



**CHILTERN**  
District Council

Wycombe **NHS**  
Primary Care Trust

# GET FIT AVOID FALLS

**Project**

**Venues:**

**Edith Bell House – Chalfont St Peter**

**Gower House – Amersham**

**Abbey Court – Chesham**

**Halifax House – Little Chalfont**

**Tanton House – Great Missenden**

**Cherry Orchard – Prestwood**

## **Introduction:**

**The aim of the project is to bring a Falls Prevention Programme to the local community. It has been funded by the Department of Trade and Industry.**

**The 8-week programmes will be held in different locations across the district using Chiltern Hundreds Housing Association venues.**

**Attendees: 123 Participants began the class.**

**Duration: 8 Weeks – 1 two hour session each week with refreshments.**

### **The Programme:**

The intervention programme consists of:

- A health screen
- A comprehensive assessment
- Free provision of equipment in the home
- Free pendant alarm
- Free hip protectors
- Exercises for balance strength and endurance
- Tai Chi exercise
- Education sessions on:-
  1. Benefits of Exercise.
  2. Home Hazards.
  3. Healthy Eating.
  4. How to Recover from a fall.
  5. Foot Care.
  6. Community Services.

### **Staff:**

<b>Mikki Cogan</b>	<b>-Project Lead –Environmental Health Officer Chiltern District Council</b>
<b>Kate Cox</b>	<b>-Chair NSF County sub Group For Falls and Fracture Prevention</b>
<b>Lucie Posnett</b>	<b>-Falls therapy assistant Wycombe PCT</b>
<b>Gill Morgan</b>	<b>-Physiotherapy Clinical lead for Older People Wycombe PCT</b>
<b>Ann Thompson</b>	<b>-Chiltern Leisure Trust Exercise Programme Manager</b>
<b>Lyn Williams</b>	<b>-Tai Chi Instructor</b>

## Programme plan

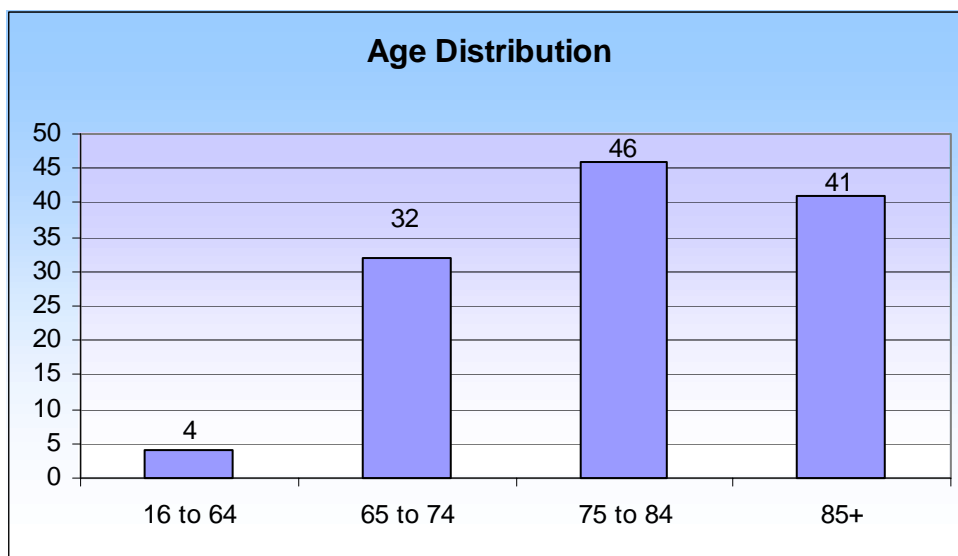
<p><b>Week 1</b></p> <p>Introduction          Health Questionnaire &amp; Blood Pressure          Fitting of Hip Protectors and talk          Pre programme assessments          Talk about free pendant alarms/grab rails and community services</p>	<p><b>Week 5</b></p> <p>Aerobic Exercise          Tai Chi          Strengthening and Balance Exercise          Talk – How to recover from a Fall</p>
<p><b>Week 2</b></p> <p>Aerobic Exercise          Tai Chi          Strengthening Exercises (Theraband)          Talk – Benefits of Exercise</p>	<p><b>Week 6</b></p> <p>Aerobic Exercise          Tai Chi          Strengthening and Balance Exercises          Talk – Foot Care</p>
<p><b>Week 3</b></p> <p>Aerobic Exercise          Tai Chi          Strengthening and Balance Exercises          Talk – Home Safety Advice</p>	<p><b>Week 7</b></p> <p>Aerobic Exercise          Tai Chi          Strengthening and Balance Exercises          Talk – Community Services –Handy Van</p>
<p><b>Week 4</b></p> <p>Aerobic Exercise          Tai Chi          Strengthening and Balance Exercises          Talk – Healthy Eating</p>	<p><b>Week 8</b></p> <p>Post Programme assessments          Completion of Questionnaire</p>

## Evaluation

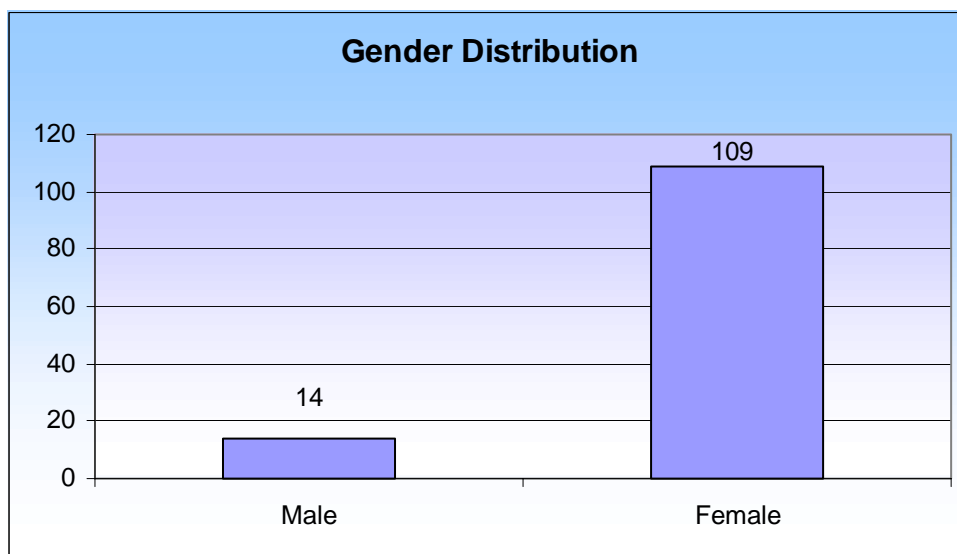
The programme is evaluated using validated tests and feedback from the participants.

The groups completed the 8week courses and have shown that they have better balance, have become more confident and have improved by becoming more mobile.

### How old were the participants?

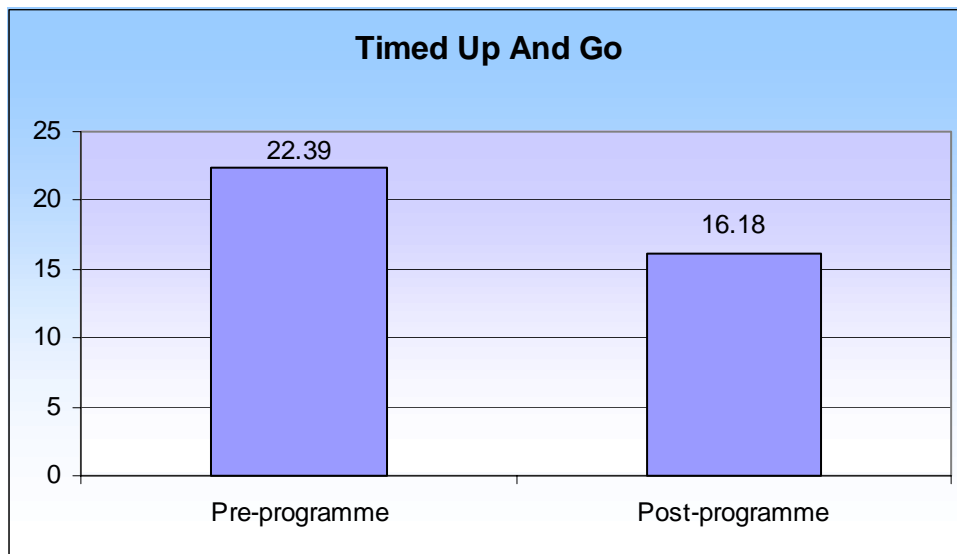


### Gender distribution

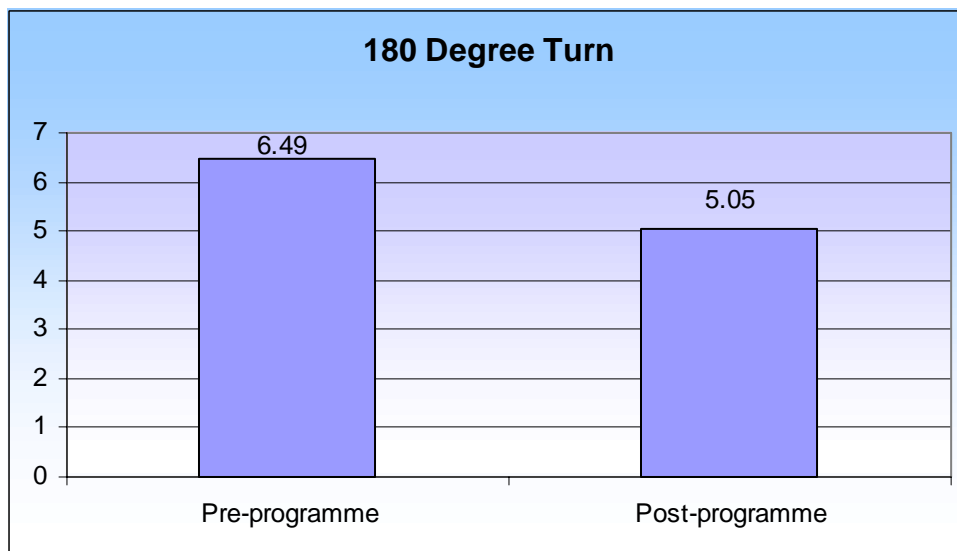


## Did mobility improve?

**Yes, the tests showed that getting up from a chair and walking a 3 metre distance and returning to the chair improved.**



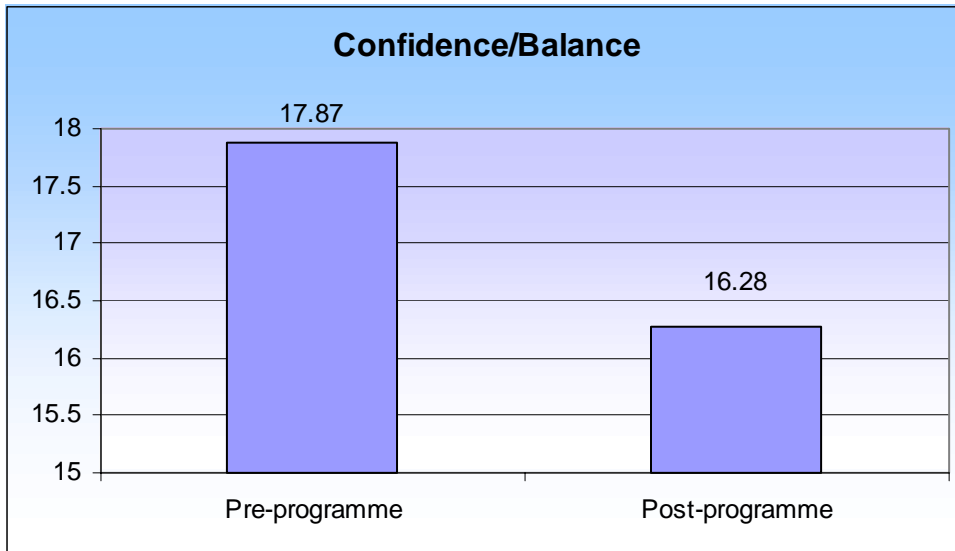
## The 180° Turn



The number of steps taken to turn 180° without support.

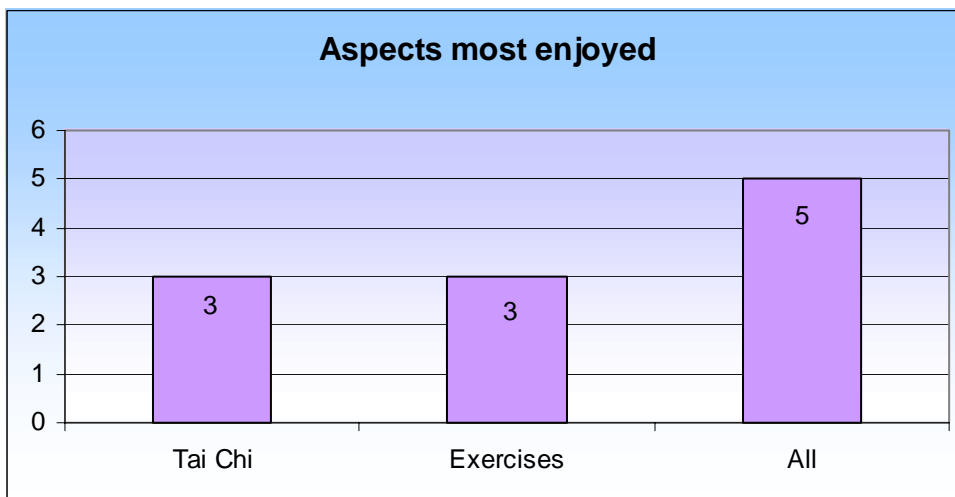
All figures shown on the graphs are based on the average of the participants.

## Confidence / Balance

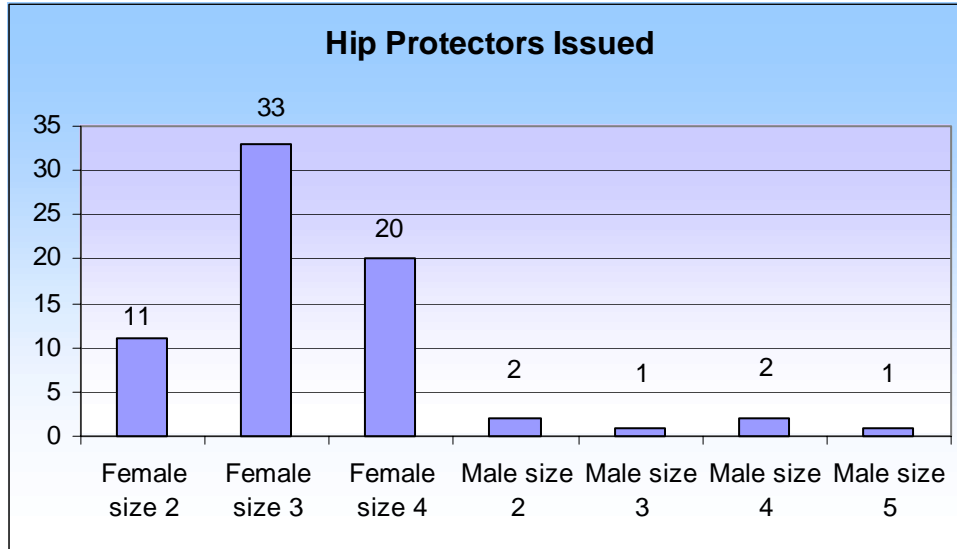


## Did the participants enjoy the programme??

**Yes, they all reported that they enjoyed all parts of the programme.  
No specific area was singled out.**



## Hip Protectors



**Hip protectors were offered except for those with previous bi-lateral fractures..**