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STEPPING ON

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STEPPING ON WITH RECOVERY

LINKING COMMUNITY OLDER MENTAL HEALTH CONSUMERS TO EVIDENCE
BASED FALLS PREVENTION
BY NADIA WILLIAMS AND MANDY MEEHAN

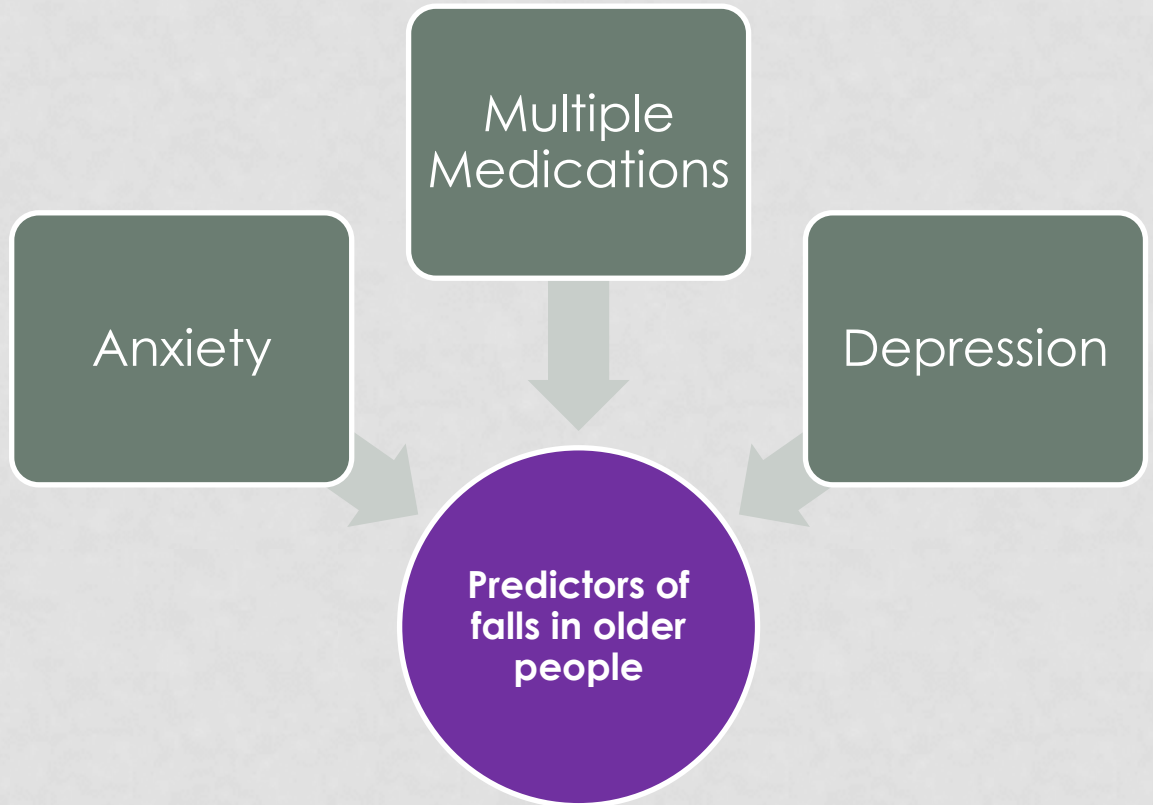
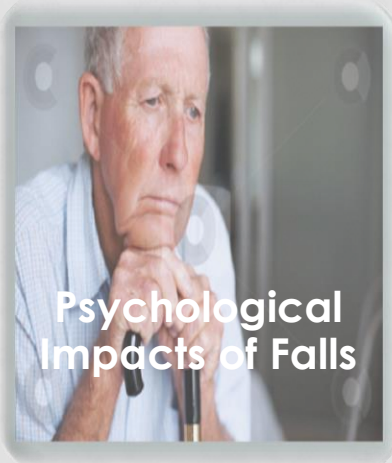


Health
Northern Sydney
Local Health District



Royal Rehab
The Rehabilitation & Disability
Support Network

OLDER PEOPLE WITH MENTAL HEALTH PROBLEMS & FALLS PREVENTION



OLDER PEOPLE WITH MENTAL HEALTH PROBLEMS & FALLS PREVENTION

Psychotropic Medications

Lack of confidence and motivation

Mental Health Problems in older people can be complex in their presentation and management.

Depression Psychosis
Mania Anxiety

Isolation and social issues.

Co-morbid medical problems

Lack of robust evidence to support practioners to implement practices that prevent people with mental health problems from falling.

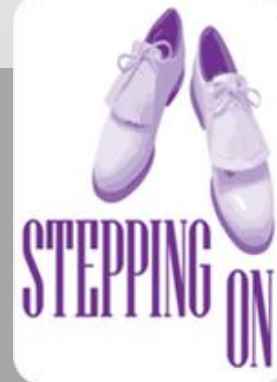
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Wiseman's Ferry Stepping On Program



Stepping On



- 7 Week evidence based community falls prevention program
- Multifactorial program that has been tested internationally.
- Delivers a 31% reduction in falls
- NSW Ministry of Health Initiative (2008 – 2015)

Ryde Specialist Mental Health Services for Older People (SMHSOP)

Promoting mental health and wellbeing in older people through;

- **comprehensive assessment,**
- **care coordination,**
- **education,**
- **therapy,**
- **innovative group work**
- **recovery based rehabilitation program.**



The Studio:

An innovative program aiming to promote independence and wellbeing through education, therapy and social connectedness

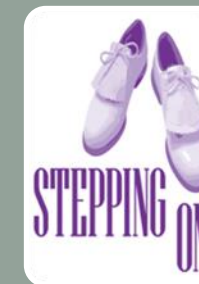


The Studio Group Participants:

Case Managed by Ryde SMHSOP Outreach Team.

Reside in independent accommodation and Low Level Care.

Transport Provided



Stepping On with Recovery:

10 Participants

Depression (4), Bipolar disorder (1), Anxiety (3) and Schizophrenia (3)
Lunch, Support and social aspects

STEPPING ON WITH RECOVERY: RESULTS

•The participants all completed the course.

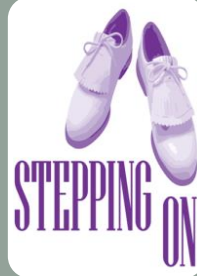
•There were no adverse events during the sessions.

•Outcome measures resulted in 100% of participants achieving improvements in gait strength and balance.

•0 Falls reported

•K10 measures showed a 27 point improvement for the group.

•3 month Booster.
After three months, improvements were independently maintained.



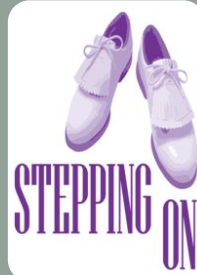
TUG (Timed Up & Go)

• 100% participants - improvement in TUG Scores

• Pre Score Average: 12 sec

• Post Score Average: 8 sec

• (0.2 – 7.7 second reduction in TUG)



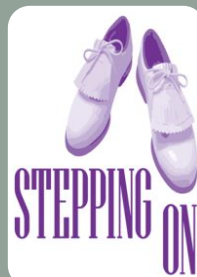
Near Tandem Stance (10 sec)

• 100% participants - improvement in Near Tandem Stance Scores

• Pre Score Average: 6.5 sec Eyes Open

• 100% achieved 10 sec EYES OPEN

• 50% achieved 10 sec EYES SHUT



Sit to Stand

• 100% participants - improvement in Sit to Stand Scores

• Pre Score Average: 4.7 reps (2 with arms)

• Post Score Average score: 6.4 reps

• 100% with NO ARMS

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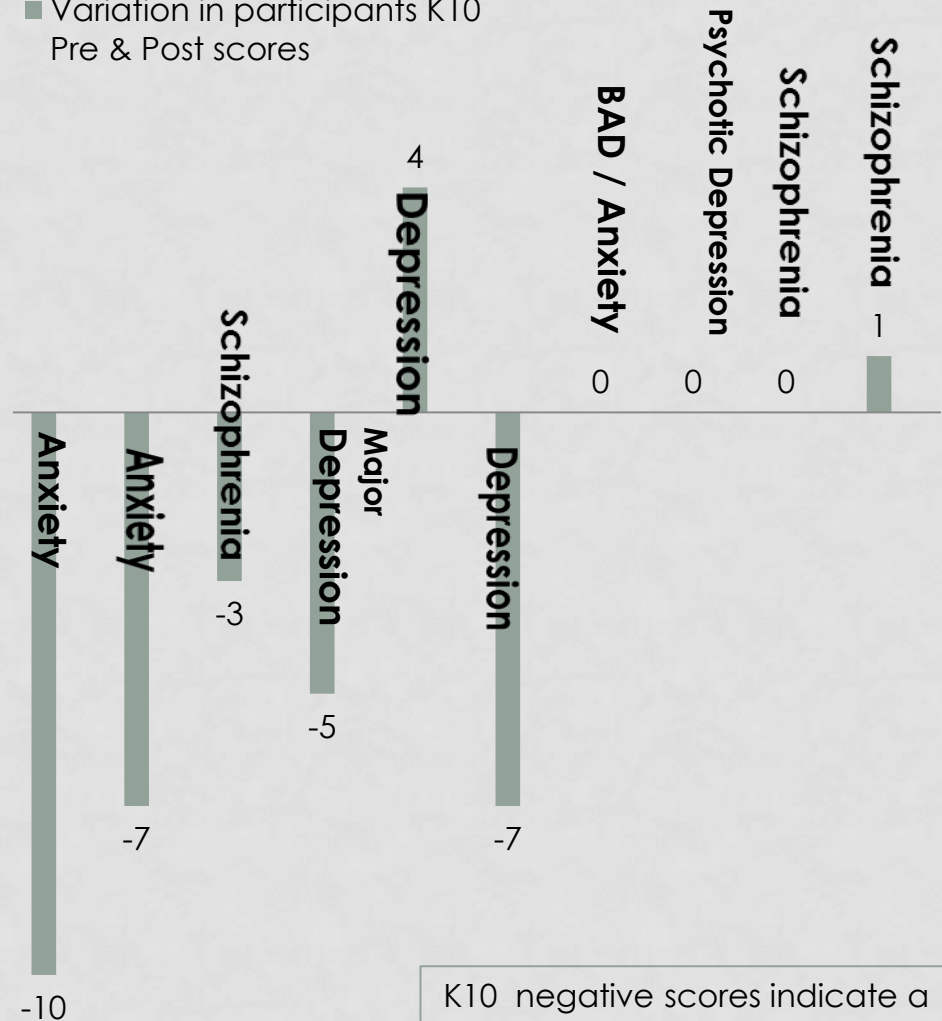
•Outcome measures resulted in 100% of participants achieving improvements in gait strength and balance.

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•Kessler 10+ measures showed a 27 point improvement for the group at the end of the 7 week program.

•3 month Booster: After three months, improvements were independently maintained.

■ Variation in participants K10 Pre & Post scores



K10 negative scores indicate a lower level of distress reported.

STEPPING ON WITH RECOVERY: RESULTS

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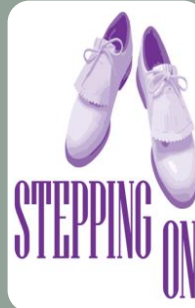
- There were no adverse events during the sessions.

- Outcome measures resulted in 100% of participants achieving improvements in gait strength and balance.

- 0 falls reported

- K10 measures showed a 27 point improvement for the group at the end of 7 week program.

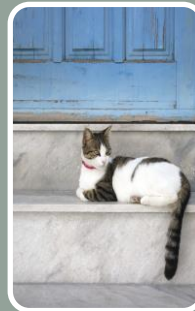
- 3 month Booster**
After three months,
improvements were
independently maintained.



3mo. Booster Session

- 80% of participants were continuing independently with exercise
- 0 Falls Reported

Participants Reported...



- Incorporating more exercise into daily life.
- Increase in Confidence
- Improved Sleep
- Improved Footwear purchased
- No longer feel like they require Hostel Care or services at home
- “I can bend down to pat my Cat”
- “I feel like I can take the bus again”

SUMMARY

