

Exercise an Integral part of Camden's Falls Service



A partnership between Camden PCT and LB Camden

Benefits of Exercise

- Improves strength of muscles and flexibility of joints
- Improves balance
- Improve fitness (efficiency of the heart)
- Lifts mood and helps you feel good
- Decreases pain
- Improves control of type II diabetes

Benefits of Exercise

- Improves sleep
- Improves memory
- Improves blood pressure
- Helps maintain strong bones
- Improves the immune systems – less infections
- Provides the opportunity to get out and meet friends

**Exercise can do this at any age
whether or not you have
exercised or not in the past**

Use it or lose it

It's never too late to start

Camden's Fall's Exercise Service

- **Work started in 2003 to build on Falls Groups that were already being run by Camden REACH Team**
- **Partnership between Camden Active Health Team and Camden REACH Team to develop community based groups led by Camden Active Health Team with support from Camden REACH Team**

Camden's Fall's Exercise Service

- After completing the Camden REACH groups there were no specific Falls Classes
- New community Falls Classes were developed which were incorporated into the Clinical Referral Scheme for Physical Activity

Camden REACH – Staying Steady Falls Groups

9-week exercise /education, 6-9 participants, exercise led by physiotherapists from Camden REACH Team

Where - Bloomsbury Building St Pancras Hospital

Clinical Referral Scheme for Physical Activity - Falls

8-week exercise programme, 10 -15 participants, led by Specialist Falls Exercise Instructors from CAHT

**Where - Kingsgate Resource Centre – NW6,
Peckwater Centre - NW5, One KX - WC1H**

Seniors Exercise Sessions

70 classes each Week in Camden

The Exercises

- Warm up – get the circulation going and warm up and stretch muscles
- Dynamic Endurance – work to improve stamina and balance
- Resistance work – exercises using exercise bands or body weight to Improve muscle strength
- Practising getting up from the floor
- Warm down

Non-competitive, go at your own pace, chair can be used for support if necessary

Warm Up



Dynamic Endurance



Resistance/Strength Training



Getting up from the floor



Warm Down and Chat



How Many People Have Benefited since 2004?

- **Community Groups – approximately**
- **175**
- **REACH Staying Steady Falls Groups**
200

Home Exercise Programmes



After Your Group Has Finished

- **After REACH Staying Steady Groups – you can go onto Community Falls Programme**
- **After the Community Falls Programme:**
 - **Continue exercising at home**
 - **Attend a Seniors Class (many to choose from)**
 - **Attend a class run at your local resource or community centre (some seniors classes are run at the centres)**

What do people think of the Groups?

- *I have found the group extremely helpful, encouraging and I have benefited in confidence. The company was excellent and staff very professional and extremely efficient.*
- *I learnt the correct way to do certain manoeuvres, such as getting up and down off the floor, into and off a chair and balancing in different situations. I feel very grateful to the staff for always being friendly, helpful and patient. Very many thanks for your help*

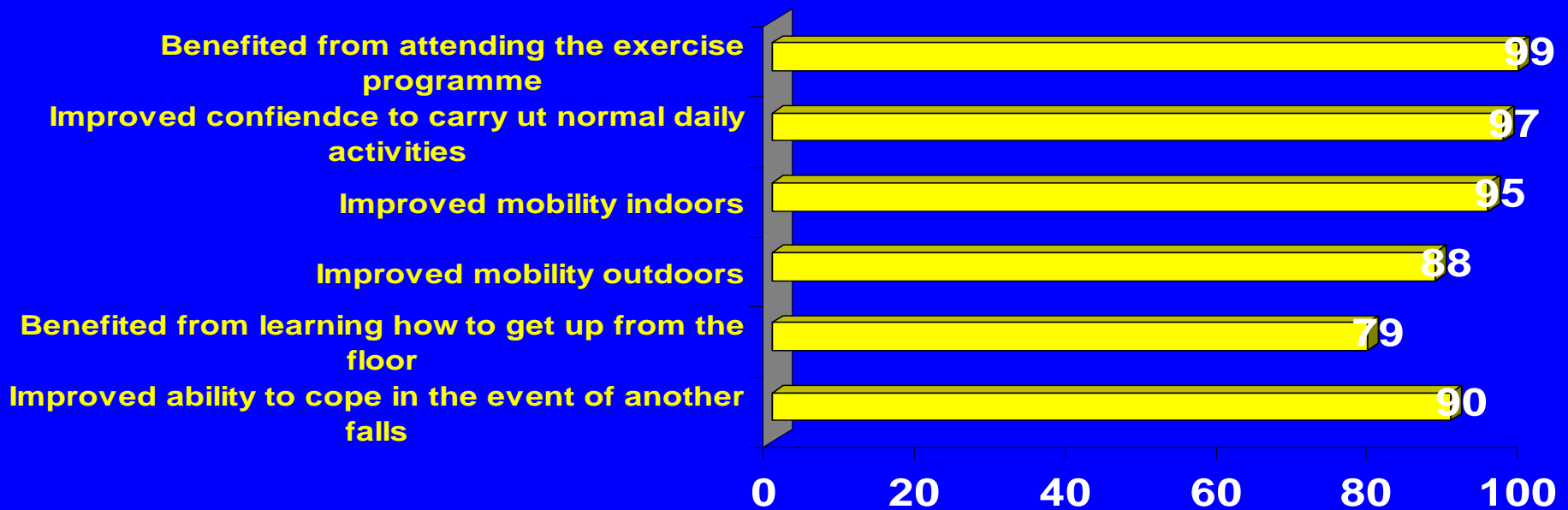
What do people think of the Groups?

- *More confident outside. Getting stronger. Excellent classes, instructors clear and precise. I am more confident and sure-footed. Instructor's first class-always with patience and good humour.*
- *I have more confidence now outdoors in stepping down from pavements into roads. Previously I needed help from strangers often.*

Falls Groups Evaluation Questionnaires

April 2004 - December 2005

Percentages of clients responding somewhat, much or very, much to each Question





Falls Awareness Days at Resource Centres



Falls Self-Assessment

A self-help guide to reduce your risk of falling

Camden **NHS**  Camden
Primary Care Trust



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Do you have difficulty with your eyesight?

Poor eyesight can lead to slips and trips,
especially in poor lighting.

Action:

- ✓ Have your eyesight checked every year.
- ✓ Make sure your glasses are clean and in good condition. Also try to have a spare pair.
- ✓ Have good lighting in all areas of your home.
- ✓ Pause to give your eyes time to adapt to changes in light.
- ✓ Always turn on a light when you go to the toilet at night.
- ✓ Consider changing your bifocals or varifocals to single-vision lenses.
- ✓ If you are unable to get out to see an optician, the RNIB Low Vision Centre (020 7391 2053) and the Outside Clinic (freephone 0500 295245) both offer a home visiting service.
- ✓ If your vision is seriously affected, contact Camden's sensory needs service (020 7974 6680) or the RNIB Low Vision Centre (020 7391 2053) for further assessment and help.

Camden REACH Falls Service

- Assessment at home by Physio, OT or nurse to find out why you are falling
- Medical assessment and treatment if necessary
- Treatment at home to help you stay steadier on your feet + how to cope in the event of another fall.
- Referral to other services that can help

Other Resources



Training

- Social workers nurses and Occupational Therapists
- Staff in Care homes
- Home care workers

Understand why people have falls and know where to refer people to for appropriate help

Contacts

- Robbie Benardout – Clinical Referral Scheme for Physical Activity – Falls – 020 7974 4398
- Sasha Johnston – Information about any of Camden Active Health Team’s exercise classes – 020 7974 1542
- Stephanie Kitchener – Clinical Falls Specialist - Camden REACH Team – 020 7530 3433
- Samantha Wall – Falls Educator – Camden – 020 7974 6686