

# The Greater Manchester Falls Collaborative: Community of Learning, Sharing, and Problem Solving: (12-Month Programme)

## Session 5

Thursday 26<sup>th</sup> September 2024



10:30-10:35

Welcome & Overview of the CoLSP Programme  
(Beth Mitchell, The Greater Manchester Combined Authority)

10:35-11:15

Greater Manchester Falls Prevention Awareness Week 2024:  
Review of resources  
(Beth Mitchell, The Greater Manchester Combined Authority)

11:15-11:55

Deep Dive into our Falls Prevention Pathway: Rochdale  
(Rochdale Team)

11:55-12:00

Any actions and close of the session:  
Next meeting: Thursday 31<sup>st</sup> October, 10:30am-12pm



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MANCHESTER**  
DOING AGEING DIFFERENTLY

Greater Manchester  
Moving > ^ < v

HEALTHY  
AGEING  
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1824  
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**NHS**  
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Integrated Care

#GMFallsCollaborative

#GMFallsPrevention



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## Rochdale – Deep Dive



# Cooperation, Collaboration and Co-Production



- Working together
- Joining up the services, which we are continuing to strengthen
- Creating and delivering services trialling innovative approaches
- We have created approaches to meet the need for the individuals

# Community Ageing Well Team

Lisa Gilchrist

Operational hours:

Monday- Friday 8.00-16.30

Contact:

[AgeingWell.Service@nca.nhs.uk](mailto:AgeingWell.Service@nca.nhs.uk)

# The Team

Team Lead/ Advanced  
Clinical Practitioner

Nurses

Physios

Therapy Assistant





# Aims of the Ageing Well Team

Our aim is to reduce unplanned hospital admissions and A&E attendances for residents residing in residential care. Provide support to the care homes in 'The Quest for Quality.'

# Data Analysis

The highest number of A&E conveyances from care homes were due to falls, 31% of residents conveyed to A&E were due to falls, equating to 265 residents.

Attendance Reason	Number of Attendances
Falls	265
MSK issues	131
Unwell	106
Breathing issues	96
Chest pain	51
Unresponsive	44
Vomiting	41
Sepsis	33
Head injury	30
Respiratory illness	27
Abdo pain	18
Stroke	15

# Falls

- Offer falls education and training to all HMR care homes
- Assist care home staff in conducting thorough risk assessments for all care home residents. Identify those at higher risk of falls and implement targeted interventions.
- Work with care home staff to develop and implement customised falls prevention strategies that address the specific needs of their residents.
- Provide access to the Ageing Well physiotherapists to support residents to improve their strength and mobility, reducing their risk of falls.
- Promote physical activities, to improve, strength, balance and flexibility.
- Collaborate with care home staff to develop and implement personalised falls prevention plans



# Best Practice

- Standardise care across HMR care homes.
- Reduce falls conveyances for care home residents.
- Establish what works well and identify the gaps in provisions.
- Identify gaps in care home staff knowledge.

# Challenges

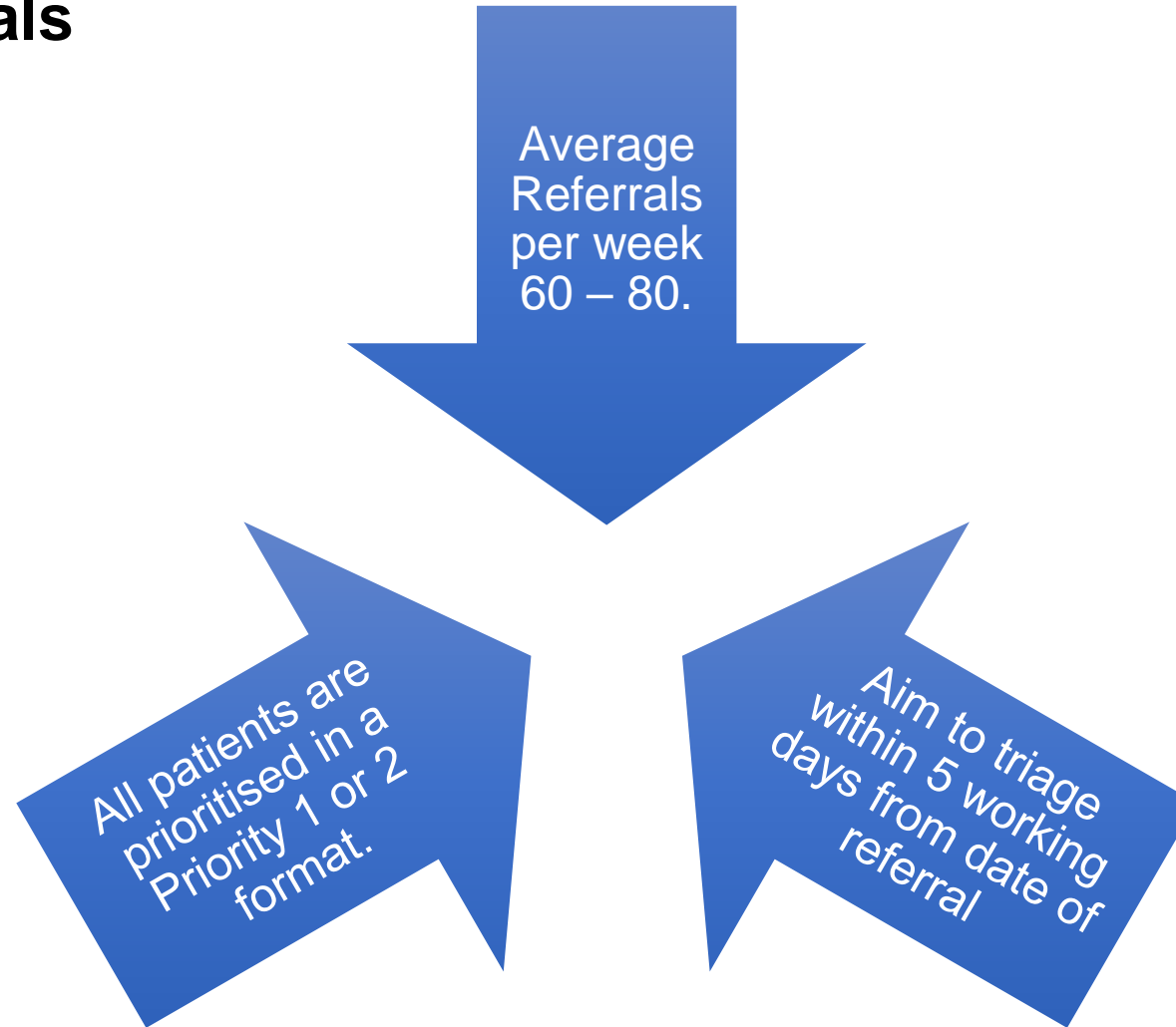
- Recurrent funding
- Staff engagement
- Care home staff turn over

# HMR Community Therapy & Falls Team

Paul Buckland

# HMR Community Therapy & Falls Team

## Referrals



## Community Therapy and Falls

- Assess routine falls (managing and safe at home)
- Assess care home residents – safe within the home - in collaboration with the Ageing Well Team
- Assess and manage gradual deterioration of mobility
- Assess community patients managing at home but require physio input due to changes in condition
  
- High risk fallers – Approx 3x falls in one week
- Housebound/Bedbound patients– due to deterioration following hospital admission
- Significant change to mobility
- D2A – requiring support to return home
- Urgent walking aid replacement
- Follow up patients referred by Rapid Response

## Recommendations

**Provide information to local services with regards the community therapy and falls team, to enhance collaborative working**

**Actively seek collaboration with other services to support local integration and ensure the patient receives support from the appropriate service to best meet their needs.**

**Identify areas for improvement through patient feedback utilising the “You said” “We did” approach to highlight changes and improvements made in response to suggestions.**



# HMR Rapid Response

Wendy Antill

# HMR Rapid Response

- The HMR Rapid Response service provides both 2hr UCR and Virtual Ward (VW) / Hospital@home to the residents of Heywood Middleton and Rochdale. The service operates 365 days a year, 14hrs a day 08:00hrs - 22:00hrs.
- Multi-disciplinary workforce, close links with SDEC, IMC and community teams.
- >30% all accepted referrals primary reason is Fall. > 15% reduced mobility is primary reason.
- Input involves acute medical assessment, diagnostics and treatment. Physiotherapy and Occupational therapy input +/- short term IMC or social care at home via STARS/Cherish.
- Self-referral allows patients/carers concerned about worsening symptoms and potential falls to be seen or signposted quickly.

# HMR Rapid Response

- Reactive falls pick up service.
- In conjunction with NWS – patients who have fallen in their own homes and are awaiting an ambulance response for a non-injurious fall.
- Suitable patients are taken from the ambulance waiting list and seen by the rapid response service within 2 hours.
- Outcomes – 1. See and discharge, stand ambulance down.  
2. Admit to caseload/virtual ward, stand ambulance down.  
3. Assess and escalate ambulance response if hospital need identified on assessment.
- New service approx. 24 referrals per month.

# Your Trust Rochdale

*Falls Prevention, Strength and Balance offering*

*Adele Hoolahan*

Specialist Health and wellbeing Coordinator and Falls Prevention lead

**your**trust

## Falls Prevention- 14 week course based at Heywood Sports Village

- POMA (Tinetti) conducted at week 1 and week 14 and participants are given a falls risk score of 'low', 'medium' or 'high'.
- A mixture of cardiovascular, strength and balance exercises including backward chaining element
  - Backward chaining is the process of teaching a participant how to get to the floor safely and back to standing.
- Floor based transitions are taught as part of the backward chaining element which allow participants to learn the skills required to move to a safe environment and help themselves back to standing.
- Backward chaining is introduced at around the 6 week point.
- Participants are given home based OTEGO booklets at the 4 week point so they are able to complete exercise at home alongside the class environment
- ROSPA falls fighter training offered to all participants to allow them to become 'community falls fighters'.
- Information on last week regarding follow on sessions and next steps.
- POMA tested again at week 14

## Strength and Balance- on going follow on class from Falls Prevention

- Designed to act as a follow on class to further advance skills embedded in the initial 14 week course.
- Slight cardiovascular element (Warm up/mobility), however main focus point is weighted strength training, and advanced balance.
- Backward chaining continued
- Floor based core strength and stability included for those who are able to confidently perform backward chaining element.
- POMA tested at 6 month point





Floor based backward chaining and ROSPA falls fighter training

# Your Trust

# Stay Safe Stay Strong

Presentation

Elaine Stott, Active Living Lead

**yourtrust**



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# Home from Hospital

## Stay Safe Stay Strong

- The **Stay Strong Stay Safe project** aims to create a sustainable prevention model to increase the health & wellbeing of older people through targeted exercise and education interventions for residents at care homes across the Rochdale Borough
- Working in partnership with HMR Circle and a wide range of other organisations we will not only help the residents at the care homes but also support their families and carers
- **Stay Strong Stay Safe** aims to help to transform the current situation in residential homes where residents are falling unnecessarily or are left without sufficient post-discharge support, to an environment in which residents, staff teams, carers and volunteers are empowered to uphold their health and wellbeing, preventing falls and admission or re-admission to hospital.

# Stay Strong Stay Safe

**Stay Strong Stay Safe** consists of four key elements:

- **The Exercise Library** – consists of 12 fully accessible videos catering to all levels of ability featuring evidence based exercises to improve muscle strength, postural stability balance and co-ordination, promoting greater independence and helping to reduce the risk of falls in the future. It will also in the future contain individual videos of each exercise for those who are unable to partake in a longer exercise session
- **The Masterclass training** - which will work to promote and embed falls prevention work in to the training programmes offered to care providers and the care workforce. We will upskill and educate people to not only support the people they care for but to look after themselves also, and help prevent hospital admissions now and in the future. Training will include, Functional Fitness/balance assessments, Strength and Balance exercises, including the Super 6, Backwards chaining and fall proofing your home environment, RoSPA Falls Fighter training, Nutrition and Hydration workshop

# Stay Strong Stay Safe

- **The Volunteer Network** - which will be used to support project sustainability, these volunteers are already well established at the hospitals, HMR Circle, Community Champions and Your Trust. The volunteers will then be connected with the **Stay Strong Stay Safe** team who will upskill and train them to support residents at the care homes to continue to exercise, support assessment of their progress, and encourage them to try and join other activities and groups in the community.
- **The Supporting Families and Carers element** - which will be offering support to the families and carers of residents. This will include connecting people to the carer offer in partnership with the carer hub, alongside offering vouchers for use at Your Trust gyms or other physical activity at our facilities. This will provide opportunities for respite, whilst contributing towards our project aims to help people across Rochdale remain healthy.

# Stay Strong Stay Safe

Examples of offer:

Display board at Lakeside



Booklets available for visitors and staff



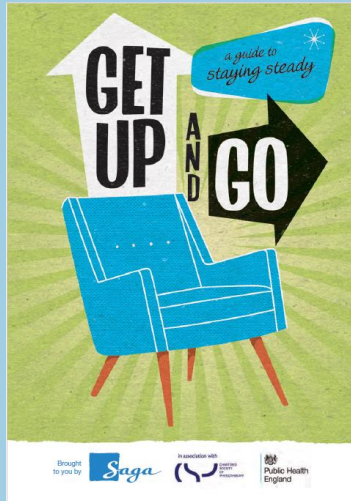
Later Life assets for distribution to residents





# Stay Strong Stay Safe

Masterclass



**6 exercises for strength and balance.**  
**Physios say these simple exercises can help improve co-ordination and balance.**  
**Get on your feet and try them daily – or at least twice a week!**

**yourtrust**



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For more information about Stay Strong Stay Safe programmes and activities, please contact

**Elaine Stott**

Active Living Lead



**01706 926205**



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[www.yourtrustrochdale.co.uk](http://www.yourtrustrochdale.co.uk)

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# Continuing Challenges and Some Solutions

## Continuing Challenges

- Funding for Sustainability
- Time and Resource
- Engagement in Care Settings
- Care Home workforce retention
- Communication across the System
- Accurate and Appropriate Referrals

## Some Solutions

- Falls Collaborative Network – created a platform for us to enhance our provision
- Masterclasses for Care at Home Providers
- Nudges
- Programmes delivered in GP Surgeries

## Wider Aspirations:

- To also deliver the Masterclass style awareness in Primary Schools
- Partner with the Fire Service

## System/Network Question

How could we safely include Backward Chaining Training?

