

9<sup>th</sup> October 2017

Agenda Item: 12

**REPORT OF THE SERVICE DIRECTOR FOR MID NOTTINGHAMSHIRE****‘GET UP & GO’ EVENTS – FALLS PREVENTION****Purpose of the Report**

1. This report sets out the details of a series of 22 ‘*Get Up & Go*’ partnership events scheduled to take place across the County between 25<sup>th</sup> September and 7<sup>th</sup> October 2017 for endorsement by the Committee. These events are aimed at promoting the wellbeing of older people and, specifically, getting people more active and reducing the number of falls experienced by Nottinghamshire citizens. The events will occur in a diverse mix of venues including community centres, libraries, hospitals, care homes, supermarkets, churches and sports centres.

**Information and Advice**

2. In September 2016, Committee received a report on the Proposed allocation of Better Care Fund (Care Act) funding. One of the approved projects (£74,000) was related to Falls Prevention – ‘Education and Communication support’. Since January 2017, a Commissioning Officer has been working with a range of partners to raise awareness of the impact of falls and how to prevent them. Analysis of local data and research by the Institute of Public Care<sup>1</sup> have identified falls as one of the key factors that lead to admission to residential care and are influential in setting older people on a pathway to increasing social care support needs. The research cited the potential benefits to social care of increasing the numbers of older people to engage in exercise.
3. The falls prevention work has been focussed on:
  - a) Communications: promoting a comprehensive guide developed by the Chartered Society of Physiotherapy (CSP) entitled ‘*Get Up and Go – A Guide to Staying Steady*’ and promoting the benefits of physical activity and home safety in reducing the falls risk.
  - b) Education: training front line staff (both class-based and online) to identify people at risk of a fall and offering advice on supporting them and signposting to appropriate guidance.
  - c) Development: building the strength of preventative approaches within the falls pathway and the links between prevention and clinical interventions.

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<sup>1</sup> 2013 Institute of Public Care ‘*Research for Preventative Approaches to Reducing Older People’s Need for Care*’

4. 1<sup>st</sup> October 2017 is the *United Nations International Day of Older Persons* and with this in mind, the Falls Prevention Commissioning Officer has collaborated with a wide range of partners to develop a two week programme comprising of over twenty 'Get Up & Go' events across the County as detailed in **Appendix 1**.
5. The events aim to reach as many older people as possible with the message that it is never too late to 'Get Up and Go', and specifically:
  - a) encourage more reluctant older citizens to engage in physical activity
  - b) provide home safety advice to prevent falls related hospital admissions
  - c) provide information and advice on healthy eating and ageing well.
6. The partners engaged with shaping, hosting and attending the events comprise:
  - a) NHS Falls Teams – providing comprehensive falls prevention advice and guidance
  - b) Nottinghamshire Fire & Rescue Service (NFRS), who provide safe and well advice, including how to avoid trips at home
  - c) Connect service providers (early intervention services commissioned by Adult Social Care, Health & Public Protection) – offering information, advice and brief interventions and identifying people with follow up support needs, including how to find suitable activities in people's local communities
  - d) Everyone Health (physical activity and weight management service provider commissioned by Public Health), which will be promoting the benefits of eating well and keeping active
  - e) District and Borough Councils
  - f) Leisure providers – providing free exercise taster sessions
  - g) Clinical Commissioning Groups
  - h) Private sector agencies - Morrison's Supermarket (hosting 2 events), EON – offering energy saving advice as part of a government initiative
  - i) Other voluntary sector organisations, e.g. National Osteoporosis Society and the Alzheimer's Society
  - j) Volunteers – promoting events and assisting with coordination tasks
  - k) Specialist fitness instructors (Tai Chi and chair based exercise).
7. Additionally there will be competitions and prize draws that will enable participating organisations to collect information on attendees. Prizes have been donated by the Mansfield Palace Theatre and Morrison's Supermarket amongst others.
8. The 'Get Up & Go' events will not only contribute to the Council's efforts to raise awareness of falls and how to prevent them, but increase the shared multi-agency work on this agenda and further the Better Care Fund funded project, which since January has:
  - a) disseminated 18,000 Get Up & Go Guides to citizens
  - b) generated over 2,500 hits to the Council's Falls Prevention webpage
  - c) facilitated multi-agency designed and delivered classroom training to 42 frontline staff
  - d) planned classroom training for a further 200 staff in the autumn
  - e) developed an online training module, available through the Council's learning pool
  - f) facilitated closer working relationships between the NHS, Council, Nottinghamshire Fire & Rescue Service and numerous voluntary sector organisations on the falls prevention agenda.

9. Apologies are given to the Committee that the *Get Up & Go* events were planned prior to obtaining Committee approval. The events are multi-agency with an external, local organiser for each event. With the consent of the Leader and the Chairman of the Adult Social Care and Public Health Committee, the Council continued to play a key role in the programme.
10. By brokering the involvement of a range of organisations in each event including 'In Kind' venue hire, low cost promotion and a supporting NFRS 'Older People's Day' fund, the events have been held at a cost to the Council of less than £2,000.

### **Other Options Considered**

11. Initially, consideration was given to a small percentage of the Falls Prevention project budget being allocated to sponsor locally managed events, but instead, a 'brokering' approach has been employed which has consequently enabled a more consistent engagement of partners across the events and a more controlled use of funds.

### **Reason/s for Recommendation/s**

12. To provide information for the Committee about recent events on falls prevention.

### **Statutory and Policy Implications**

13. This report has been compiled after consideration of implications in respect of crime and disorder, data protection and information governance, finance, human resources, human rights, the NHS Constitution (public health services), the public sector equality duty, safeguarding of children and adults at risk, service users, smarter working, sustainability and the environment and where such implications are material they are described below. Appropriate consultation has been undertaken and advice sought on these issues as required.

### **Financial Implications**

14. The cost of these events has been shared amongst partners and the Council's share is less than £2,000. This will be met from the Better Care Fund allocation of £74,000 for this project.

### **RECOMMENDATION/S**

- 1) That Committee endorses the events that have taken place as part of the current work on falls prevention.

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### **Constitutional Comments (LM 27/09/17)**

15. The Adult Social Care and Public Health Committee is the appropriate body to consider the contents of the report.

### **Financial Comments (KAS 27/09/17)**

16. The financial implications are contained within paragraph 14 of the report.

### **Background Papers and Published Documents**

Except for previously published documents, which will be available elsewhere, the documents listed here will be available for inspection in accordance with Section 100D of the Local Government Act 1972.

Better Care Fund – proposed allocation of Care Act funding – report to Adult Social Care and Health Committee on 12 September 2016

### **Electoral Division(s) and Member(s) Affected**

All.

ASCPH490