

Falls Prevention Groups @ Rosewell House – Social Transport Case Study

Background

The Falls Prevention group is for people who have fallen or are worried about falling. It is run by Physiotherapists from the Community Therapy Team (Aberdeen City) who deliver a one hour exercise class focusing on strength & balance followed by a half hour talk/led discussion around self managing falls risks. The exercises improve balance, walking, and posture and most importantly help to make doing day to day activities easier and safer.

Referrals to the group are made by GPs, Community Nurses, Physiotherapists, Occupational Therapists and the Falls Triage Clinic. Each group runs once a week for a block of 12 weeks. At the end of the 12 weeks the class participants are encouraged to continue exercising at one of the Community Fitness Instructor led “Stable & Able” classes.

This group meets at Rosewell House, Kingsgate, Aberdeen every Wednesday morning.

Assessment

Of the NHS classes more than 50% require transportation be it community transport or reliance on friends/ family. The evidence supporting use of exercise in falls and fracture prevention clearly identifies the need for the individual to engage in a progressive exercise programme. Transport is a barrier to this progression for approximately 50% of those attending NHS classes.

Conclusion

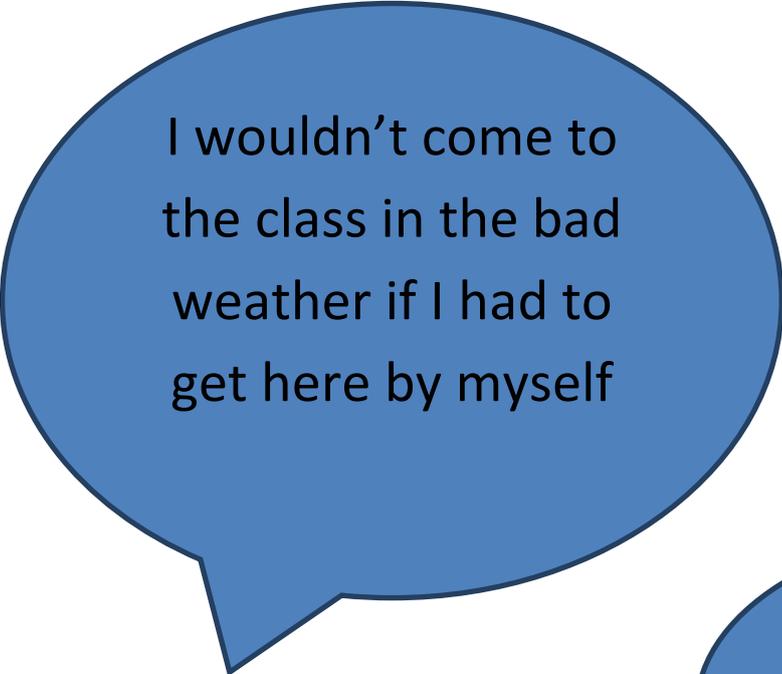
6 out of 12 people who attend the Rosewell class use the transport. This is due to mobility issues or that they no longer feel comfortable/ safe driving. The class began in October 2014 and has had full attendance the past two months. Transport began October 1st with Buchan Dial-a-Community bus.

Feedback

According to the physiotherapist who runs the class “attendance would have been problematic or simply not possible at all without the transport...”

With the winter months approaching many patients said that they would not come to class if the weather was bad. “The class requires consistency and the bus enables that which contributes towards rehabilitation and a quicker recovery”.

Patient's comments



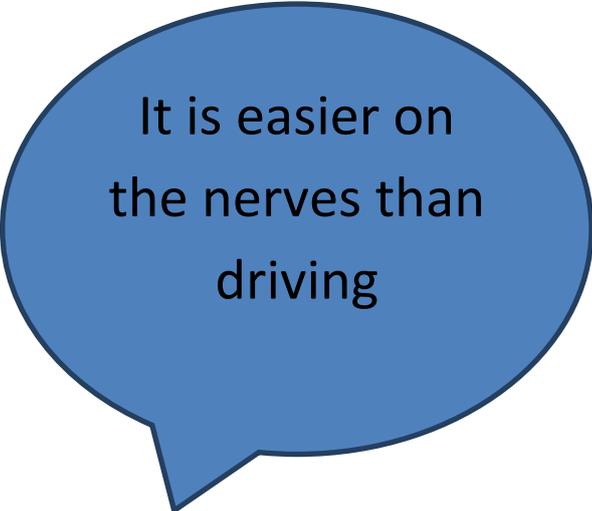
I wouldn't come to the class in the bad weather if I had to get here by myself



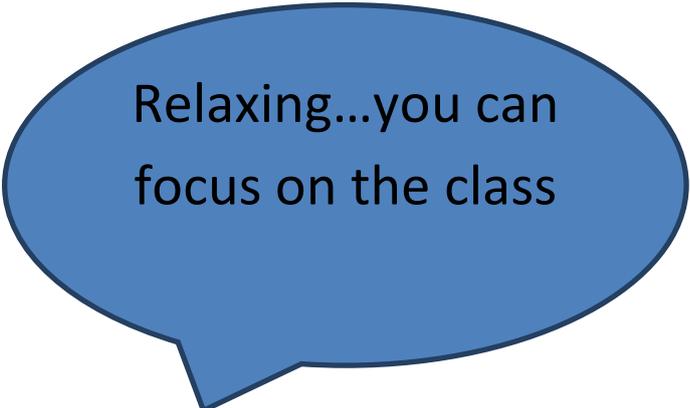
The driver is always smiling and very helpful



Feel safer than on the bus



It is easier on the nerves than driving



Relaxing...you can focus on the class