

Stay Strong and Steady

Stay Strong and Steady classes support older people to regain strength and remain independent by reducing their risk of falls. These community-based classes are essential and form part of the referral route for older people depending on their level of ability. Our Stay Strong and Steady classes are provided across Bristol and South Gloucestershire and led by qualified falls prevention instructors and use national evidenced base found in the NICE guidelines.

About the classes

- The classes run once a week, in community venues and the participant will need to make their own way to the class.
- These classes are progressive, and equipment will be used, the minimum effective dose is 24 weeks, and this includes home practice through print guidelines.
- We anticipate any costs for attending the classes will be affordable.

For Health Care Professionals: Inclusion Criteria

The classes are aimed at people aged over 65 who; are at risk of falling; feel unstable; have had a small fall; have low bone density; a diagnosis of osteoporosis or a family history of osteoporotic fracture; Rockwood Frailty level 4-5 and sometimes 6 (see overleaf); and those who wish to increase muscle strength, balance and confidence.

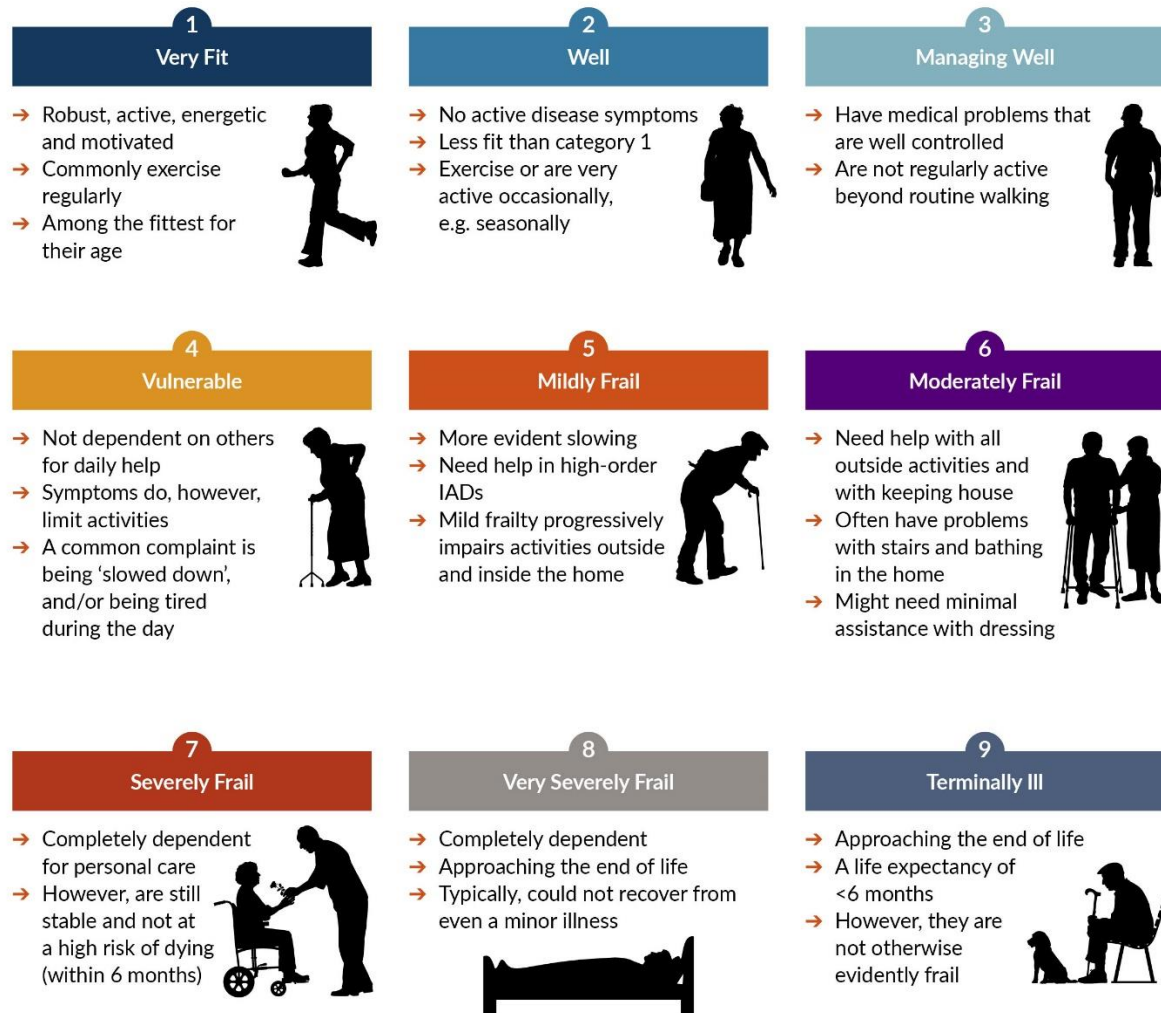
To ensure people are at the right level participants must be able to:

- **Understand and follow instructions – some OTAGO session can accommodate other languages in addition to English.**
- **Sit down and stand up independently during the class**
- **Walk unaided between two sets of chairs, 5m apart.**
- **Have potential to improve both their balance and their walking**
- **Show a commitment to want to improve their balance and strength and become more independent**
- **Stand for more than 30 seconds**

Participants may be signposted to other, more appropriate classes if they are not suitable for our Stay Strong and Steady programme. They will also be encouraged to progress onto more challenging classes when they have increased in ability and completed the recommend 24 weeks.

To refer people, email contactcentre@circadiantrust.org or call 01454 279922. Upon receiving a referral Circadian will contact individuals directly with further details.

Clinical Frailty Scale



Scoring frailty in people with dementia

The degree of frailty corresponds to the degree of dementia. Common symptoms vary for the degree.

In mild dementia

- Forgetting the details of a recent event
- Though still remembering the event itself
- Repeating the same question/story
- Social withdrawal

In moderate dementia

- Recent memory is very impaired
- Though they seemingly can remember past life events well
- Can complete personal care with prompting

In severe dementia

- Cannot complete personal care without help