Arts in Health Project to Target Falls Prevention on an Aged Care Ward
What is Move & Groove?

- Seated creative dance group
- Every Friday at 2.30pm
- Staffing
- Group participants
- Resources
- Community dance model
“I love the Move & Groove session!”
What is Creative Dance?

- Creative dance is intentional expressive movement
- Inclusive
- Improvisation techniques
- Incorporates movement play
- Contemporary dance ethos
- Open-ended artistic process
**NSW Health Falls Statistics**

- “More than one in four people aged 65 years or over have at least one fall per year and many fall more than once.”

- “In 2009 26% of NSW residents aged 65 years or older fell at least once.”

- “80% of injury-related hospital admissions in people aged 65 years and over due to falls and falls related injuries.”

- “Even non-injurious falls can have negative impacts such as loss of confidence and activity restriction.”

1. NSW Health, 2011
2. ACSQHC, 2009
Falls Risk Factors Addressed

- **Environment:** Hospital
- **Medications:** Doctors review
- **Medical Conditions:** Referral by therapists

**Psychosocial & Demographic:**
- Depression
- Inactivity
- Advanced age
- Inpatient environment

**Sensorimotor & Balance:**
- Muscle weakness
- Impaired balance
- Poor reaction time

• **Project Aims**

  - To reduce falls on the ward by addressing falls factors.
  - To reduce depression and isolation.
  - To increase expressive creative opportunities.
  - To utilise group therapy techniques.
  - To provide increased opportunity to work towards personal rehabilitation goals.
  - To increase client’s confidence to access community groups on discharge.
Why Creative Movement?

- Balance
- Strength
- Flexibility
- Endurance

3. Gillespie LD et al, 2010
4. NSW Health 2011
"I enjoyed having a laugh!"
• **UK Falls Prevention Projects**

  • **Young@Heart**
    - Rural group for isolated elders
    - NHS Partnership project
    - ‘A Sure Start to Later Life: Ending Inequalities for Older People’ 2006

  • **The Brewhouse Group**
    - Inner city group for isolated elders
    - Content devised in collaboration with the PCT Falls team
    - OT & PT at every session
Move & Groove

- Icebreaker
- Warm up
- Creative exploration
- Creative development
- Cool down
- Relaxation
“Made us feel alive!”
• **Icebreaker Practical**

  • Find your feather!
  
  • Can you blow it to the person next to you for them to catch?
  
  • Introduce yourselves 😊
Leadership Approach

- Person-centred approach
- Empowering leadership
- Fosters artistic decision making
- Enables group connections
- Celebrates achievements
- Non-judgemental
- Congenial environment
- Spontaneously reactive
“It feels personal”
• **Outcome Measures**

  - Ward falls per month data
  - Attendance statistics (% of ward)
  - Falls per month data compared to attendance statistics
  - Client questionnaires to ascertain mood and inclusivity
  - Client post-discharge satisfaction surveys
**Interim Results**

- On average 46% of the ward attend each weekly session.
  - An average of 9 clients are at each session.
    - 28% of clients are 40-65yrs old
    - 33% of clients are 65-80yrs old
    - 39% of clients are 80+ yrs old
- Clients needs range from ABI, stroke and burns survivors to orthopaedic, de-conditioned and people with a learning disability.
“The fun, mixing and sharing”
**Interim Results**

- February 2012 Falls = 50% reduction on 2011
- March 2012 Falls = 85% reduction on 2011
- April 2012 falls = 50% increase on 2011
- May 2012 Falls = 33% reduction on 2011

- Average of 2 falls per month with 48% attendance.

- Client questionnaires resoundingly positive.

- Satisfaction surveys average +15 positive comments and 15% more returns a month.
• **Project Continuation**

  • **Currently**
    - Project supported by falls committee
    - Co-worker role identified as vulnerable due to nursing staff demands

  • **Future Avenues**
    - Pick-up-and-go resource bags
    - Funding for resources
    - Sustainability requires staff training
    - Potential roll-out to other aged care facilities
“Not having to do 3 lots of 10”
**Conclusion**

- Falls Prevention does not have one easy solution.
- Artistic approaches are valuable and make a difference.
- If you were a client which intervention would you prefer?
- We are all different and different projects must be available in recognition of this.
Any Questions?
• References


3. NSW Falls Prevention Program. (2012). *Preventing Falls and Harm from Falls in Community Care*. Neuroscience research Australia.


• Jenny.edwards@royalrehab.com.au