

# **Raising the bar on strength and balance; the importance of community provision**

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S1?

- Identification of local areas for inclusion (up to 4)
- **scoping strength and balance provision and local area interest levels**

S2?

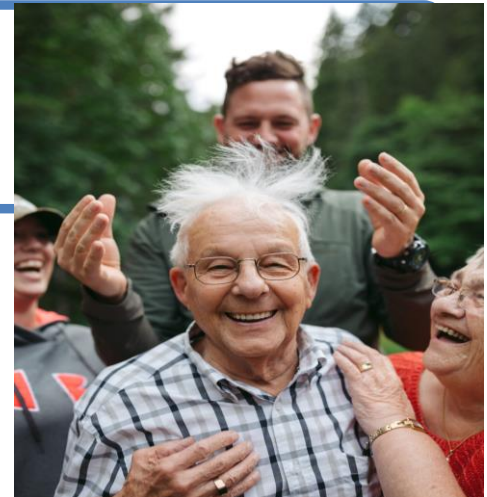
- Engagement with local areas, information gathering, consultation with key stakeholder groups
- **understanding the local picture**

S3?

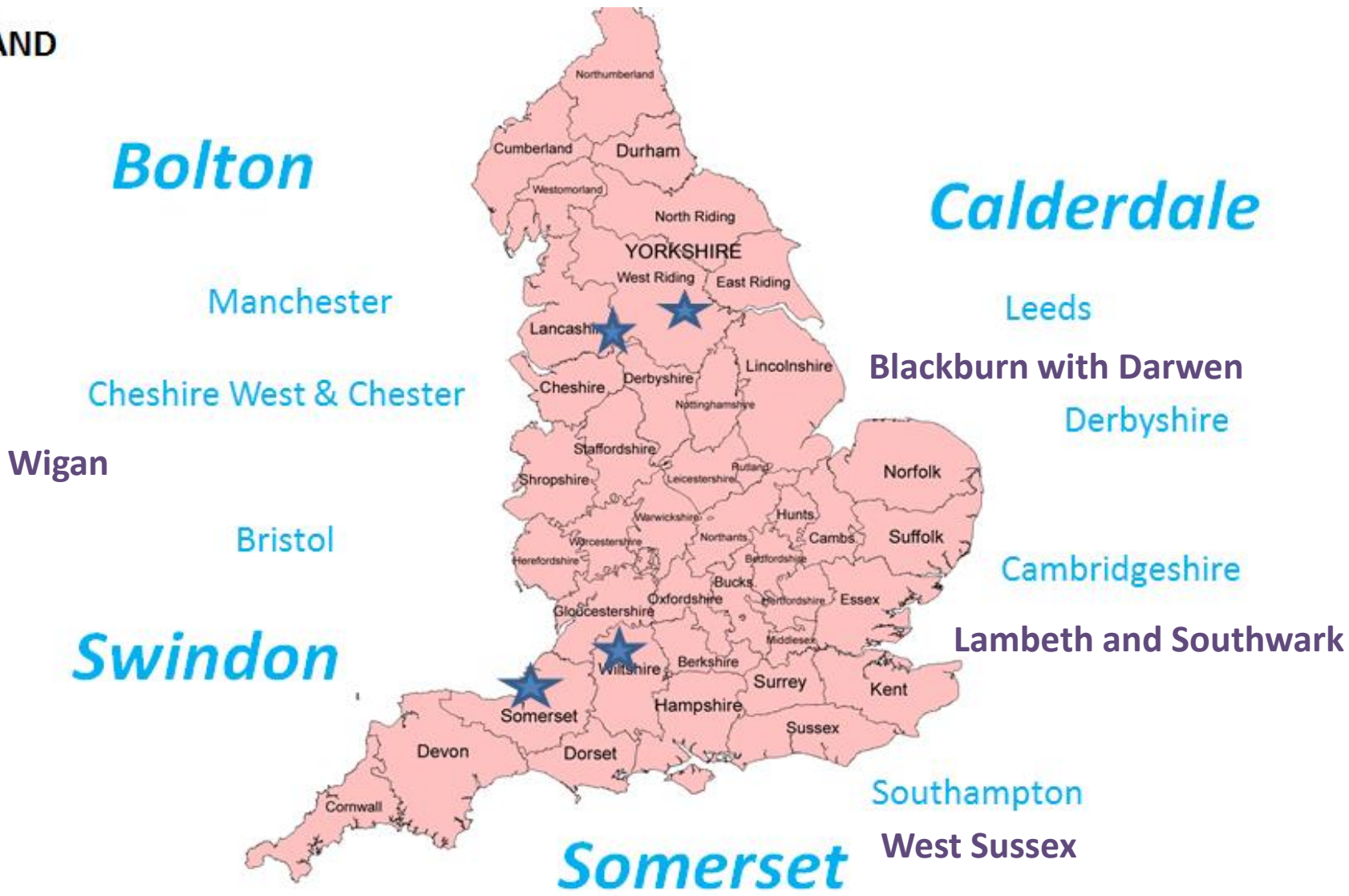
- Workshop preparation, delivery and action planning
- **generating new thinking to increase uptake and provision**

S4?

- Action plan sign off, area follow up, insight report, final presentation
- **a way forward, potential for implementation**



ENGLAND



# Scoping England for case studies and insight

- Provision varies greatly across England
  - Some localities non-existent
  - Health inequity
- Commissioned by CCG/PH/Both
  - Disparity in funding
- Self employed instructors / private physios



## Providers

Age UK brand partners + access to information and advice  
Leisure Services + progression to other provision  
Private health and leisure + clear delivery targets

# Raising Awareness

## Fund and develop marketing campaigns

- [Lambeth and Southwark](#)

## Tailor messages for target audiences

- Local programmes, accessible, affordable, welcoming and sociable

## Make sessions appealing

- Linking social activities, refreshments, speakers

## Develop peer champions

- Ambassadors for SnB programmes, [Blackburn with Darwen](#)
- Wigan [Reaching out to Men](#)

## Work across stakeholder groups

- Everybody's business, training and awareness for fire, pharmacy, neighbourhood schemes Leeds





# Encouraging uptake

## Challenge negative beliefs

- The myth of ageing and narratives that reinforce this

## Person-centred goals to increase motivation

- pre-assessments allow for goal setting/asset based approach [Wigan](#)

## Build relationships across pathways

- Physio, OTs, Community link worker, Instructors

## Exercise sessions – something for everyone

- Choice to meet preferences and suit capacity and functional mobility

## Addressing barriers and providing solutions

- Transport, Money, Venues, Too busy, Family Barriers/Ageist beliefs

# Referral pathways that work

## Develop referral pathways collaboratively

- All agencies should be involved

## Share pathways throughout local networks

- Everyone needs to be informed

## Provide good assessments for appropriate referrals

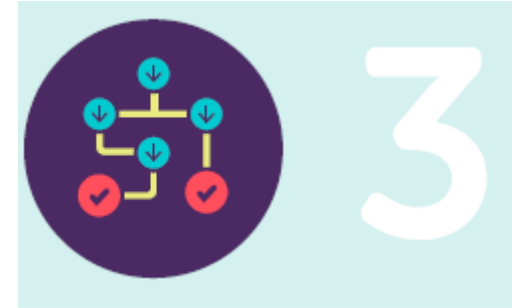
- Self-referral and those in transition (PARQ+2018/NQAF 2001)

## A recommendation is not a referral

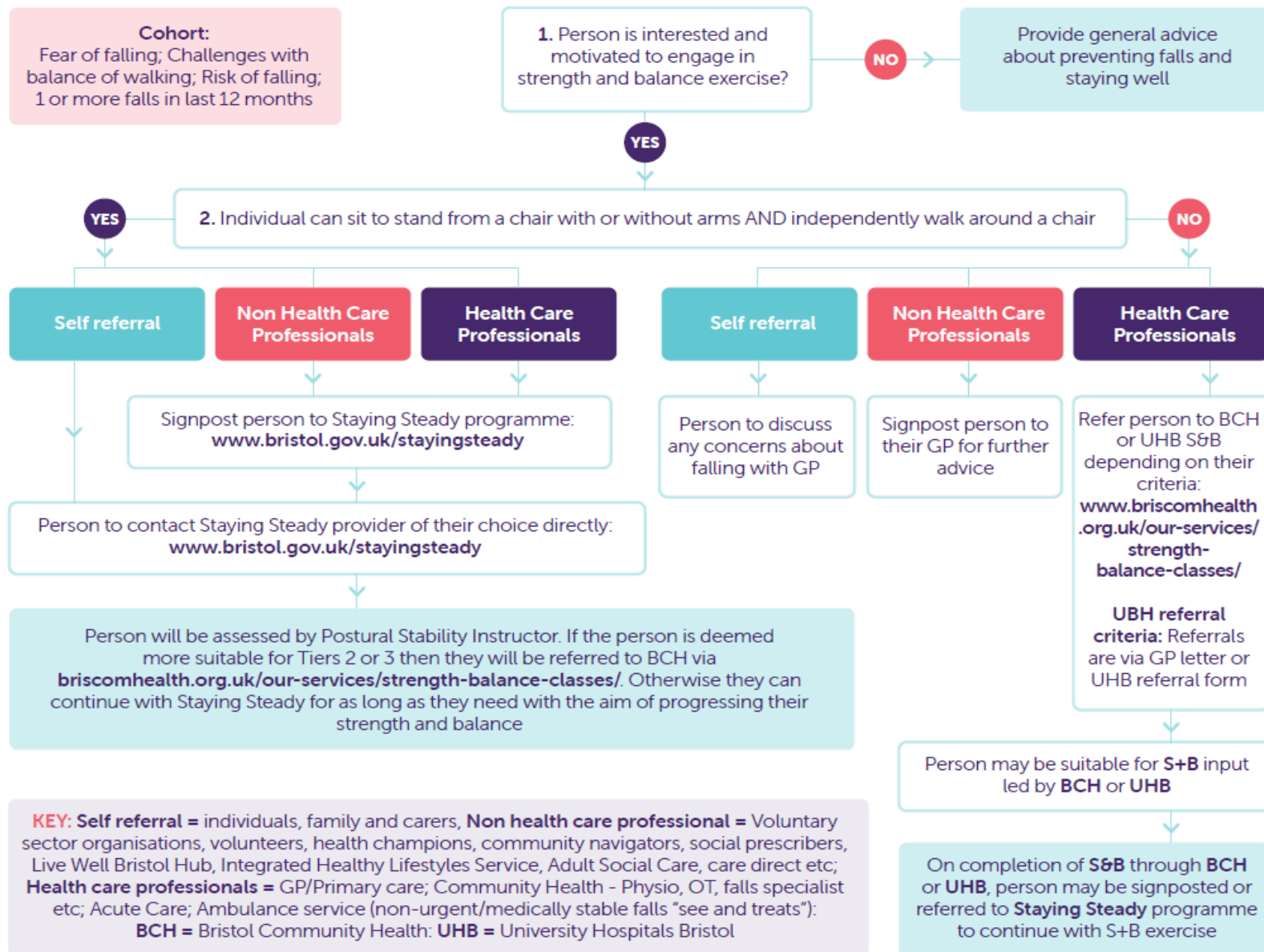
- One size does not fit all

## Successful exercise referral pathways across England

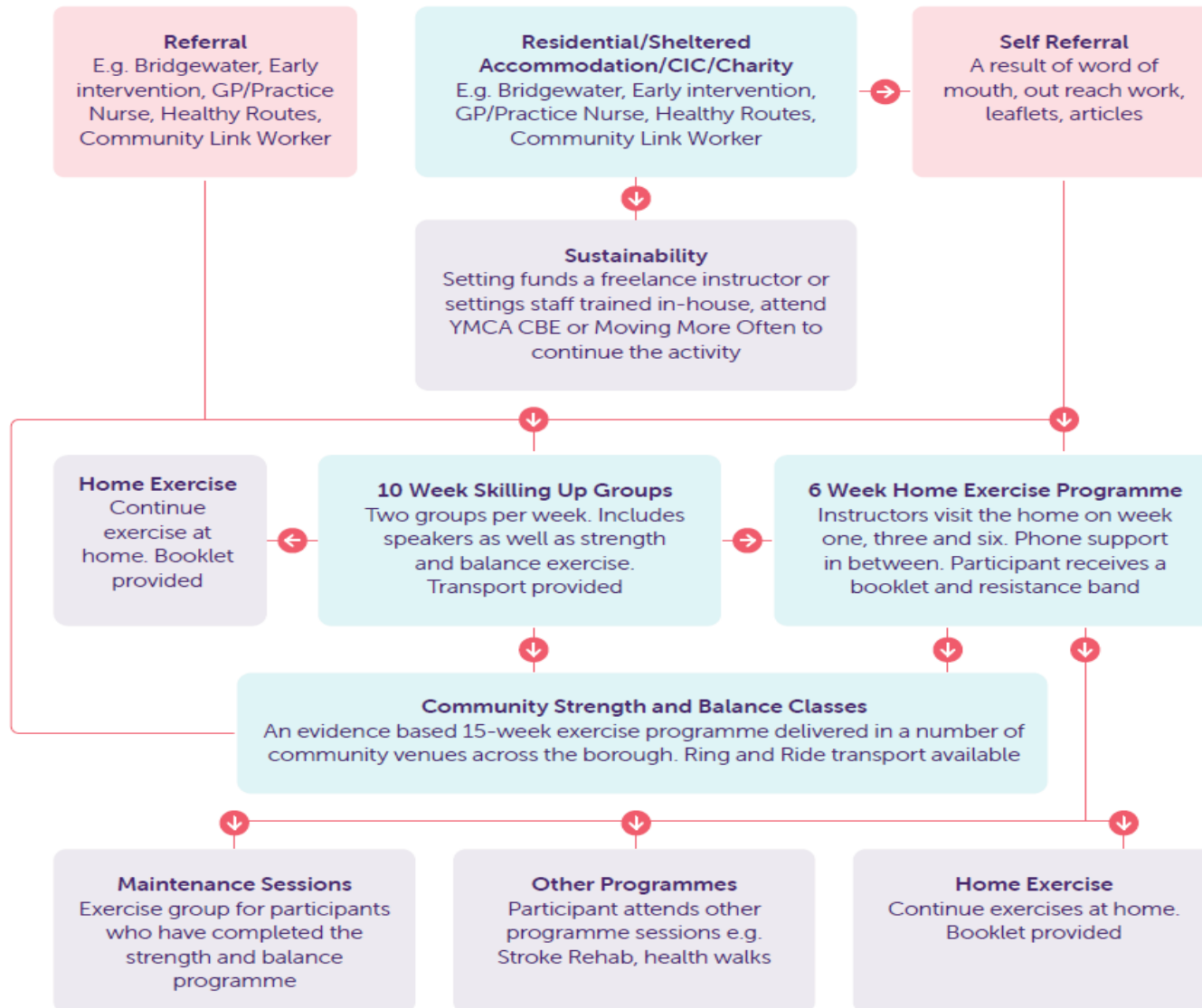
- Derbyshire, West Sussex, Lambeth and Southwark, Bristol, Wigan, Cambridgeshire and Peterborough











# Sticking to the evidence



## Provide person-centred assessment

- Goal setting based on behaviour change theory can keep a person attending a class

## Supplementary home exercise for success

- [Leeds: The importance of home exercise](#)

## Tailor programmes for individual progress

- Participants are supported and challenged

## Moving onto other programmes / activities

- Knowing when participants are ready, [West Sussex](#), checking local provision is suitable through assessment

## Support instructors to deliver the evidence

- Communities of Practice (Somerset)

# Monitoring for outcomes and improvement

## Creating monitoring frameworks

- PhiSiCAL Study toolkit

## What to include to capture success

- Participation in class, record of progression, measures for improvement, demographics, self-reported changes

## Tools for assessment and monitoring progress and recording outcomes

- TUG, Chair rise, 180 turn, FES-I, Tinetti, Berg balance

## Digital tools for monitoring progress and recording outcomes

- Software platform West Sussex

## Make the most of data

- Leeds Data Model



# Report recommendations:

- Commissioners/Directors of Public Health
- Providers of Training
- Instructors
- Healthcare and Allied HealthCare Professionals

“

I'm much more independent now, I can do the garden, I can go to town on the bus. Coming to this class has really made a difference to me, I now have much more balance, and I don't use my stick.

”



## Characteristics of local areas working towards success



# Acknowledgements and Thank You!

All areas we worked with who contributed to and supported the project, offering time, insight, innovation and collaboration throughout

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University of Manchester

Later Life Training Colleagues

Raising the Bar on Strength and Balance Report

<https://www.ageing-better.org.uk/publications/raising-bar-strength-balance>

Resources Pages

<https://www.ageing-better.org.uk/strength-balance-resources>