

March 2024

Age UK Derby and Derbyshire are delighted to announce the launch of the new falls prevention service for Derbyshire called 'Live Stronger for Longer'. The new service builds on our successes over the last 11 years of Strictly No Falling work and will continue to support the development and delivery of quality assured strength and balance exercise classes in the community and care settings with an exciting new service called 'Strong and Steady'.

**LIVE
STRONGER
FOR LONGER**



'Strong and Steady' is a **free**, intensive, 24-week, weekly postural stability (PSI) exercise, falls management and behaviour change programme for people aged 65+ living in Derbyshire.

Our Strong and Steady programme will provide:

- ✓ Subsidised, supported transport
- ✓ A one-hour PSI class offering personalised exercise for older, frail people
- ✓ A one-hour activity addressing behaviour change for falls prevention and wellbeing
- ✓ Weekly 'homework' with individual exercises and tasks set
- ✓ Regular assessment and progress reports
- ✓ Progress charts for users and carers
- ✓ Onward journey planning to community LSFL classes and wellbeing activities
- ✓ Information and Advice support for income maximisation, independent living support and wellbeing activities

Our triage service offers referrers the reassurance they need to refer any client with reduced strength, balance and confidence knowing they will receive an appropriate level of service. A referral to Live Stronger for Longer for the Strong and Steady programme can work alongside referrals to other services where there may be waiting lists; and participating in the programme can help to promote positive approaches to other treatments and develop the mobility required to attend appointments.

For older people who cannot attend a class occasionally or at all we have developed a LSFL At Home offer with free resources to exercise at home.

The new Live Stronger for Longer service is a big investment by Public Health in Derbyshire County Council and recognises the value of the current Strictly No Falling community classes and our care home support and training programmes. Their commitment reflects the impact of falls on every aspect of health and social care in Derbyshire: ambulance services, out of hours health care, emergency care, unplanned hospital admissions, social care home care services and day services as well as the wellbeing of the individual, their carers and communities. A quick, simple, GDPR compliant referral to Live Stronger for Longer can make a big difference to an individual's risk of falling, their resilience post fall and help to reduce demand for essential services.

We hope you are as excited as we are about the new Live Stronger for Longer service and the Strong and Steady programme. We are open for referrals NOW and you can access the online referral form and contact details on our website:

<https://www.ageuk.org.uk/derbyandderbyshire/lslfl-referrals>

and for information about the new Live Stronger for Longer Service and the Strong and Steady programme visit our website: <https://www.ageuk.org.uk/derbyandderbyshire/lslfl/>

Please act now to share this information with your colleagues. Anyone (any role or an older person) can make a referral to Live Stronger for Longer; it just takes a few minutes to start an older person on the journey to increased mobility, confidence and wellbeing.

Thank you for playing your part in making later life better.

From all the Live Stronger for Longer team