STEPPING ON WITH RECOVERY

B A S E D  F A L L S  P R E V E N T I O N
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OLDER PEOPLE WITH MENTAL HEALTH PROBLEMS & FALLS PREVENTION

Psychological Impacts of Falls

Multiple Medications

Anxiety

Depression

Predictors of falls in older people

Research

Clemson et al., 2004; Hill et al., 2006; Schepens et al., 2011
OLDER PEOPLE WITH MENTAL HEALTH PROBLEMS & FALLS PREVENTION

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

- Depression
- Psychosis
- Mania
- Anxiety

Psychotropic Medications

Lack of confidence and motivation

Isolation and social issues.

Co-morbid medical problems
Lack of robust evidence to support practitioners to implement practices that prevent people with mental health problems from falling.

Stepping On

- 7 Week evidence based community falls prevention program
- Multifactorial program that has been tested internationally.
- Delivers a 31% reduction in falls
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
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

K10 measures showed a 27 point improvement for the group.

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

0 Falls reported.
Variation in participants K10 Pre & Post scores

<table>
<thead>
<tr>
<th>Variation in participants K10 Pre &amp; Post scores</th>
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<tbody>
<tr>
<td>-10</td>
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<tr>
<td>Depression</td>
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K10 negative scores indicate a lower level of distress reported.

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

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.

STEPPING ON WITH RECOVERY: RESULTS

...
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 Footware 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”

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 at the end of 7 week program.

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

Stepping On & Mental Health

- Easy to implement with training & support
- Evidence Based Program
- Opportunities for Future research
- Positive Outcomes
- Transferable to Mental Health

Positive Outcomes

Opportunities for Future research

Evidence Based Program

Easy to implement with training & support

Transferable to Mental Health