



**CONNECTIONS BETWEEN CULTURE,
HEALTH AND WELLBEING IN TORBAY
ARTS ON REFERRAL PILOT PROGRAMME 2016-18**

**DANCE FOR FALLS PREVENTION STRAND
CASE STUDY**

**OUTCOMES FROM THE BEST FOOT FORWARD PROJECT FOR OLDER
PEOPLE AT RISK OF FALLING**

TORBAY CULTURE

BECAUSE IT MATTERS | EST. 2015

Summary

Falls are a common and serious health issue for older people, affecting around a third of all people aged 65 and over and half of those aged 80 and over annually. Annually there are around 255,000 falls-related emergency hospital admissions in England among patients aged 65 and over, with fragility fractures costing the UK around £4.4 billion, of which 25% is for social care. The *Best Foot Forward* project, incorporating the Falls Management Exercise Programme (FaME) protocol, was run by Dance in Devon twice weekly over 26 weeks (totalling 50 hours) with eight participants. Attendance was high; 76% of participants reported a reduction in their fear of falling; and a wide range of physical and wellbeing benefits were supported.

Detail

This group-based bio-psycho-social intervention was run in a community venue with referrals invited from Paignton GPs, the Paignton Health and Wellbeing team, Community Builders and Age UK. Inclusion criteria included that people were: aged over 55; had a high risk of falling or fear of falling but no history of recent or recurrent falls; could mobilise independently with stick/crutches or minimal supervision; and were not currently engaged in any other regular exercise based activity. 50% of the recruited group had a higher risk of falls and would otherwise have been referred to a standard Falls Prevention Programme. Attendance was high at an average 70%.



Evaluation included a series of measures with the following key outcomes at intervention end:

- 76% of participants reported a reduction in their fear of falling and 62% reported increased confidence in maintaining balance, as scored on the FES-1 (Short) Assessment of Fear of Falling in Older Adults
- 75% showed a reduction in their TURN180 score, which assesses dynamic postural stability in frail elderly people, therefore reducing their risk of falling
- 62.5% reported an increase in their Patient Activation Measure (PAM) score and level
- 60% reported a positive shift in their mental health and wellbeing, as measured by Short Warwick Edinburgh Mental Wellbeing Scale (SWEMWBS)
- 50% saw a reduction in their Timed up and go score, assessing dynamic agility and balance
- 37.5% showed reduced limitation shoulder rotation, assessing flexibility and independence in undertaking daily activities
- 37.5 showed reduced limitation in hamstring flexibility, used as an

*<https://publichealthmatters.blog.gov.uk/2017/01/25/a-new-focus-on-falls-prevention/>

'This project has been such a good idea. It helps prevent falls by building confidence and coordination through dance. It has also provided opportunity to make new friends. MOST OF ALL IT IS FUN.

Participant

Participants enjoyed exploring multiple dance forms and valued highly being with each other. They were supported by a regular group of volunteers, who were crucial in increasing capacity. As an integrated element of the project model, this approach also provided health and wellbeing opportunities for the volunteers themselves. Many members of the original group continued their engagement with dance and after the project end, with one participant performing in the Agatha Christie Festival and being involved in a performance at Dartington with the dance practitioner who led the sessions.

'[Participant] has regained some strength and is back to being able to do sit to stand more effortlessly. He is very confident getting down and up from the floor and clearly sees the value in maintaining this ability.'

Practitioner

FACT FILE		
Purpose	To prevent falls by older people	
Aims	To increase participants' strength and balance To improve participants' confidence to move and maintain independence To increase participants' social connection	
Artforms used	Dance	
Project Partners	Torbay Culture Torbay Council (Public Health) NHS South Devon and Torbay CCG	Torbay & South Devon Foundation Trust ICO Torbay Community Development Trust Torbay Culture and Arts Network
Funders	Arts Council England and the Health Foundation	
Artists	Dance in Devon	
Participants	Eight participants aged over 55, with a high risk of falling or fear of falling but no history of recent or recurrent falls who could mobilise independently with stick/crutches or minimal supervision and were not currently engaged in any other regular exercise based activity.	
Location	Paignton, Devon and Torbay	
Dates	Weekly over 28 weeks in 2017	
Outcomes	Reduction in fear of falling; increased confidence in maintaining balance; increase in Patient Activation Measure score and level; positive shift in mental health and wellbeing; reduction in Timed up and go score; reduced limitation shoulder rotation; reduced limitation in hamstring flexibility. Increased social interaction, enjoyment and sense of self-worth.	
Evaluation	Measures used included FES-1 (Short) Assessment of Fear of Falling in Older Adults; TURN180; Patient Activation Measure (PAM); Short Warwick Edinburgh Mental Wellbeing Scale (SWEMWBS); Timed up and go; shoulder rotation; and hamstring flexibility. Also qualitative self-report, written reports, focus groups and one-to-one interviews across participants, practitioners and clinicians. Evaluation report	
Cost	Cost per participant (if all places taken): £474 Cost per participant (actual): £948	
Outputs	50 sessions 37 pieces of creative writing 2 pieces of filmed material	
Quality Indicators	Co-production with health partner; user engagement in project planning; recruitment of experienced artists; recommended rates of pay for artists; evaluation of the project	
Keywords	Older Adults Social prescribing Falls Prevention	