

# 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

## 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)



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

## 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”



Scan the QR Code to watch Julia's story

## 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

## 6. Stakeholders

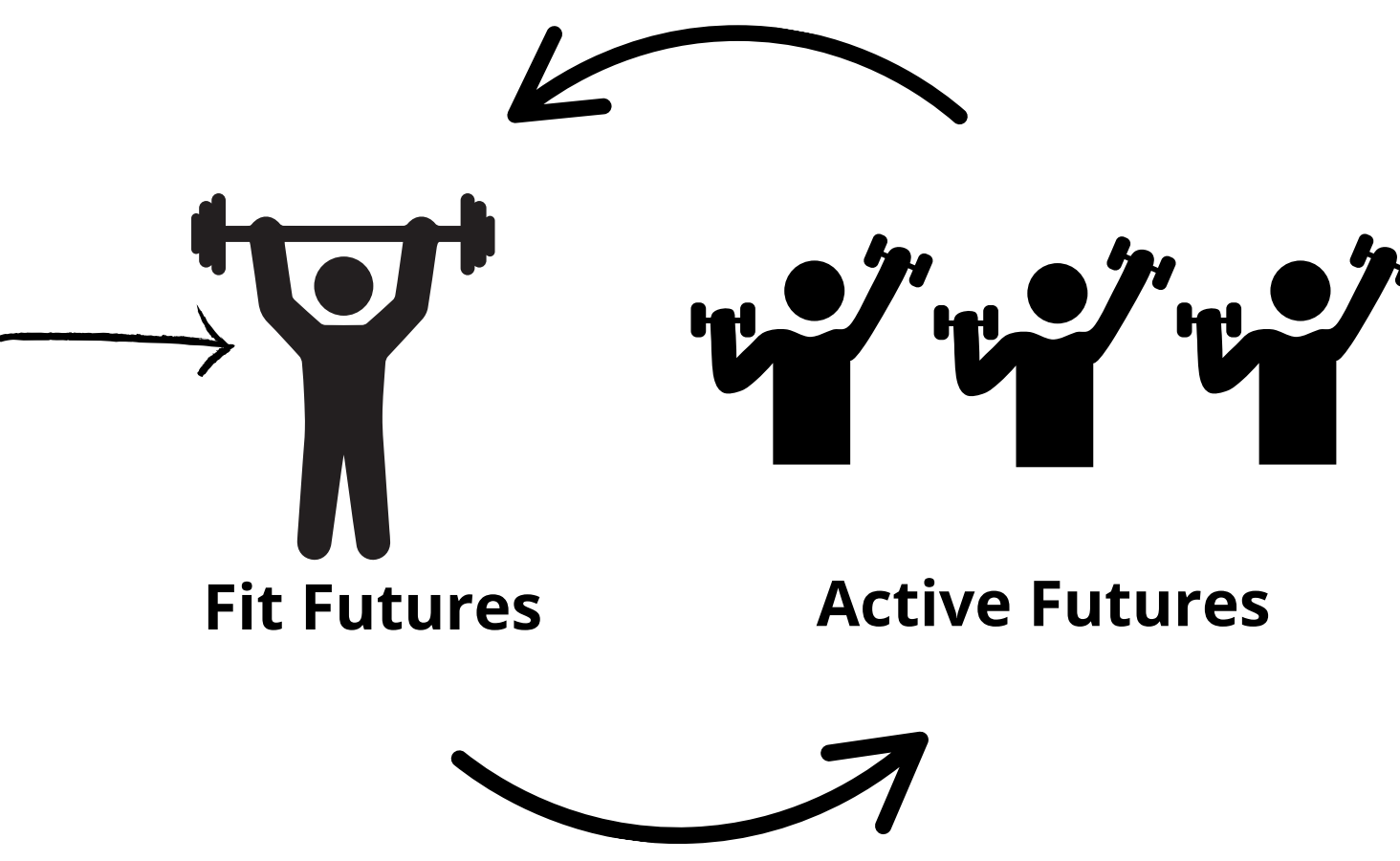
- Older People over 65 with MSK conditions and / or frailty
- General Practitioners
- Primary Care Teams
- Physiotherapy & Occupational Therapy
- Secondary Care Falls & Fragility Teams
- Social Care Teams

## 7. Funding Model cross subsidy

“Fit Futures” subsidizes “Active Futures” ensuring inclusivity and sustainability



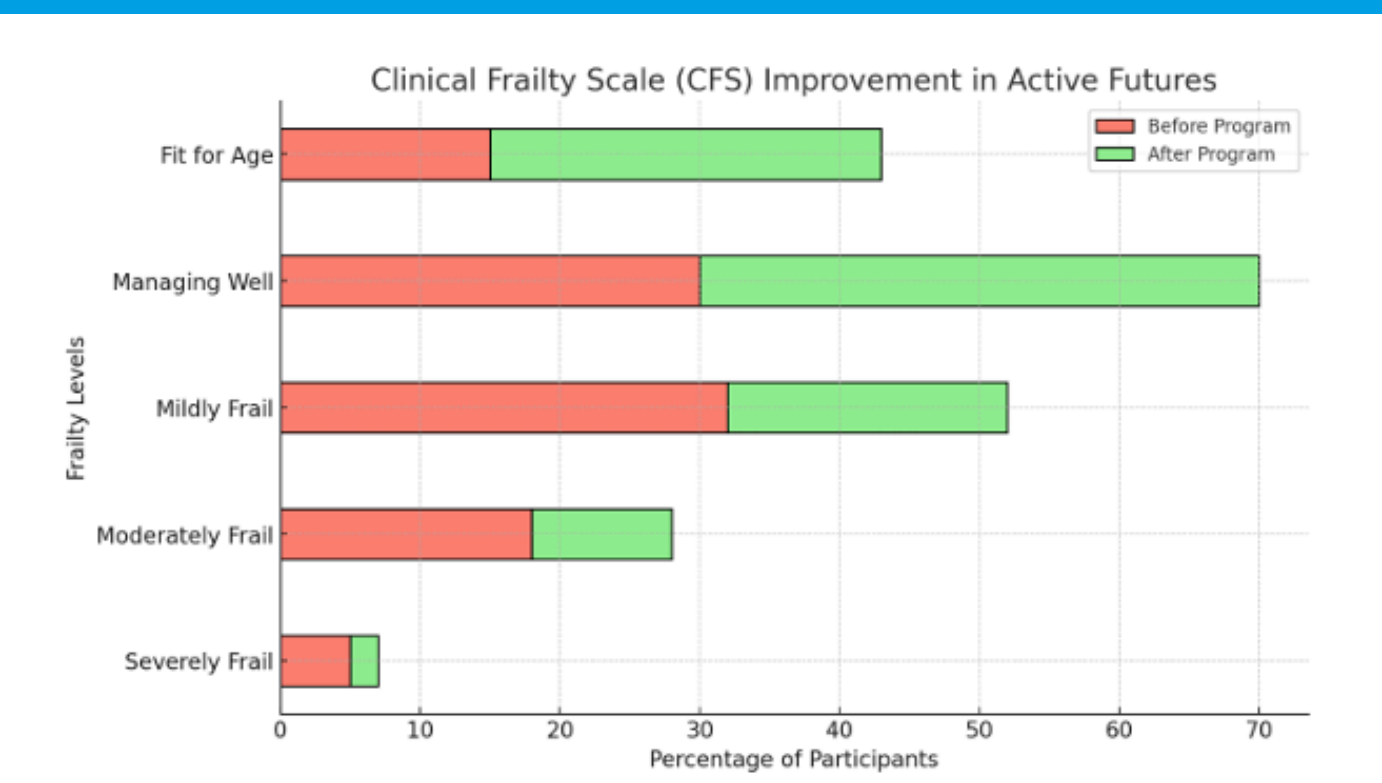
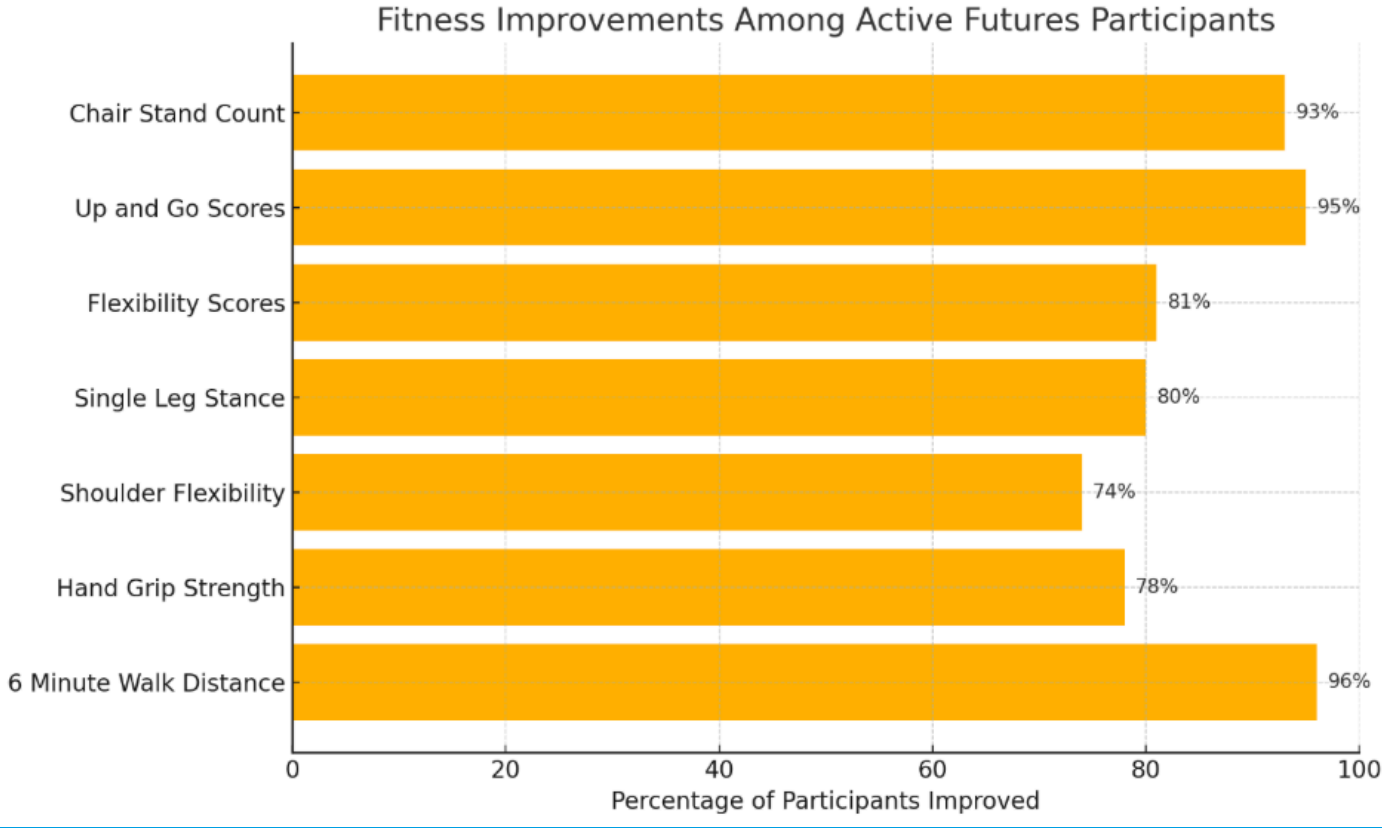
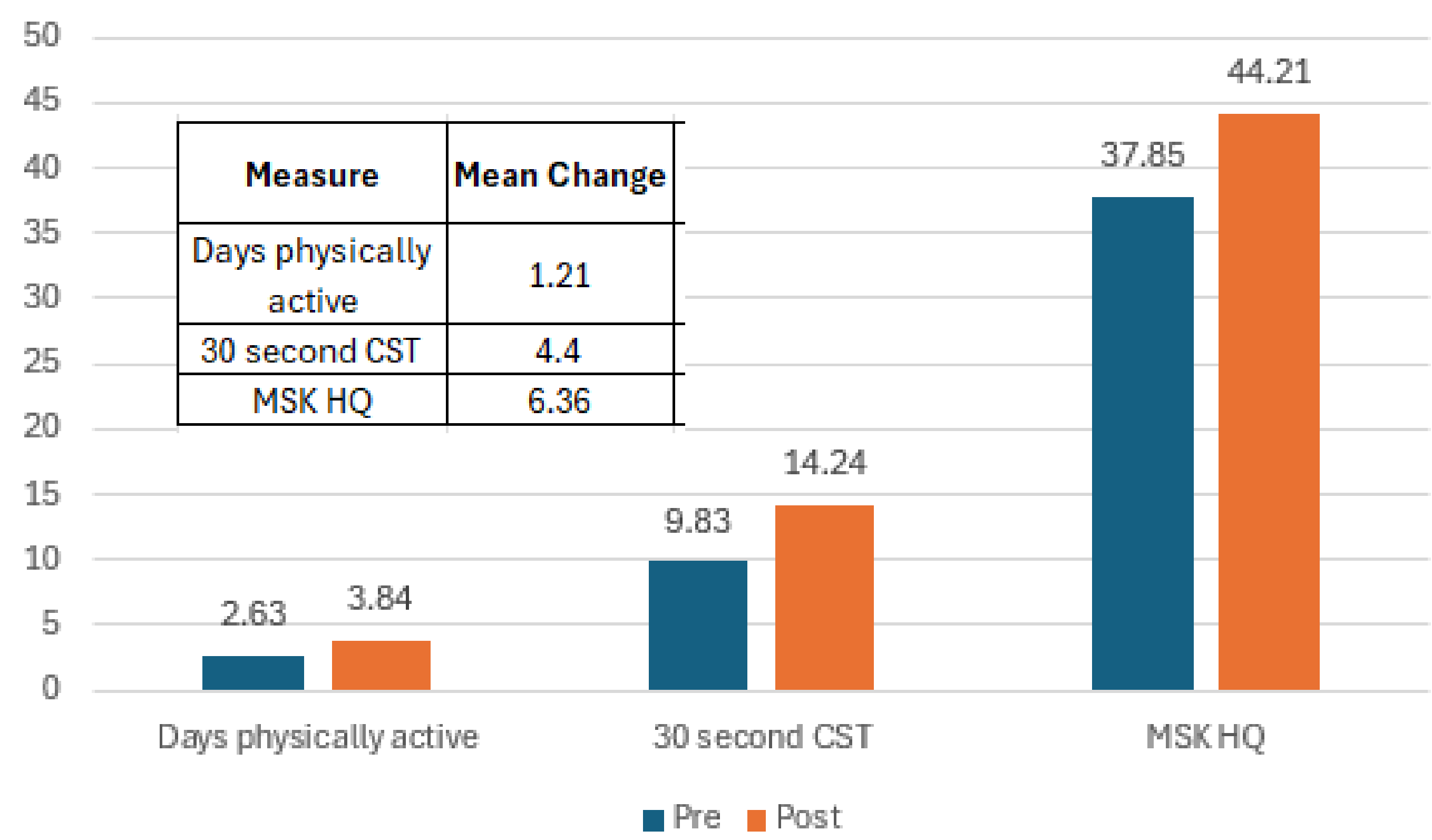
Initial investment to launch programme



## 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
- 93% increased chair to stand count
- 95% improved up and go scores
- 81% improved flexibility scores



## 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

RESULTS

