

Stay Strong Stay Steady (Otago) exercise programme in Somerset – Inclusion Criteria in conjunction with the Questionnaire

Somerset Stay Strong Stay Steady classes

Falls Prevention is a key intervention to help keep people independent, as part of the Somerset Falls pathway community based classes are essential and form part of the expected referral route for all older people depending on their level of ability. Community based Stay Strong Stay Steady classes in Somerset are led by qualified Otago instructors providing these across the County.

The classes are aimed at people aged over 60 who; have a low risk of falling; may experience a fear of falling; feel unstable; have a history of falls (which has been investigated); have low bone density; a family history of osteoporotic fracture; and those who wish to increase muscle strength, balance and confidence. (Younger people may be suitable for the programme, evaluated upon referral)

FOR HEALTH PROFESSIONALS

- The classes run once a week, in community venues and the participant will need to make their own way to the class
- This class is progressive and ankle weights will be used, the minimum effective dose is 50 hours and this includes home practice and taking short walks in addition to classes and needs to be stated to patient
- Participants are encouraged to purchase their own ankle weights to enhance their progress at home
- The cost is £4 per class
- Classes are now running all across the county

Inclusion criteria

To make sure people are at the right level participants must be able to:

- **Understand and follow instructions**
- **Sit down and stand up independently during the class**
- **Walk unaided between two sets of chairs**
- **Have potential to improve both their balance and their walking**
- **Show a commitment to want to improve their balance and strength and become more independent**
- **Stand without support for more than 30 seconds**

- Use stairs
- Walk outside for practice (may use a walking aid)

Participants will need to be referred to a chair based exercise class or other class if the above is too challenging (details from Age UK Somerset for other classes).

Also if this is not challenging enough please speak to Age UK Somerset about a more appropriate class - we will be progressing people as they become stronger.

There may be other health factors which will make someone unsuitable for a Stay Strong Stay Steady class, including unstable heart and circulatory conditions, severe breathlessness or dizziness and significantly impaired cognition – please check with the participant before referral.

Once the application to attend a Stay Strong Stay Steady class is received the participant will be contacted direct by Age UK Somerset regarding a place with further details of day, time and venue.

If you have any queries please contact: Ageingwell@ageuksomerset.org.uk
Tel: 01823 345626