

# Steady Steps

## Information for Referrer

### What is Steady Steps?

Steady Steps is a **16-week group based physical activity programme**. The classes are for those **who have had, or are at a high risk of having, a fall**. The service aims to increase endurance, strength, balance, confidence and independence for the participants.

This in turn should contribute in reducing social isolation, reduce the likelihood or severity of a fall, reduce hospital admissions & bed days and so reduce cost to statutory services.



Each Steady Steps class is delivered by a qualified Postural Stability instructor and is complimented with independent home exercises 2-3 times a week. The programme is based on the OTAGO and FaME studies which focus largely on improving balance. Participants work towards **1 hour of physical activity** (including warm-up and cool-down) over the duration of the programme.

After the physical activity component, participants are offered **complimentary refreshments** allowing for informal education sessions aimed to encourage self-management in falls prevention. It provides participants with the opportunity to share experiences and top tips with their peers. Classes are often supported by volunteers to assist in the delivery of the programme and help facilitate the social sessions. Weeks 1 and 16 entail some basic functional tests and questionnaire to help measure the impact of the programme.

At the end of the 16-week programme, participants should be able and confident to continue to be physically active and are encouraged to participate in our exit pathways offered at Edinburgh Leisure.

### Who can refer?

#### **All physiotherapists and occupational therapists:**

- Edinburgh Community Physiotherapy Service
- Liberton Day Hospital / OPRA / RVB Assessment & Rehabilitation Centre
- Domiciliary Care
- Outpatient Physiotherapy
- Osteoporosis Nurse Specialists
- Parkinson's Nurse Specialists
- Medicine of the Elderly Consultant
- GP's (please note we are piloting this referral pathway and are monitoring the quality of referrals based on the below criteria)



## **Referral Criteria**

### **Suitable for referral**

- **Agreed to engage** in 16-week physical activity programme
- Currently **clinically able to participate** in 16-week physical activity programme
- **Able to monitor and regulate intensity** of own physical activity
- And at least two of the following:
  - **History / at risk of falling**
  - **Poor gait / balance**
  - **Feeling unstable / unsteady**
  - **Low bone density / previous fracture**

### **Unsuitable for referral**

- Recent injurious fall without a medical examination
- Significant drop in BP during exercise
- Unstable / acute heart failure
- Unable to maintain seated upright posture due to neurological deficits
- Hip or knee replacement surgery in previous 3 months
- Uncontrolled:
  - o Hypertension (Resting SBP >180mmHg or resting DBP >100mmHg)
  - o Pain
  - o Angina
  - o Tachycardia >100bpm
  - o Acute systemic illness (cancer pneumonia)
  - o Severe visual or vestibular disturbances
- Impaired cognition (unable to follow simple movement instructions). Referrer should use own subjective judgement based on experience working with the patient to date.
- Anyone who may place themselves and others at risk (e.g. participants who are unable to monitor or adapt their performance or whose level of assistance endangers other or themselves; finally, participants whose behaviour contravenes safety standards)
- Have participated in Steady Steps classes already within the last 12 months

### **How much does it cost?**

**Participants pay £16 for 16 weeks working out to be just £1 per class. £16 will be collected as a one-off payment. If anyone has issues with making the payment they are advised to speak directly with their Instructor.**

They also receive £1 access to Edinburgh Leisure facilities for an entire 12 months.

### **Can carers attend?**

**Carers are welcome to attend** with participants. This should be noted on the referral form.

### **No transport provided**

Transport to and from classes is **NOT OFFERED**.

If you have any enquiries, please contact the Steady Steps Team

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