

Effectiveness and Benefits of the Active Futures/Fit Futures Programme

How a Social, Psychological and Physical Support Programme is the key to behavioural changes that can lead to long term sustainable improvements in physical and mental health in older people

Comisiwn
Bevan
Commission

Rainbow
Foundation

1. Context

The majority of over 65's with MSK conditions are managed in primary care, with 25% of a GP caseload MSK in origin. 20% of the population of Wrexham is over 65, and many of them live with complex health conditions and mobility issues. Sarcopenia, the age related loss of muscle mass and strength, is a major contributor to reduced mobility, increased risk of falls and frailty. Falls and frailty are both key factors in a sudden deterioration of someone's mental and physical health. Fragility fractures cost the NHS £1.1 billion in hospital stays every year.

2. Aims



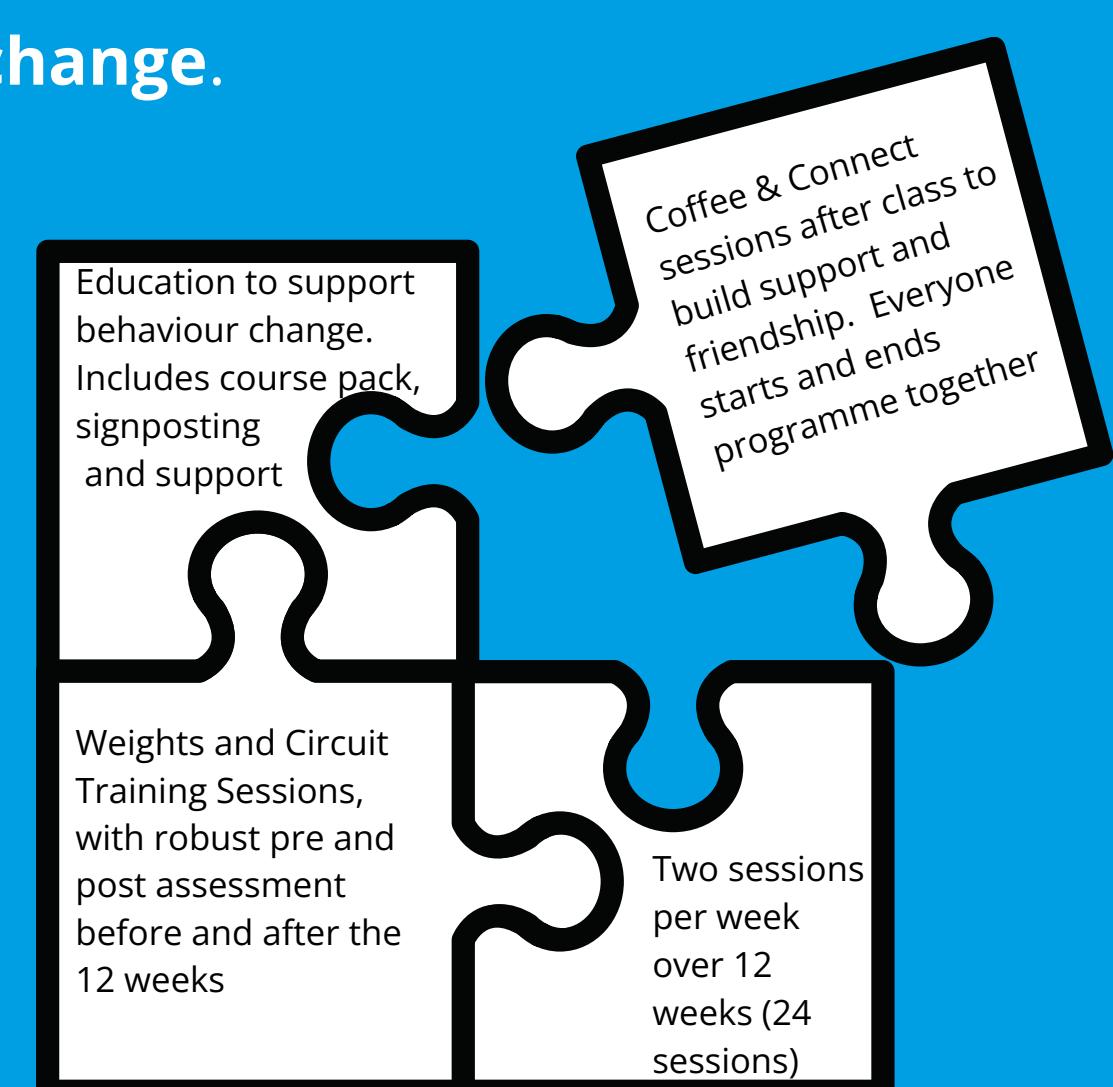
- Reduced risk factors associated with surgery and the need for surgery
- Increase knowledge and self management of Long Term Conditions
- Effectively reverse and reduce frailty
- Reduce pain
- Help improve MSK conditions, and reduce falls
- Reduce risk of Dementia (through regular exercise)

3. Approach/Methodology

Active Futures builds strength and confidence and tackles falls, frailty and mental health; it also addresses wider determinants of ill health and uses peer support to drive positive behaviour change and encourage attendance.

Active Futures works on a three step approach to supporting older people with MSK conditions, living with fragility, and people at risk of falls. 56% of participants had fallen in the previous 12 months. Participants attend a twice weekly circuit training, which are progressive and challenging led by a physiotherapist. Classes are established in local venues with transport provided to remove barriers to access. At the beginning of the 12 week programme participants received a functional fitness MOT and mental health assessment to establish their baseline results. Outreach support is also offered to address wider determinants of ill health which may impact on engagement with the programme. Each session is followed by an opportunity to connect socially which builds peer support to promote attendance, positive behaviour change and healthy habits. This COM-B framework was used to understand and influence behaviour change.

The Core Four:
What Makes
Active
Futures



8. Clinical Outcomes

Following the Active Support programme:

- 90% of people are more physically active
- 79% increase in wellbeing scores
- 72% decrease in frailty scores
- 70% felt more connected to people
- 80% continue their progress in Fit Futures
- 96% increased 6 minute walk distance

Susan Ikin, Caroline Tudor-James, Ian Pope. The Rainbow Foundation



Scan the QR Code to
watch Julia's story

4. Julia's Story

Julia began the Active Futures classes to maintain independence and rely less on her family. She had a hip operation and was listed for the other hip too. She is in her early 70s.

Her left arm has been 70% contracted since a severe burn in her childhood years. She says:

"One is shorter than the other and I was in pain. I used to use a heat pad, but I no longer use that, and I have far more flexibility. After 40 years, the left arm is now the same length as the right!"

Results from Active Futures showed Julia has improved:

- Increased flexibility in Sit and Reach test by 9cm and by 13 cm in Back Scratch test.
- Able to complete 24 chair stands in 30 seconds at follow up compared to 9 at baseline.
- Increased her 6 minute timed walk by 60% to 200m and no more walking sticks!
- She reports that she has lost 1.5 stone in weight since starting and is motivated to eat better and do a lot more. She now cuts her own toenails and no longer uses a shoe horn to get shoes on.

5. System Impact

Long term health benefits result in:

- Fewer GP and hospital visits
- Decrease in ambulance call outs
- Reduced A+E attendance due to falls
- At Preassessment 30% of participants experienced an A+E admission due falls. There were no admissions 2 years on

System Saving

Julia's progress saved

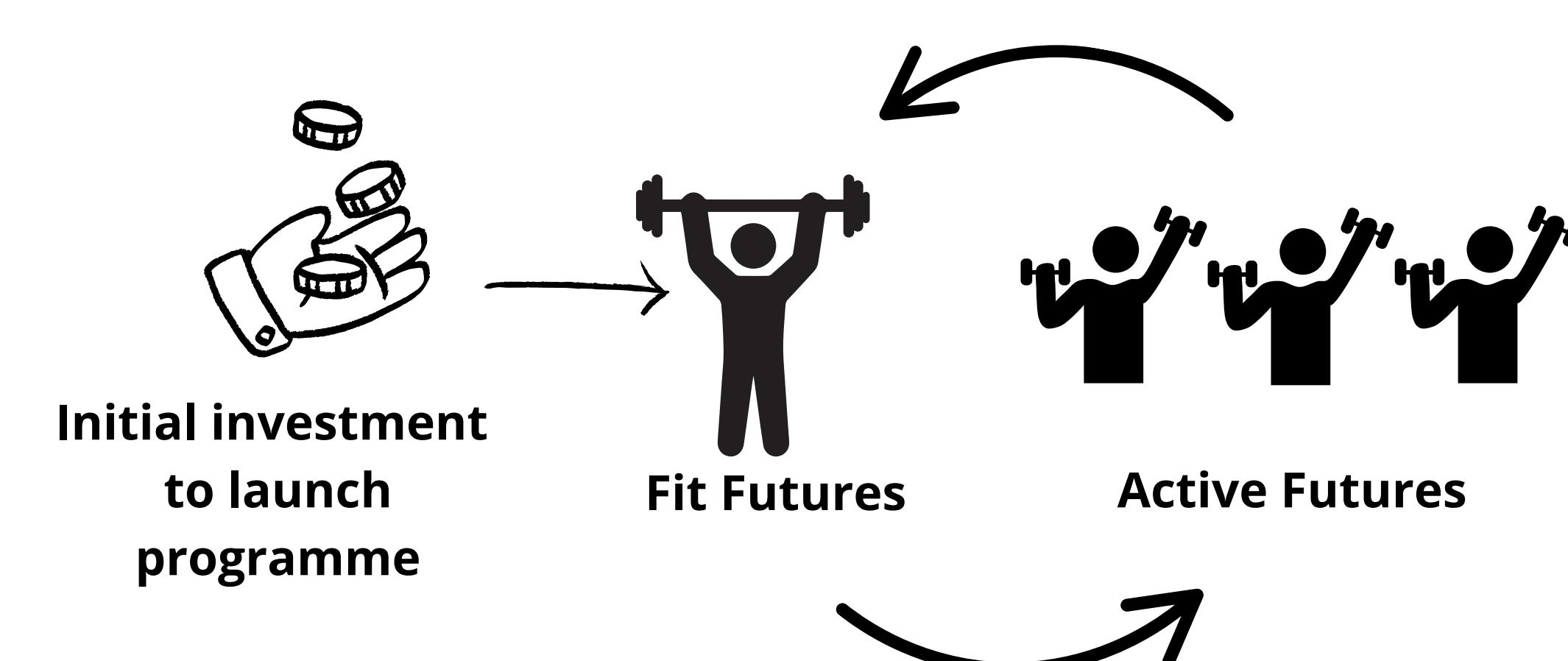
£18,132

by stopping the need for knee surgery and after care



7. Funding Model cross subsidy

"Fit Futures" subsidizes "Active Futures" ensuring inclusivity and sustainability



RESULTS

9. SOCIAL RETURN ON INVESTMENT

£1:11.72

for every £1 spent £11.72 in social value is generated, based on improvement in patients physical health & overall wellbeing

10. Next Steps

- Scale at pace across Flintshire, Denbighshire and Wrexham
- Embed within the Fall Strategy for North Wales
- Provide support to other organisations across Wales to spread adoption

