

## **Social Prescribing Initiatives: Bolton Clarke At Home Support**

**Service:** Bolton Clarke At Home Support

### **Main Component:**

Older people receiving home care services are at high risk of falls and sustaining injuries from those falls (including hip fractures and head injury). This impacts their physical mobility and confidence, in turn impacting their independence, ability to engage with their communities and possible entry to permanent residential care. Exercise is known to be of benefit, but older people are not comfortable nor able to attend a community-based program. They prefer to undertake home exercises but may require support and encouragement to do so.

The 'By Your Side' program (based on the evidence-based Otago exercise program) addressed these issues and concerns by training community care aides in exercise supervision, as an adjunct to their usual care in the older person's home. A physiotherapist was still involved for assessment, exercise prescription and modification, through the provision of support and guidance remotely via videoconference – a far better use of time and scarce healthcare resources.

### **Who is this for?:**

Older people at risk of falls.

### **Outcomes:**

The objectives were to:

1. Understand the views of community-dwelling older people on various exercise/education delivery options for falls prevention;
2. Identify falls risk, fear of falling, quality of life and physical function in community-dwelling older people who have fallen within last 12 months, have a fear of falling or are at risk of falls;
3. Train community care aides in assisting/supervising home-based strength and balance exercises;
4. Deliver a 12-week home-based strength/balance exercise program for older people at risk of falls, with in-home support provided by a community care aide and remote support provided by a physio;
5. Deliver individualised falls prevention education via telehealth technology.

Data collection is now complete, with thirteen older people completing the full program. Data analysis is underway. Interviews with older people and community care aides identified the benefits and challenges of program implementation, providing useful learnings for further upscale throughout Bolton Clarke.

**Organisations-involved:** Bolton Clarke

*Source:*

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