Creating Strong Foundations for Falls Prevention

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Who is Feros Care?

- Aged and Community Care Provider
- Public Benevolent Institution (Charity)
- Owned By the Community
- Origin - Byron Bay Australia
- 1960’s George Feros had a dream
- Established over 30 Years ago (1976)
- Operating Aged Care Services since 1990
What we do

• 80+ community programs
• 3 Residential Aged Care Villages
• $32 Million Net Assets
• $58 Million Income per annum
• 530+ staff
• 130+ volunteers
• 300+ suppliers & partners
• 25,000 clients per annum
What Drives Us?
Who are our typical clients?

• Anywhere from 65 to 100+ years old
• Generally have two or more health issues
• May require walking aids to help move around
• Take regular medications and usually plenty of them
• May have vision and hearing impairments
• May have cognitive impairments
• Generally have lower levels of activity

Leads to an unhappy living cycle
The Unhappy Living Cycle

Decreased Physical Activity

Falling Quality of Life

Illness and Related Disabilities

Increased Falls Risk

Decreased Functional Ability

How can we help to break this cycle?
The Happy Living Cycle

Rising Quality of Life

- Increased Physical activity
- Improved General Health
- Decreased Falls Risk
- Increased Functional Ability

This is where you can help
Why a focus on falls?

- Falls are the leading cause of mortality and morbidity for older people.

- Research indicates that group and home based exercise programs reduce both the rates of falls and risk of falling (Cochrane Review Sept 2012)

- Falls prevention programs are boring! (Kate Swanton Review 2015)

- Over 60% of Australian adults barely move – so why would seniors take up exercise?

- We needed new programs and new models.
Physical Activity For our Clients?
What is physical activity?

A continuum of physical behaviour

- Personal activities of daily living
- Instrumental activities of daily living
- General activity and exercise
- Fitness exercise
- Athletic training

These are the levels we are working with

- The benefits gained from sensible physical activity considerably outweigh the potential adverse side effects

What are the benefits for our clients?
Physical Activity: The Health Benefits

- Improves lung capacity → breathing becomes easier
- Helps digestion
- Improves mental alertness
- Helps the body to fight infection
- Improves sleeping patterns
- Enhances positive outlook and reduces stress

But wait, there’s more....
Physical Activity: The Health Benefits

- Maintains and improves **muscle strength**
- Assists with keeping **joints** mobile
- Maintains and improves **bone** strength
- Assists with **weight** control
- Improves physical **stamina**
- Improves **balance**
- Helps us **perform everyday activities**

I wish there was a tablet that could do all of that....
Physical Activity: Helps daily activities

**Endurance** activities will make it easier to:

- Push grandchildren on the swings
- Vacuum or mop
- Walking around the shops

*Eg. Swimming, walking, dancing, cycling, tennis, golf, housework*

**Strength** training can help us to:

- Carry a full laundry basket or grocery shopping
- Carry smaller grandchildren
- Get out of chairs or climb the stairs

*Eg. Lifting weights, using resistance bands, stairs, yard work*
**Physical Activity:** Helps daily activities

**Balance** exercises can help us to:

- Stand on tiptoe to reach something on the top shelf
- Walk up and down the stairs
- Walk on an uneven sidewalk or on grass

_Eg. Tai Chi, standing on one foot, heel – toe walk_

**Flexibility**, or stretching, exercises can help us to:

- Look over our shoulder as we back the car out
- Make a bed
- Bend over to tie up shoes

_Eg. Yoga, upper and lower body stretching, bowls, Tai Chi_
Program developed and based on best available evidence - Lifestyle Integrated Functional Exercise (LiFE) and Otago
Being delivered by physios, OTs and EPs under CHSP and HCP
Outcome measures capturing strength, balance and agility.
Competency based reablement training for Community Support Staff.
Strong Foundations

• Otago is best for those who have maintained structured exercises in the past

• LiFE is the exercise program that doesn’t mention the word exercise – instead clients develop daily ‘habits’ that fit into their everyday activities.
Strong Foundations individually tailors falls prevention exercises for seniors with complex needs.

The program includes:

• An in home assessment of personal and environmental risk factors
• Four further sessions of individualised exercise prescription, aimed at improving strength, balance and mobility
• Assessment of physical environment and areas of risk, such as stairs, in the client’s home
• Telephone or video conference support during the program
• Two subsequent sessions to ensure the program is maintaining participants’ independence
New Short Term Restorative Programs

- Specifically designed to be safe for those aged 65 and up
- Includes a pre and post test in home health assessment
- A one-hour exercise class held each week for 8 weeks
- Exercise classes include a gentle warm up, strength exercises using bodyweight and resistance bands, followed by a cool down and stretching
- A structured and progressive exposure to four key elements of fitness: strength, balance, flexibility and agility.
• Health screening
• Establish current functional status
• Establish any specific needs for this participant
• Provide information
• Provide an opportunity for questions
• Build rapport
• 60 minutes once weekly for 8 weeks
  – Discussion (5 min)
  – Warm up (10 min)
  – Endurance exercises (15 min)
  – Strength / Balance exercises (20 min)
  – Cool down and stretch (10 min)
• Re-test functional status
• Provide feedback (My Fitness Profile)
• Review activity diary
• Discuss ongoing activity requirements
• Provide an opportunity for questions
• Seek feedback
Outcome Measures: Functional Capacity

- Clients by Allied Program:
  - Forever Young: 63%
  - Physiotherapy: 13%
  - Strong Foundations - Life: 11%
  - Strong Foundations - Life & Otago combination: 9%

- Average % Improvement per Client and Measure:
  - MAX IMPROVEMENT: 130
  - Four Stage Balance: 9.2%
  - Sit to Stand: 19.3%
  - Timed Up and Go: 22.5%

- WEB: www.feroscare.com.au
Outcome Measures: Functional Capacity

Average seconds Improvement per Client and Measure:
- Four Stage Balance: 2.8
- Sit to Stand: 2.9
- Timed Up and Go: 2.6

% Client Improvement by Participation:
- Four Stage Balance: 86%
- Sit to Stand: 86%
- Timed Up and Go: 43%

COMPLETED
421
All Participants: 588
Supporting our front line staff

• Projects aimed at developing the procedures, education and resources necessary to support our front line staff so services are delivered to foster reablement

• Providing competency based training to our care staff so they can support the allied health restorative care programs
The Wonderful World of Reablement

**HEAD**
We recognise that watching a person struggle is not comfortable for someone who works in the caring profession.

Remember to use encouraging language about the end goals and the things that they could do before that they enjoyed. Using this language will help you convince yourself you are doing the right thing!

**SHOULDERS**
The importance of dignity in care rests on your shoulders – you are an ambassador for the industry. Do not compromise dignity; put yourself in their shoes. Imagine how it would feel to have support with intimate things like washing and dressing.

**HANDS**
Sit on your hands if necessary. The temptation is to do it for them when you see them struggling with daily living tasks, but remember, you will leave at the end and they will need to do it themselves.

**BODY**
Your body language is important. It needs to be confident and reassuring, with open movement demonstrating warmth and support. Remember practical tips that you can pass on, like swapping cardigan buttons for Velcro if dexterity will be an ongoing issue.

**LEGS**
Remind your legs you are going to walk away and leave the person after a short time. Value yourself and the contribution that your short-term intervention will make to their life in the long term.
Thank you!