the right support if provided based on the SAT results.

You will also receive a report providing you with supplementary information, guidance and resources based on your specific needs.

You will also be asked to complete a SAT at the end of the programme to measure progress.

What elements will you need to translate?

- Identification of your patient cohort?
- How referrals will be screened and monitored - tracking system
- Programme type / model (one to one, group programme?)
- Length of programme / volunteer support
- Volunteer role profile
- Volunteer training
- Developing a steering group (including community groups / providers)
- What outcomes you want to measure - insight & impact
- Onwards referral services in your area - pathway beyond the programme

4 main criteria for A&A sign up:

1. Your or your teams capacity to deliver a project

- ✓ Embedding stage reached by 4 months (approx) of starting project

2. Senior buy in, you are being supported at a senior level

- ✓ Someone helping you to overcome barriers, championing project at a senior level

3. Willing to share your data

- ✓ Your data will identify impact and future service design / scaling
- ✓ Your data helps us achieve our mission, which keeps us funded

4. Completing of the Self Assessment Tool (SAT)

Programme Timeline

- **Introductory webinar - Wednesday 30th November**
- **Agreement to join Adopt & Adapt programme - confirmed with Helpforce by 16th January 2023**
- **Introduction session and start of Adopt & Adapt programme - Monday 23rd January 2023**
- **Volunteers in role by end May 2023**

Online support, guidance, information and resources

The screenshot shows the top navigation bar of the Helpforce website. The menu items are: "How we help", "Resources", "About Us", "Member Services" (highlighted in red), and "Helpforce Champions Awards 2021" with a search icon. A dropdown menu is open under "Member Services", titled "GET INVOLVED", and contains three items:

- Helpforce Connect**: Join the support network for volunteer leaders (green icon)
- Insight & Impact**: Maximising your impact is easier than you think (red icon)
- Adopt & Adapt**: Accelerate your ability to deliver volunteer services (purple icon)

The background of the page shows a large heading "volunteering and care" and a photograph of two staff members in blue scrubs.

click on the image to go through to the website

helpforce

Thank you

www.helpforce.community