

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

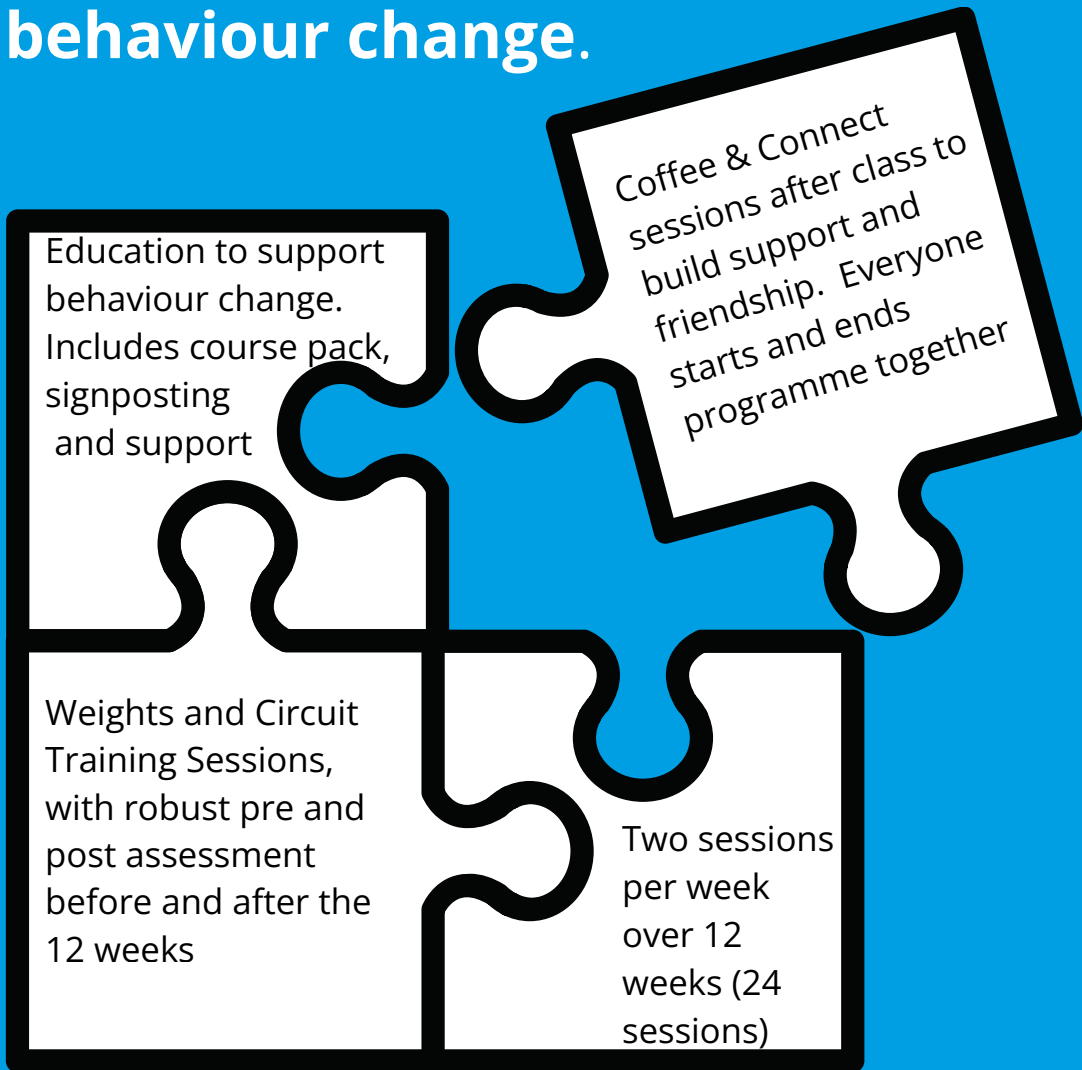
- Reduced risk factors associated with surgery and the need for surgery
- Increase knowledge and self management of long term conditions
- Effectively reverse and reduce frailty
- Reduce pain
- Help improve MSK conditions, and reduce falls
- Reduce risk of Dementia (through regular exercise)

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



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 and walked with the aid of a stick. Her left arm has been 70% contracted since a severe burn in her childhood years. She says:



Scan the QR Code to watch Julia's story

“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 and there are no sticks in sight.”



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

£2,754

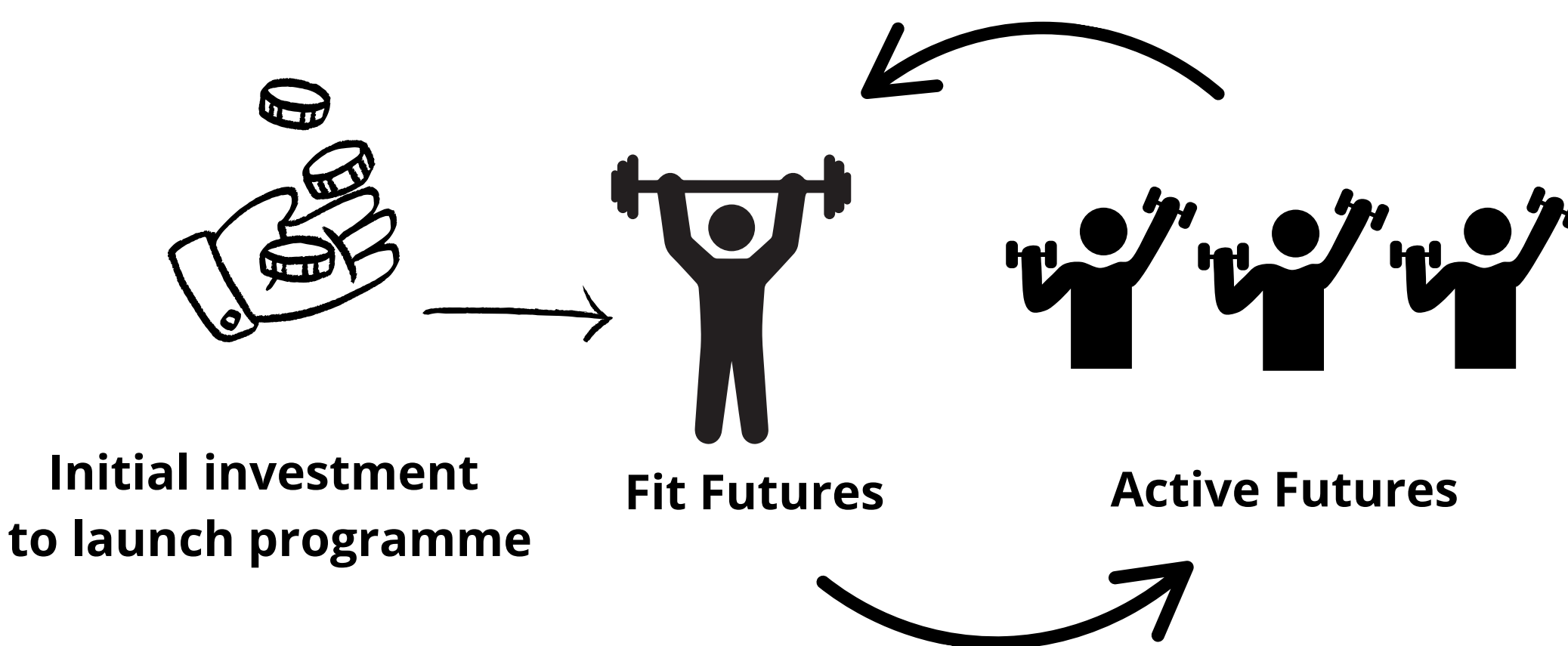
of Social Value created for every person

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

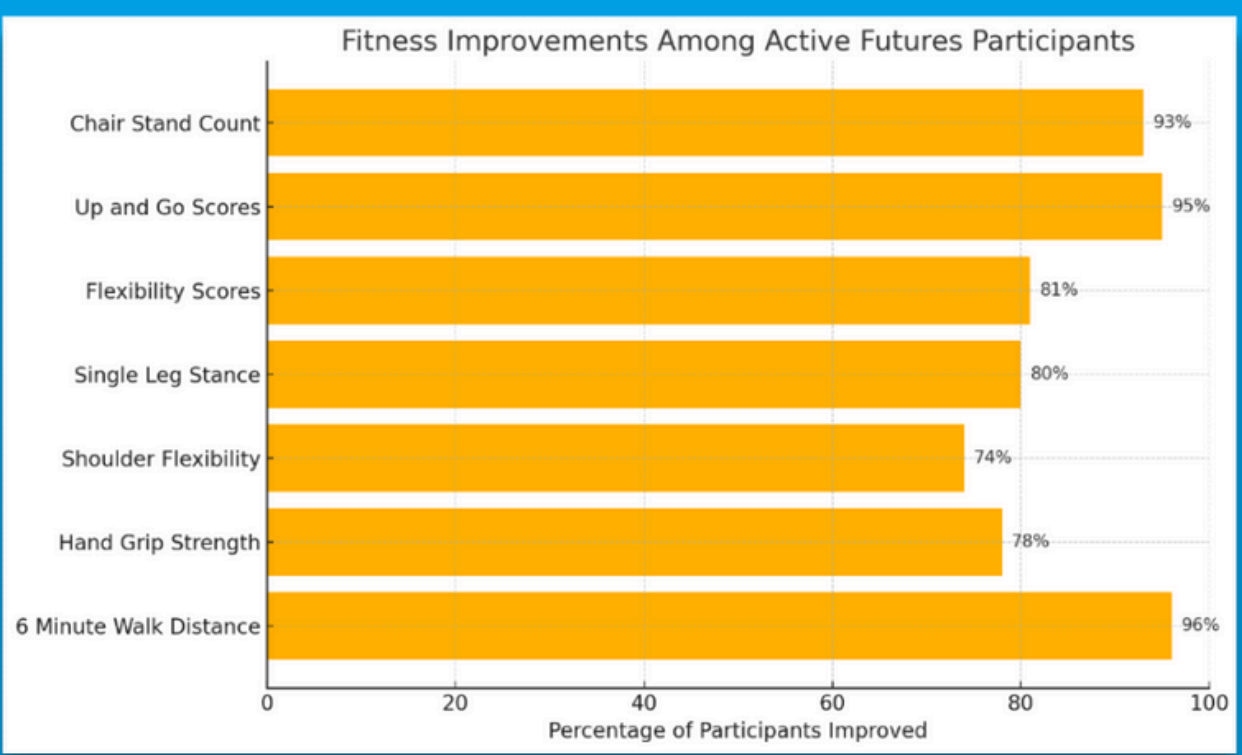
“Fit Futures” subsidizes “Active Futures” ensuring inclusivity and sustainability



8. Clinical Outcomes

96% increase in strength & balance

across the following areas:



79% increase in wellbeing scores



9.

SOCIAL RETURN ON INVESTMENT

£1:14.02

for every £1 spent £14.02 in social value is generated, based on improvement in patients physical health & overall wellbeing

PRE-PROGRAMME

58% of Active Futures participants had fallen in the year before undertaking the programme, and needed assistance to recover.



POST-PROGRAMME

Only 13% of Active Futures graduates fell in the 12 months following the programme but ALL were able to self-recover without assistance.

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



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CYMRU
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Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

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