

DERBYSHIRE COUNTY COUNCIL

MEETING WITH CABINET MEMBER, HEALTH AND COMMUNITIES

25 April 2017

Report of the Director of Public Health

FOR INFORMATION - STRICTLY NO FALLS CONTRACT

1. Purpose of the report:

To inform the Cabinet Member, Health and Communities of the decision by Adult Care SMT to implement the option to extend the contract for the delivery of the Strictly No Falls service by Age UK Derby and Derbyshire for a final 12 month period until 30 April 2018.

2. Information and analysis:

In April 2014, Cabinet approved the award of a contract for the provision of a falls prevention service (Strictly No Falls) to Age UK Derby and Derbyshire (Age UK DD). The contract was for two years with options to extend for two further periods of 12 months each, subject to funding and satisfactory performance.

Strictly No Falls is a county wide primary and secondary falls prevention physical activity programme for older people (aged 65 years and above) who have fallen or been identified at higher risk of falling. The programme delivers a range of evidence based balance and strength exercise programmes including chair based exercise, Tai Chi, Otago and PSI to effectively reduce their rate and risk of falls and associated injuries including hip fractures.

Strictly No Falls is delivered in around 138 community based classes across Derbyshire and engages with around 1500 older people. The service also delivers the programme in around 50 care homes. The programme is well regarded by the older people who attend and a detailed evaluation is to be completed as part of the final year of the current contract.

The service is broadly on target to meet its KPI's. The only KPI that the service has struggled with is engagement of care homes. Currently SNF engages with approximately 49 (21%) care homes in the County (Target is to engage with 55% of all care homes). To encourage more care homes to engage and in recognition of the challenges of delivering the programme to a population that is often frail and has complex multi-morbidities, Age UK DD has developed an Active Care Homes (ACH)

course that is designed to encourage residents to become more physically active and provide training for staff on falls prevention. The ACH course is designed as a 'stepping stone' towards the standard SNF course for care homes. It is also intended to work with the AC Commissioning Team for care homes to try and encourage more care homes to participate in the SNF programme.

The evidence base for strength and balance programmes is strong. The Chief Medical Officer¹ recommends that adults aged 65 and over should engage in activities to improve muscle strength and balance at least two days per week. The Department of Health², NICE³, WHO⁴ and Public Health England⁵ all recommend strength and balance exercise programmes for older people to reduce the risk of injury from falls. A Cochrane Collaboration systematic review⁶ found that group strength and balance exercise reduced the rate of falls by 29% and the risk of falling by 15%.

Strictly No Falls is being reviewed as part of the wider review of physical activity programmes commissioned by Public Health with the aim of achieving a 10% efficiency saving.

The option to implement the contract extension has been agreed by Adult Care SMT.

3 Social Value considerations:

SNF supports the Health and Wellbeing Board priority of keeping people healthy and independent in their own home. Evidenced based strength and balance training reduces the rate and risk of falls in older people – reducing the risk of injury (including fractures), and hospital admission. NICE estimate the average health care cost of fall to be £620³ and the cost of a primary hip fracture is estimated to be around £14,000⁷. Other benefits of SNF include reduced social isolation and improved quality of life by reducing the fear of falling.

4. Financial considerations:

The budget for Strictly No Falls is £182,000 and provision has been made within the Public Health budget to fund the service for the final 12 months of the contract extension.

5. Legal considerations

The original procurement made provision for the contract to be awarded for an initial period of two years with options to extend for two further periods of 12 months until April 2018.

6. Other considerations:

In preparing this report the relevance of the following factors has been considered: prevention of crime and disorder, equality of opportunity, human resources, environmental, health, and property and transport considerations.

7. Background papers:

Cabinet Report, 15 April 2014, Contract for a Falls Prevention Service.

8. Key Decision:

No

9. Call-in:

Is it required that call-in be waived for any decision on this report? No

10. Officer's Recommendation:

That the Cabinet Member, Health and Communities notes the decision by Adult Care SMT to implement the option to extend the contract for the delivery of the Strictly No Falls service by Age UK Derby and Derbyshire for a final 12 month period until 30 April 2018.

Dean Wallace
Director of Public Health

References

1. DH/Physical Activity Team. Start Active, Stay Active: a report on physical activity for health from the four home countries' Chief Medical Officers. 2011.
2. Department of Health. Falls and fractures: effective interventions in health and social care. London: DH, 2009.
3. National Institute for Health and Care Excellence (NICE). Falls: assessment and prevention of falls in older people (CG161). Full guideline. London: NICE, 2013.
4. World Health Organisation (WHO). WHO Global Report on Falls Prevention in Older Age. WHO, 2007.
5. Public Health England (PHE). Falls and Fractures Consensus Statement. PHE, 2017
6. Gillespie LD, Gillespie WJ, Robertson MC, Lamb SE, Cumming RG and BH Rowe. Interventions for preventing falls in elderly people. Cochrane Database of Systematic Reviews, 2009, 2, CD000340.
7. Leal J, Gray AM, Prieto-Alhambra D, et al. Impact of hip fracture on hospital care costs: a population-based study. *Osteoporosis International*. 2016;27:549-558. doi:10.1007/s00198-015-3277-9.