

## Supporting specialist instructor workforce delivering evidence-based Falls Prevention Exercise Programmes (FaME and Otago)

LLTs response, recommendations and resources to support the current COVID-19 national emergency identifies the need to support:

- i) the specialist exercise instructor workforce (Otago Exercise Leaders (OEP), Postural Stability Instructors (PSI), whether health or fitness professionals)
- ii) existing participants (of OEP and FaME programmes)
- iii) older people not currently participating in OEP/FaME programmes

LLT recommend different approaches/resources for targeting these distinctly different groups (ii and iii) served by exercise services/active partnerships/local authorities (employed, self-employed workforce) and recommend that services do all they can to continue to support the instructor workforce 'now'.

- i) Services should be utilising this period to prepare and optimise the critical resumption of strength and balance programmes, and evidence-based falls prevention programmes when current national restrictions are lifted. Supporting the exercise instructor workforce 'now' to engage and support older people is essential for smooth transition back to community provision of these programmes.

The two distinct older adults groups (and the appropriate instructor workforce) LLT are supporting are:

- ii) **Older people already participating in Otago/FaME programmes** (with appropriately trained exercise leaders and instructors (OEP/PSI)

Resources aligned with best practice falls prevention exercise programmes delivered by appropriately training workforce to encourage existing participants to re-engage/participate in home-based exercise programmes (OEP/FaME) and with a view to increasing readiness to return to community groups when current restrictions are lifted. Resources available from LLT (for free) are described below.

- iii) **Older people not currently engaged in falls prevention programmes, or any physical activity programmes** (i.e. maybe on a waiting list for assessment or not known to services)

Resources aligned with CMO Physical Activity Guidelines encourage all older people to sit less and move more during this period of social distancing and with a view to increasing readiness to pursue strength and balance programmes when services are restored. Resources available from LLT (for free) are described below.

## *Available Resources from LLT to support services and specialist instructors*

### **1. For Older people already participating in Otago programmes delivered by appropriately trained workforce**

A) *Otago Programme Videos* (LLT tutors shown teaching) - Three level of home exercise booklets (beginners, intermediate, advanced) accompanied by home-based videos by LLT tutors (filmed on iphone in their own homes to replicate home based environments). *They are not designed for generic use/adhoc widespread dissemination to all older people.* Otago instructors can access these leaflets and videos for their participants (to send by email or WhatsApp or other electronic medium) through their original training portal. If services wish to upload these (not public) so that all Otago instructors in their area can link to these, please contact LLT.

B) *Educational/information paper resource and short educational video 'Home Alone'* on the LLT training portal, overviewing motivational strategies and top tips for supporting telephone calls.

C) *'Make Movement Your Mission'* 10 minute movement snacks live on Facebook at 8am, noon and 4pm (for older people or those who have been very sedentary and want to ease back into movement and activity) <https://bit.ly/2QMDDPF> (or search for Make Movement your Mission). Also in video format via YouTube – <https://bit.ly/3apxPnc>

These serve to encourage sitting less and moving more in addition to any other programmes or activities.

### **2. For Older people already participating in FaME programmes delivered by Postural Stability Instructors (PSIs)**

A) *PSI – FaME Exercise Video Library* - Qualified PSIs can already access FaME exercise video library on the LLT education platform. It is hoped that services/localities will financially support PSIs in filming a series of FaME sessions suitable for email to individuals and/or accompanying by OEP/FaME exercise booklets. These are available to instructors on their original training portal. If services wish to upload these (not public) so that all PSIs in their area can link to these, please contact LLT. *Not designed for generic use/adhoc widespread dissemination to all older people.*

B) *FaME Home Exercise Programme booklets and videos* (LLT tutors shown teaching); (filmed on iphone in their own homes to replicate home based environments). *Not designed for generic use/adhoc widespread dissemination to all older people.*

C) *Educational/information paper resource and short educational video 'Home Alone'* on the LLT training portal, overviewing motivational strategies and top tips for supporting telephone calls.

### **4. Older people not currently engaged in falls prevention programmes or any physical activity programmes**

*'Make Movement Your Mission'* 10 minute movement snacks live on Facebook at 8am, noon and 4pm (for older people or those who have been very sedentary and want to ease back into movement and activity) <https://bit.ly/2QMDDPF> (or search for Make Movement your Mission). Also in video format via YouTube – <https://bit.ly/3apxPnc>

These serve to encourage sitting less and moving more in addition to any other programmes or activities. These snacks use movements from the daily diary ICAN Calendar – which has prompts and tips for being more active throughout the day/week/month and supports self management with two simple functional tests of strength and balance to see progression over time. This can be downloaded for free from: <https://bit.ly/LLTcalendar>