

## **Cardiff Vale UHB – Cardiff Community Resource Team**

Since October 2018, Cardiff & Vale UHB in collaboration with Cardiff Council, the Cardiff Third Sector Council and Public Health Wales, have been running once weekly Stay Steady Falls clinics across Cardiff. These clinics are for people over 65, living in Cardiff, to help them to identify and reduce their future risk of falls. The clinics are accessed by self-referral into the Cardiff Council Independent Living Service First Point of Contact Team (see poster below).

During the clinics, each person spends time with a Physiotherapist to talk about their own personal risks and any action they could take to reduce these. This is followed by the Functional Fitness MOT (FFMOT) assessment of their strength and balance. The benefit we have seen of using this particular measure /tool is that people report enjoying completing it and that it is meaningful and motivating for them. They like the normative data that is provided and the fact that, with some changes to their current lifestyle, they can see an improvement in their performance on the tests in quite a short time. With this in mind, recent changes were made to the service to offer each participant a review of their functional fitness after 8 weeks, using the FFMOT again to compare their test results.

The clinics opened in October 2018, and over the following year, a total of 283 people were assessed using a combination of the multi-factorial assessment and the FFMOT. Each was provided with a take-home personalised action plan and information pack. This information pack includes details of relevant social and activity groups, local transport providers, pharmacies and/or optometrists as appropriate. Referral into health services, such as the Community Resource Team, can also be made from the clinic.

The new review service saw 60 people return for a reassessment after 8 weeks. Early analysis of the reassessment results showed an improvement in 3 or more areas of the FFMOT for 76% of them.

We hope to develop more opportunities for people to take part in clinics of this type in the future and have also recruited a post-graduate student from Cardiff Metropolitan University to evaluate the results of the clinic and undertake further research into falls in older people.

Thank you to you all in Later Life for the training you provided to the staff to enable them to complete the FFMOT. They reported it was informative and interesting as well as being fun. Having all staff trained in the same environment to use the same tool has helped us to create consistency when assessing and reviewing, ensuring that everyone who attends clinics receives the same service.

## Aged 65 years or over?

Would you like a **Fitness MOT** to check your strength and balance?

Do you **struggle to get up** from a chair or ever **feel unsteady** on your feet?

Have you **had a fall** in the last year or do you **worry about falling**?

Steady on...  
Stay **SAFE**



Strength



And Balance



Falls History



Environment

If you answered **YES** to **ANY** of these questions you may benefit from a visit to our **Stay Steady Clinic**, where you can be assessed and given advice on how to maintain strength, balance and general health as you get older.

Clinics take place in leisure centres and community hubs across Cardiff.

For more information or to book a slot contact:  
**02920 234 234**  
[contactILS@cardiff.gov.uk](mailto:contactILS@cardiff.gov.uk)



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board