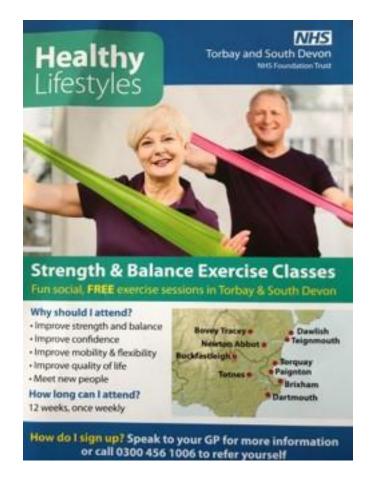


Torbay and South Devon NHS Foundation Trust

- What do we provide?
- 12 weeks of NHS funded strength and balance exercise classes run by Postural Stability Instructors.
- For people who:
- ✓ Have fallen or have a fear of falling,
- √ Have a feeling of reduced balance
- ✓ Have a diagnosis of Osteopenia/Osteoporosis





Who are the groups aimed at?

The groups are aimed at people presenting with early signs of frailty-Typically Rockwood score 4 (Vulnerable).

To attend they must be able to:

- Safely mobilise outdoors with stick or rollator (3/4 wheeled)
- Get on/off dining chair without/minimal use of arms
- Stand unsupported for 1 minute.

Note: If people are presenting with higher levels of frailty /dependency and are in need of health and social care support, they should be referred to the relevant local Intermediate Care/Community Therapy Team or Care Direct.



How to refer?

 Electronic referral form on ICON under Community Falls Resources: https://icon.torbayandsouthdevon.nhs.uk/areas/falls/Documents/New%20PSI%20form.doc

• Self Referral via Lifestyles Team. Tel: 0300 456 1006



Our outcomes:

- No of referrals 2020-21 = 439
- Average changes for those who completed the programme
 - Confidence in maintaining balance (ConfBal) increased by 10%
 - Fear of falling reduced by 11%
 - Berg balance score increased by 10%
 - Timed up and go (TUAG) improved by 21% (Average 4 secs quicker over 3m)
 - 59% Reduction in falls.



A Testimony:

- 77 year old woman who lived alone and had bilateral hip replacements in 2020
- Post Covid lockdown, presented with low mood, agoraphobia, fear of falls and furniture walking. Berg balance score: 39/56
- Supported with telephone home exercise input initially and then attended 12 week strength and balance exercise class course.
- On discharge mobilising confidently with a stick indoors, resuming social life and Berg balance score: 54/56
- Referred to Health and Wellbeing Team for support regaining confidence with outdoor mobility.
- Joined follow on PSI led exercise class.



In her words:

"Self-referring for the Strength and Balance Exercise Classes is one of the best things I could have done.

Within a warm, welcoming, friendly and supportive environment, along with the camaraderie of other participants and the expert guidance of a dedicated instructor, as well as making the necessary commitment, I have also been encouraged to attempt challenges specific to my individual needs and have been surprised at my achievements.

My self-confidence and self-esteem continue to improve along with my balance, strength, flexibility and mobility. There is still plenty of room for ongoing and continuous improvement but I am now on the way towards a more healthy and active lifestyle, for which I am extremely grateful and appreciative"