



Active and Independent Living Programme

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Valuing Physical Activity and the Economic
Impact of Inactivity

Thursday 22 March 2018

Storytelling Centre, 43-45 High Street, Edinburgh EH1 1SR



Public Health Challenges

- Arising from lifestyle, social-cultural factors and our modern environment
- How do we increase public and service knowledge and awareness of where avoidable harm can be reduced?
- How do we prevent ‘Lifestyle Drift’? (25% gain from direct health care; 50% from socioeconomic factors)
- ALLP introduced as part of National Health and Social Care Delivery Plan to address these challenges – including supporting people of all ages to be physically active.

Integrated health and social care – wellbeing is central principle

Better care

- Working with - not 'doing to'
- People involved in and responsible for their health/wellbeing
- Freedom, dignity, choice and control

Better Health

- Anticipation, prevention self management not 'fixing'
- Mental AND physical health
- Cross sector working

Better value

- Integrated approaches
- More in the community
- Changes for diagnostic and elective services
- New models of care

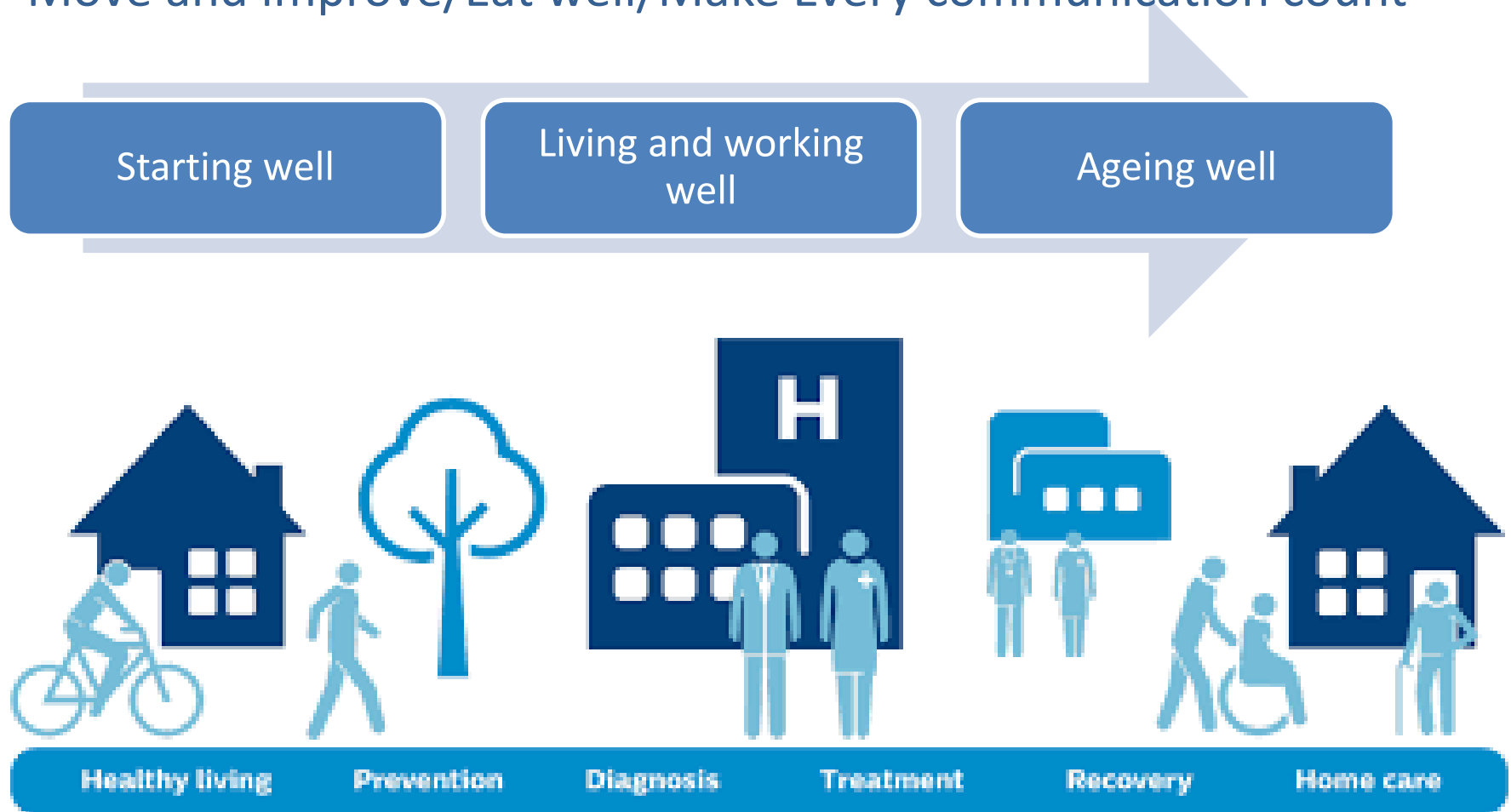
NB: Self management is crucial as is social care and support for people with disabilities

Active and Independent Living Programme



Wellbeing approaches across the life-course

Move and improve/Eat well/Make Every communication count



What matters to people? Identifying strengths, seeking resilience, shared decision making, collaborative working

Asset based Personal Outcomes approach

How do we find out where we currently are intervening?

- ✓ If we as AHPs are to achieve our ALLIP vision and focus on **PREVENTION** then we have to know where we are currently intervening in their Health and Well Being Journey
- ✓ Given the policy direction on prevention, early intervention and self management there is still no clarity around how we will do this! Opportunity for Allied Health to lead the way!
- ✓ ***National Survey on the Lifecurve*** which will identify exactly where the AHP workforce is intervening on an individuals' health and well being journey.

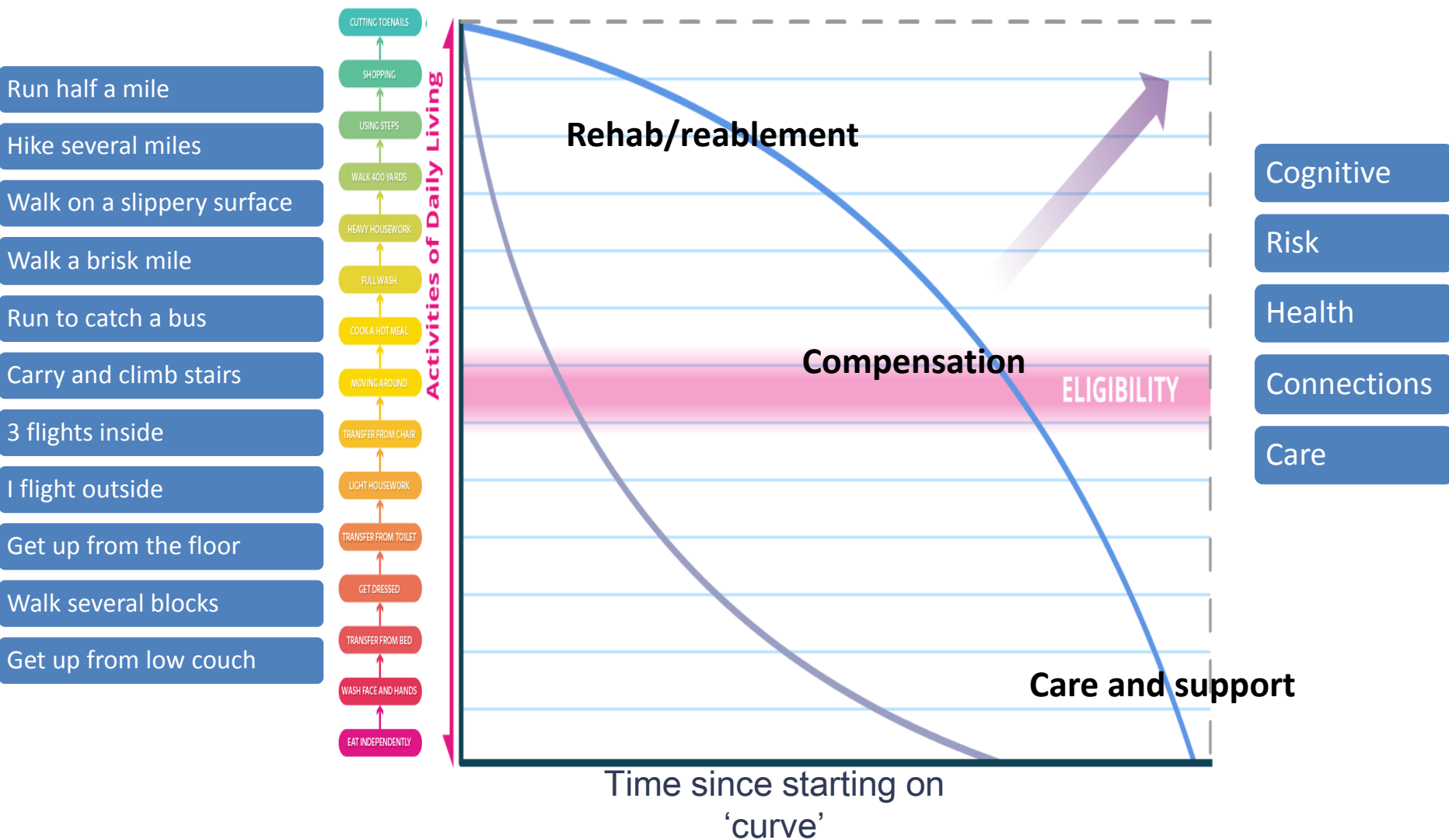


- ✓ All Boards and Partnerships
- ✓ All Adult AHPs working in Adult Services
- ✓ All Registered and Non-Registered Staff
- ✓ A representative sample of people who attend our services

**IT'S NEVER
BEEN DONE
BEFORE**

Prevention, anticipation, early intervention, self management – where? What does it look like?

Reactivation



CAN do this unaided	Activity of Daily Living	CANNOT do this unaided	How long since you were able to do this?	
			Number of months?	Number of years?
	Heavy Housework (eg moving furniture to hoovering)			
	Using steps / stairs			
	Eat your food independently			
	Get dressed			
	Wash your face and hands			
	Get on / off a toilet			
	Have a full wash			
	Walk 400 yards			
	Cook at hot meal			
	Get on / off a bed			
	Shopping			
	Cut your toenails			
	Get up / down from a chair			
	Light housework (eg ironing, dusting)			
	Moving around			

NATIONAL LIFECURVE SURVEY : PART 1

Where are you seeing the AHP member of staff today? Please tick only one option:

- Inpatient
 Outpatient
 Community
 Your Home

If you travelled to get here today, how did you get here? Please tick only one option:

- By Bus
 By Car
 By Ambulance
 N/A
 Walking
 Combination of travel methods

Who do you normally live with? Please tick only one option:

- With other people eg. Partner, family, friends
 I live alone
 In sheltered accommodation or a residential home (eg care home)

Do you have any communication support needs?

E.g. hearing or low vision aid, interpreter, large print, easy read, communication aid.

- Yes
 No
 N/A

Are you in work or do you take part in other regular activity? Please tick which apply:

- Yes I work
 I am a volunteer
 N/A
 I help to look after other family members eg grandchildren/nieces/nephews

Is your home suitable for your needs? Please tick only one option:

- Yes I can manage all daily activities within my home
 I am beginning to struggle with managing daily activities within my home
 I cannot manage some daily activities within my home without help

Are you a carer?

Please tick only one option:

- Yes
 No
 Both – I care for someone and I have a carer

How would you describe your emotional wellbeing today?

NB: 1 is very good and 5 is very bad



Who arranged for you to see the member of AHP staff today? Please tick only one option:

- A member of health staff
 A member of social work staff
 Myself, family member or friend
 Other
 I don't know/not sure
 I don't know as I was admitted in an emergency to hospital

This is the end of the Survey: Thank you for taking part.

NATIONAL LIFECURVE SURVEY : PART2

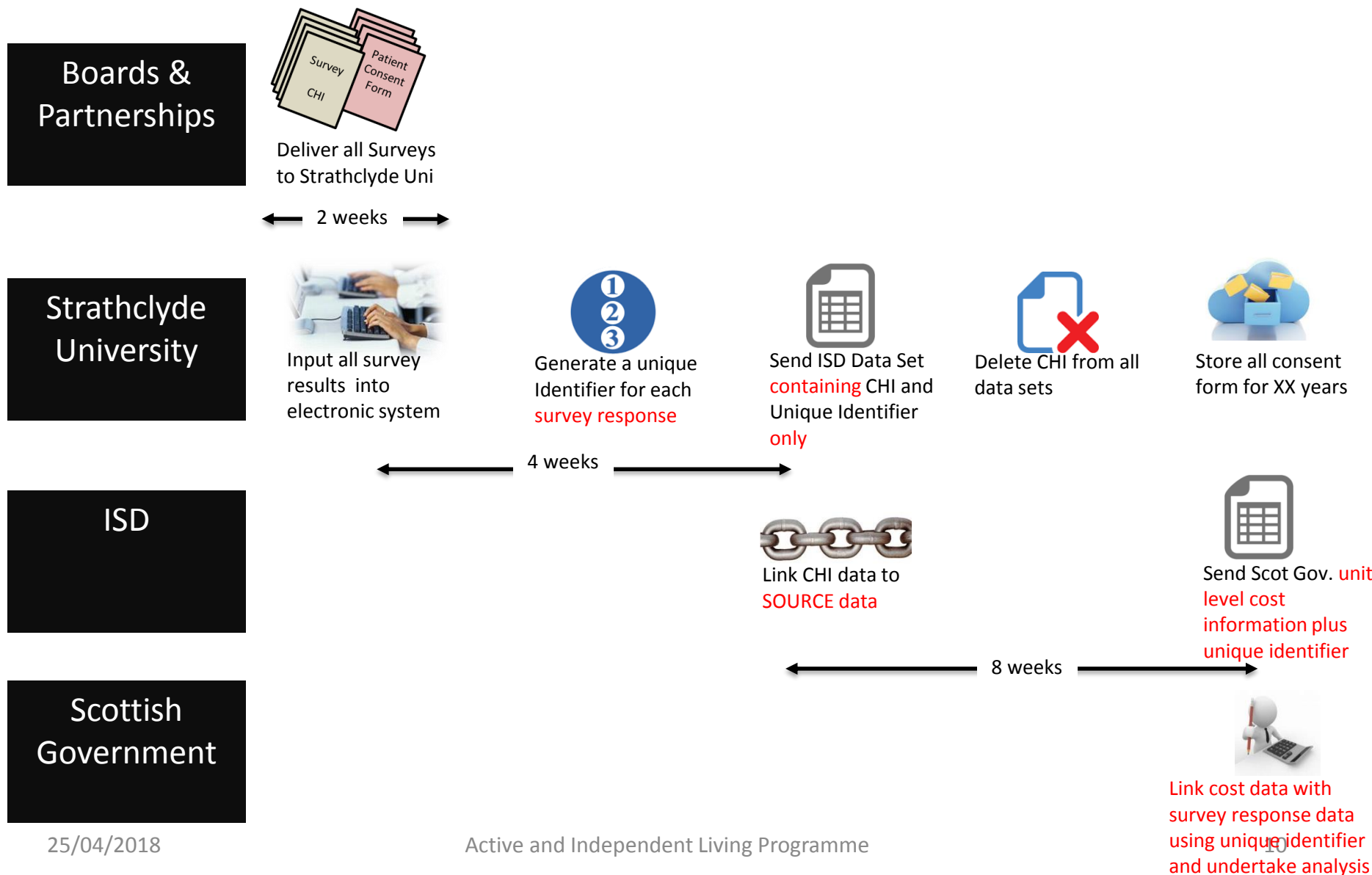
Part 2: Office Use Only (to be completed by member of staff)

NB: Items marked * only complete if no access to CHI number

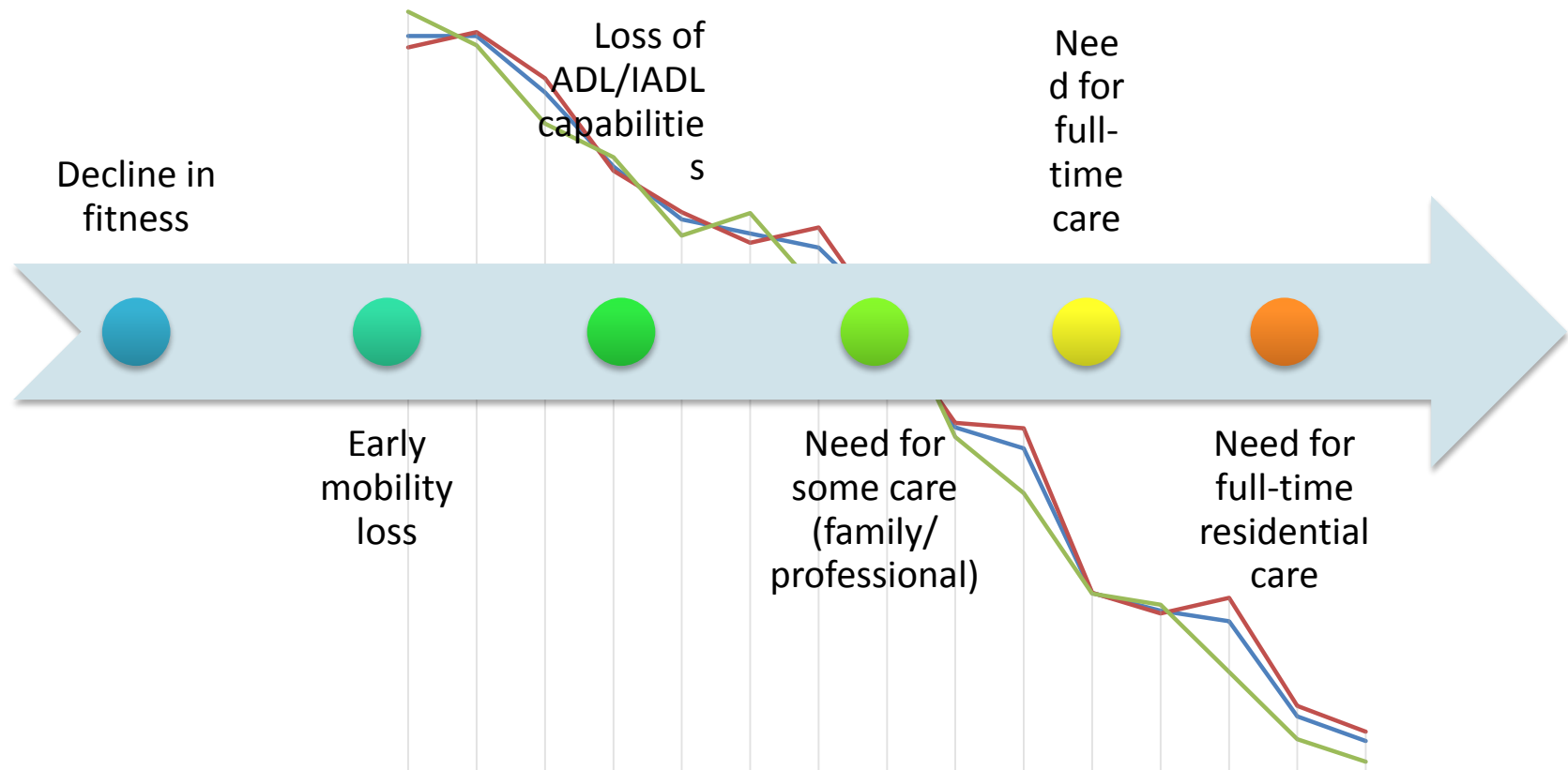
Persons CHI number:	X		Date Survey Completed	(DD / MM /YY):	
Date Of Birth*	X		Postcode*		
State your AHP profession:			I am a Student	Yes	No
Band / Grade			I am a generic AHP support staff member	Yes	No
Are you registered with HCPC (tick which)?	Yes	No	State Service type - Refer to checklist		
Is this a first time or return visit (tick which)?	First Return	Return Visit			
Name of LA / Partnership Area:		Name of NHS Board:		Other:	
What is the Main Purpose for visit? (tick which)	Treatment Rehabilitation Reablement	Assessment / Review	Diagnostic Test	Maintenance	Education / Advice

Thank you for completing the survey

What will the data collection process be?



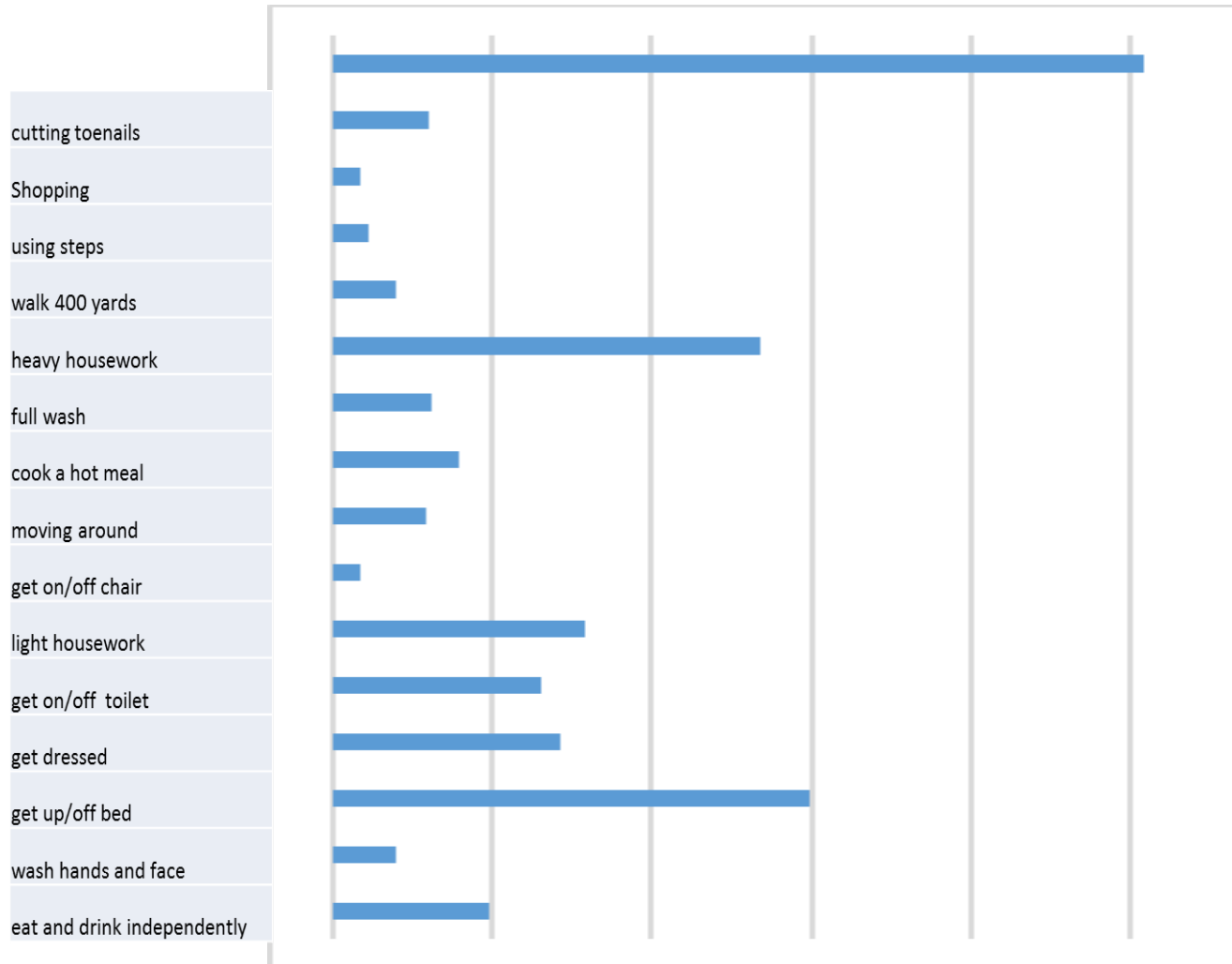
Link costed data to support economic argument for prevention/early intervention



National Results N=15,000



& INDEPENDENT
LIVING PROGRAMME



Lifecurve score across Scotland

	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Greater Glasgow and Clyde	29	3	1	1	2	14	3	3	3	1	8	6	8	13	2	4
Grampian	23	5	0	2	2	14	3	5	3	1	8	7	5	16	2	4
Fife	28	3	1	1	3	14	3	4	3	1	7	6	7	13	2	4
Tayside	27	4	1	1	2	12	4	5	2	1	9	8	5	14	2	5
Lothian	27	2	1	1	2	15	3	4	3	1	7	5	6	13	1	6
Lanarkshire	27	2	1	1	2	12	2	5	4	1	7	6	9	14	2	5
Highland	32	2	0	1	2	12	3	4	3	1	7	5	7	13	2	5
Forth valley	21	4	1	2	2	10	1	4	2	1	8	6	11	18	2	6
Dumfries & Galloway	24	4	1	1	2	10	3	4	5	2	8	8	6	16	3	2
Borders	31	4	0	0	2	16	3	3	4	3	6	3	6	12	1	4
Ayrshire & arran	12	2	1	3	3	10	4	5	5	0	8	15	8	18	3	3
Western Isles	33	7	0	1	2	17	2	2	0	0	11	8	3	8	3	3
Shetland	20	0	0	0	5	11	5	2	0	0	9	5	11	27	2	2
Orkney	38	0	4	0	4	13	0	0	4	0	8	8	4	8	4	4

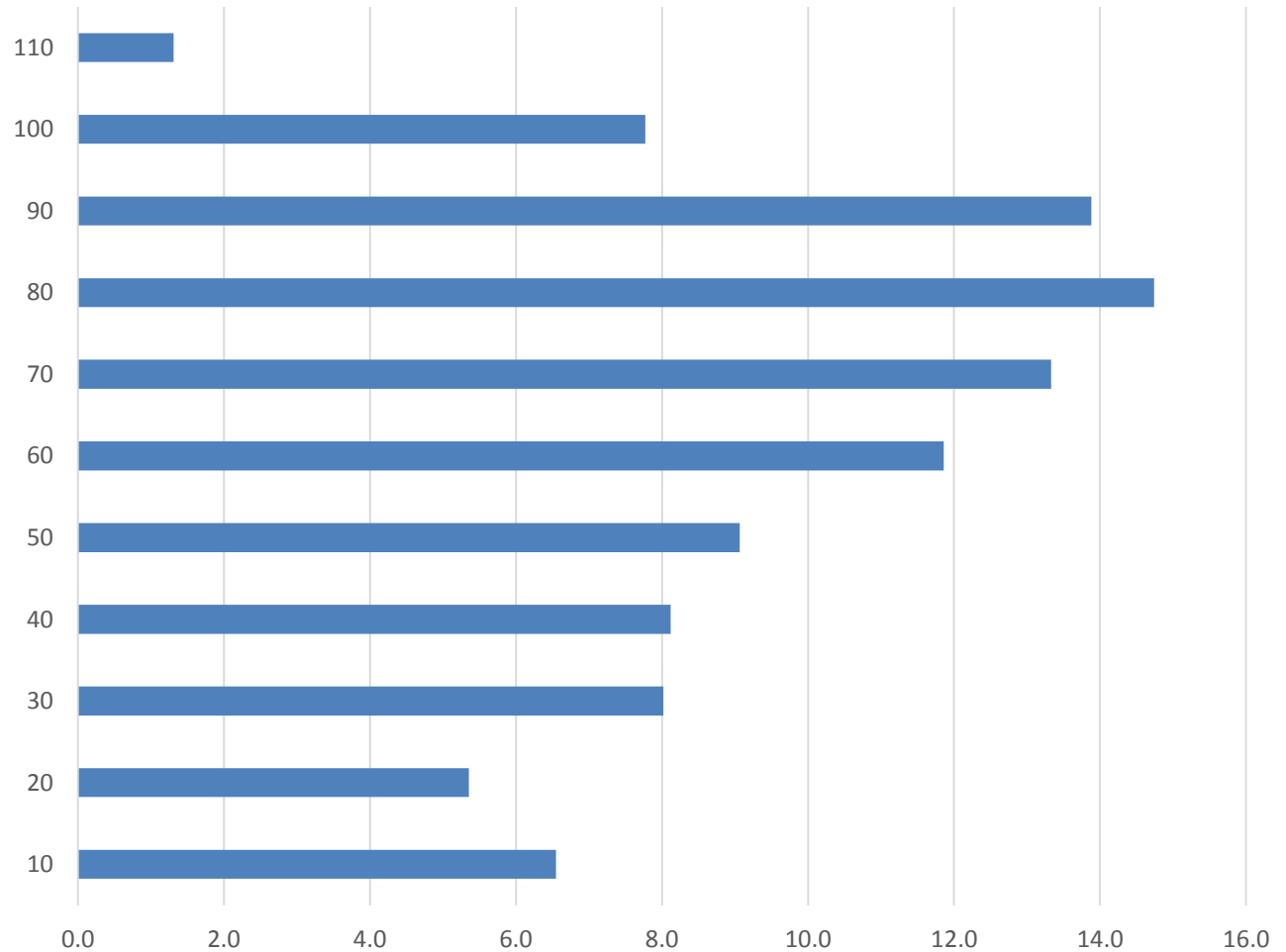


Heat Map of current activity by AHP Profession

life curve score	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Physiotherapist	27	2	1	2	2	15	3	3	4	1	8	6	7	13	1	4
Occupational Therapist	13	2	1	1	1	10	3	5	3	1	9	11	9	22	3	6
Podiatrist	26	10	0	1	4	18	2	3	3	1	8	3	6	10	1	3
Radiographer (diagnostic)	65	3	0	0	1	13	2	1	2	1	2	1	3	5	0	1
Dietitian	34	3	1	1	4	17	3	5	1	0	9	3	5	6	3	4
Speech and Language	23	3	2	1	2	14	3	6	1	2	7	2	8	13	5	9
Prosthetist/Orthotist	32	2	0	3	3	13	5	2	3	2	10	3	6	12	1	2
Radiographer(therapeutic)	73	1	0	0	3	11	1	1	1	0	4	0	2	1	0	4
Orthoptist	52	4	1	2	1	16	4	5	2	0	0	3	2	8	1	1

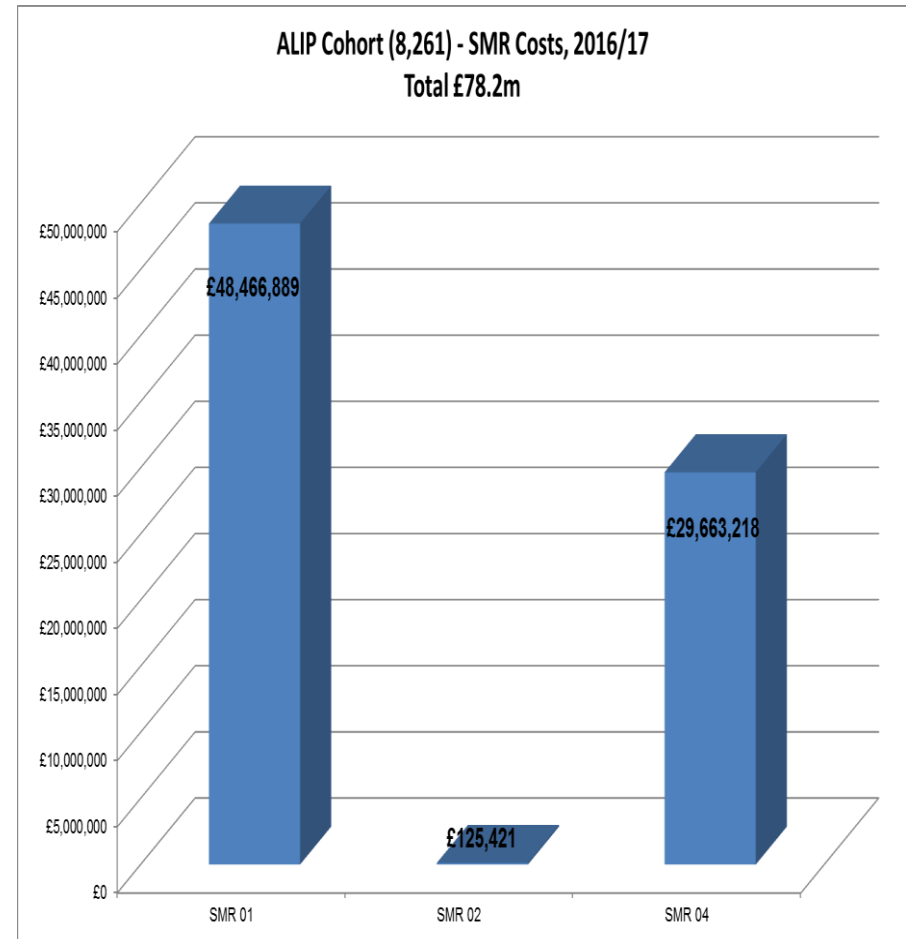
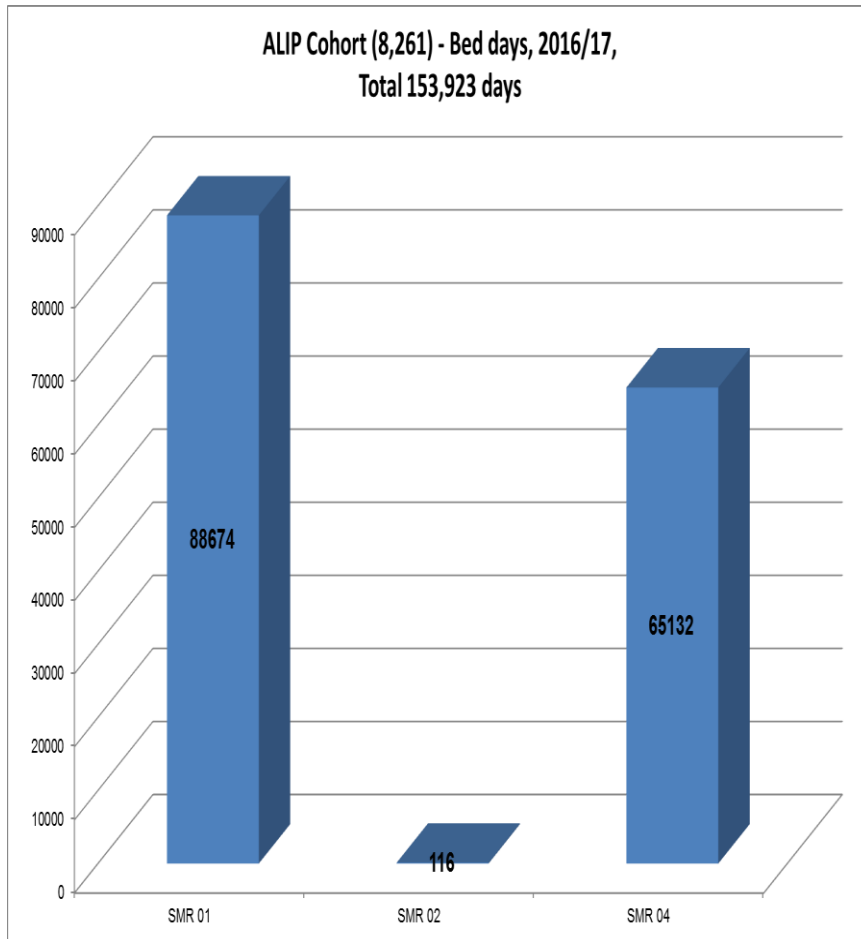
Lifecurve Survey Age Profile

Age	%
10	6.5
20	5.4
30	8.0
40	8.1
50	9.1
60	11.9
70	13.3
80	14.7
90	13.9
100	7.8
110	1.3

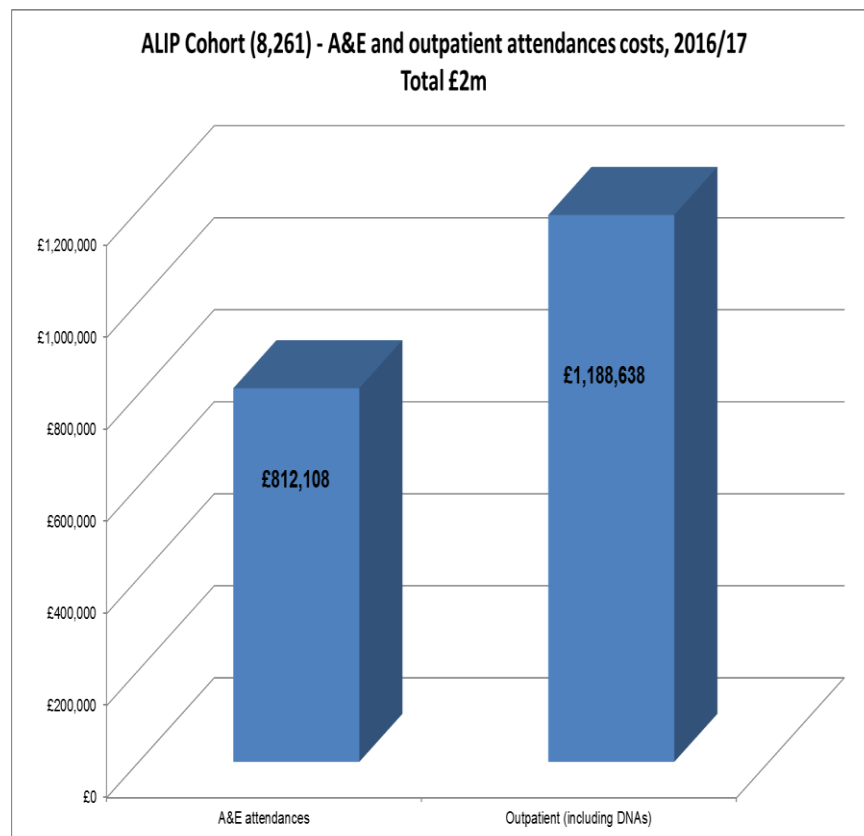
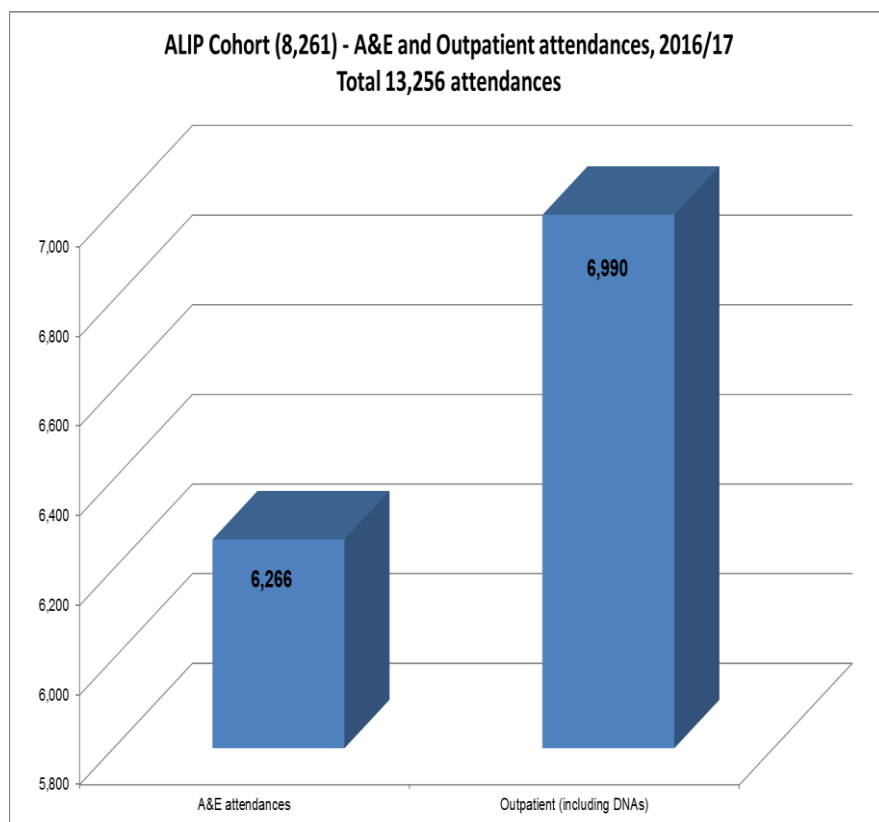




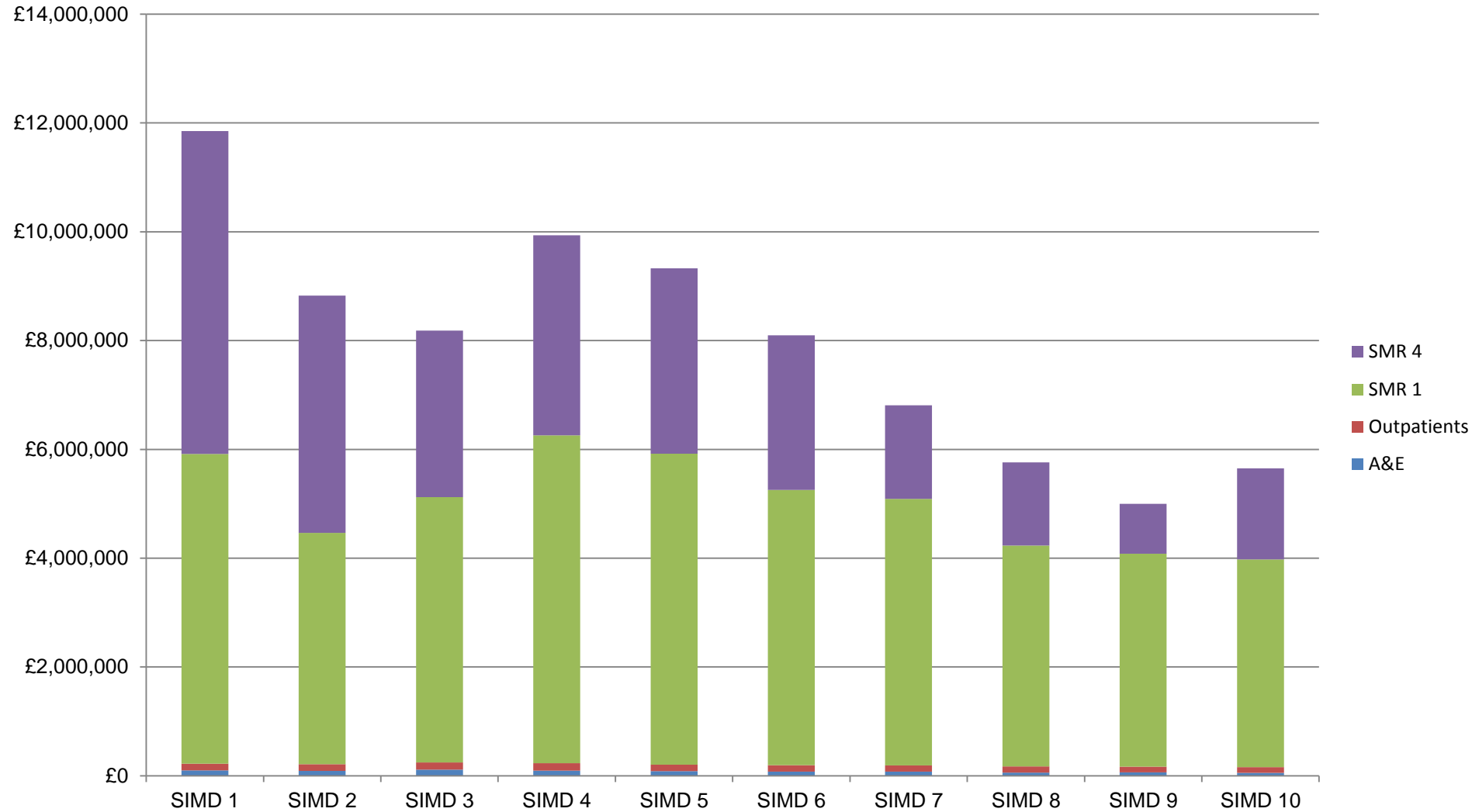
Bed Days and associated costs for approx 60% of total cohort



A+E / Out-patients attendances and associated costs for the 60%

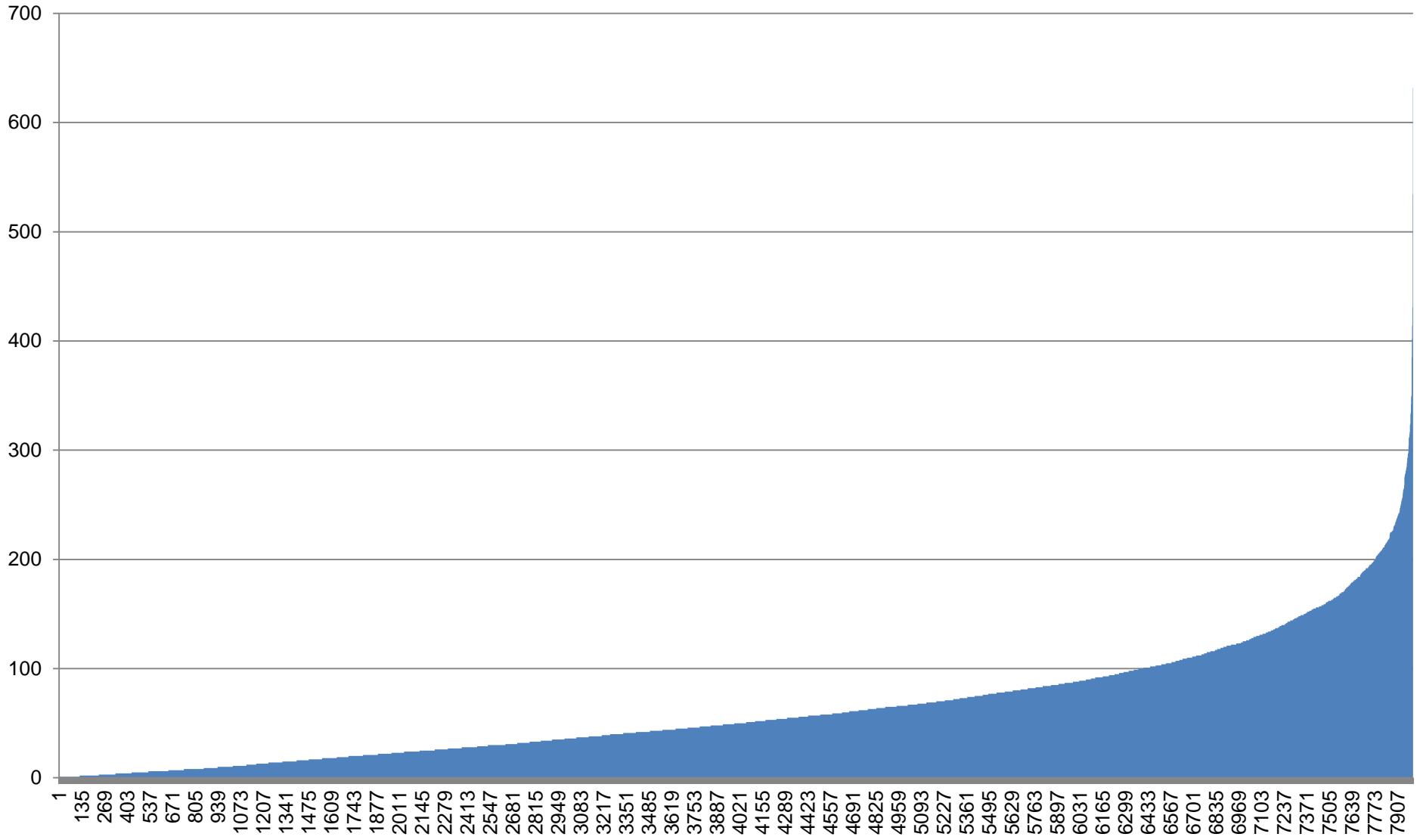


ALIP Cohort by SIMD - A&E, Outpatients, SMR 1 and SMR 4 costs
Total £80.2m
SIMD 1 = most deprived SIMD 10 = least deprived



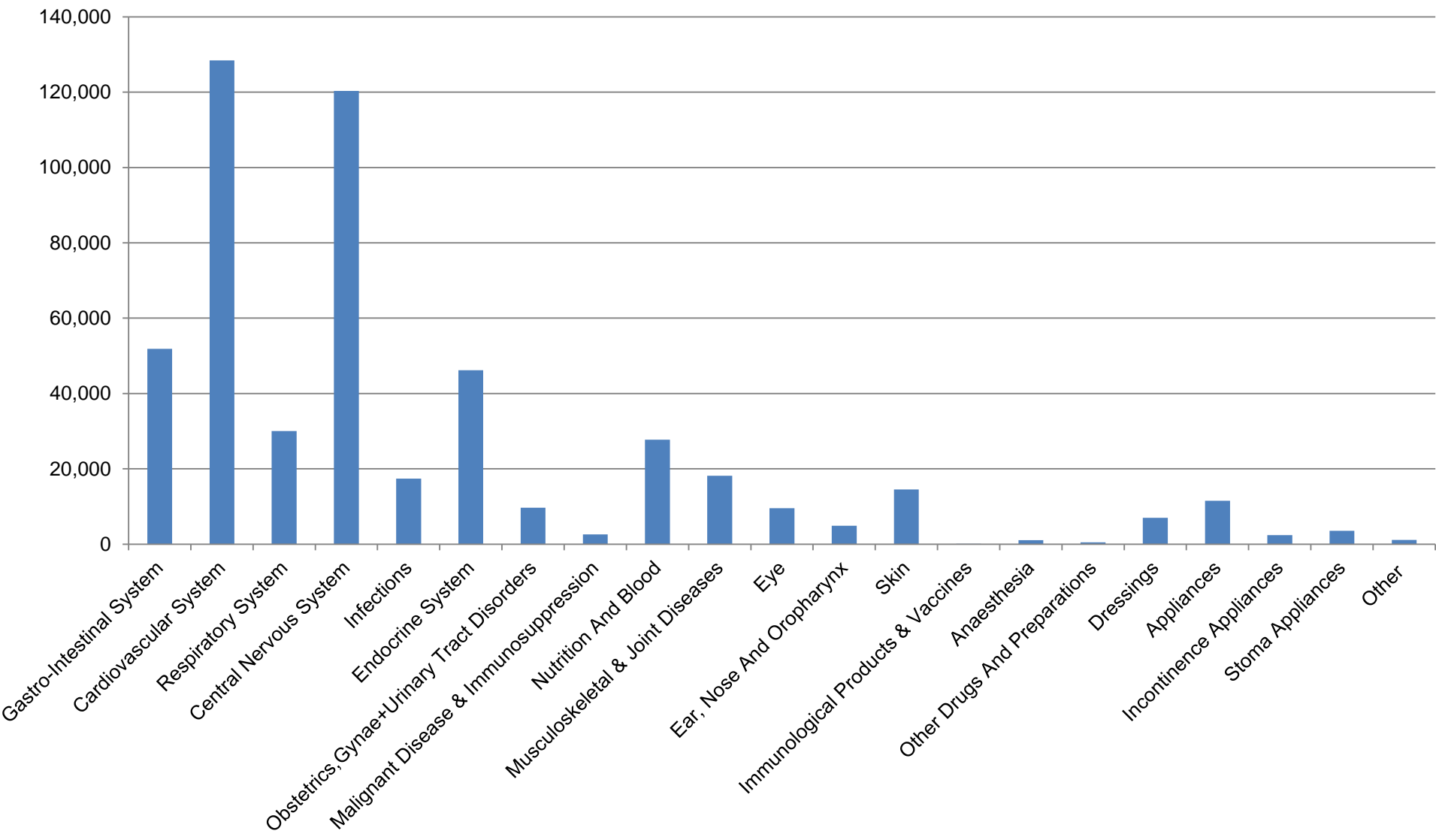
Number of items prescribed per person, 2016/17

Min 1 item, Max 632 items, Average 63 items



ALIP Cohort (8,261) - Prescribing number of items by drug category, 2016/17

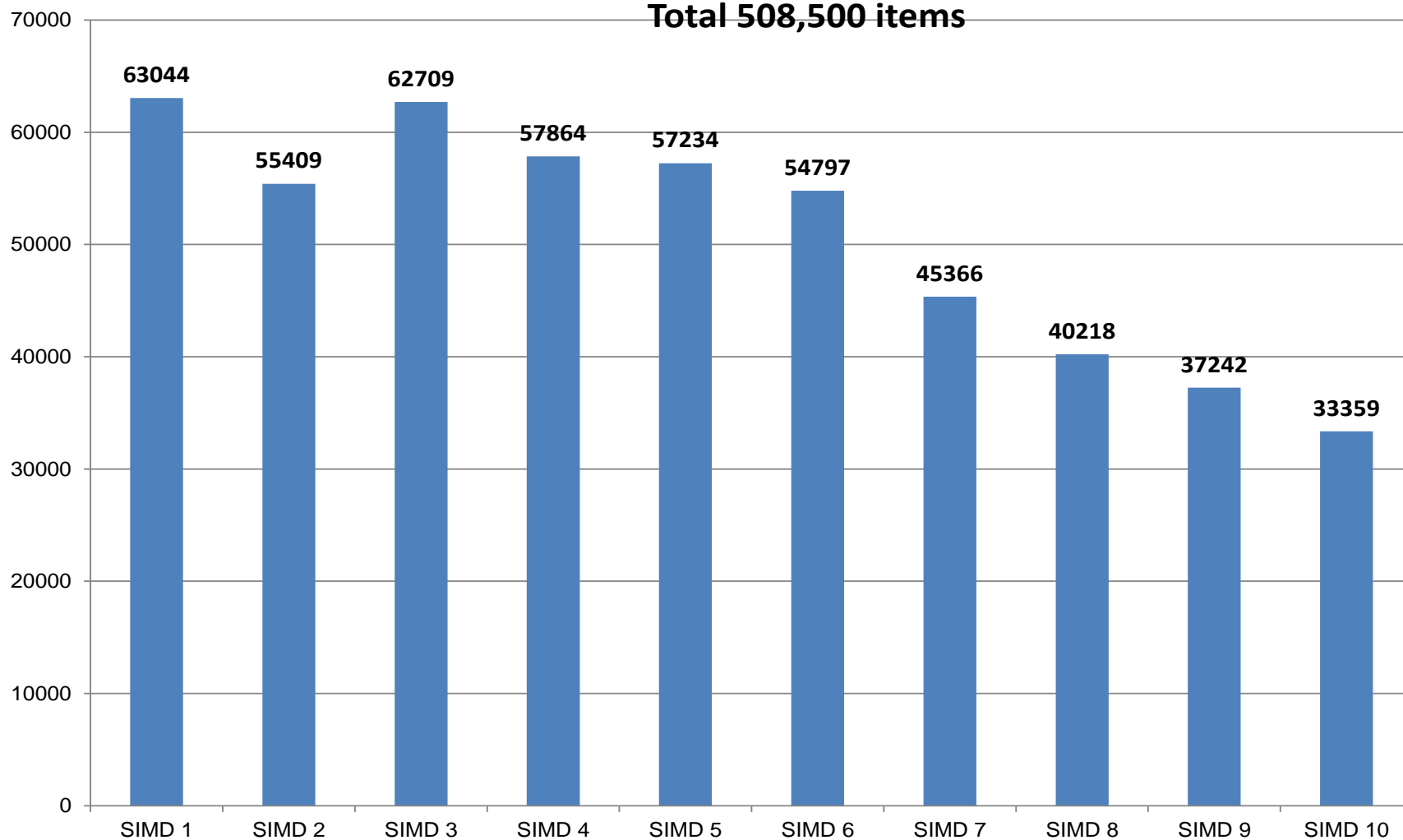
Total 508,500 items



Prescribing number of items by SIMD decile, 2016/17

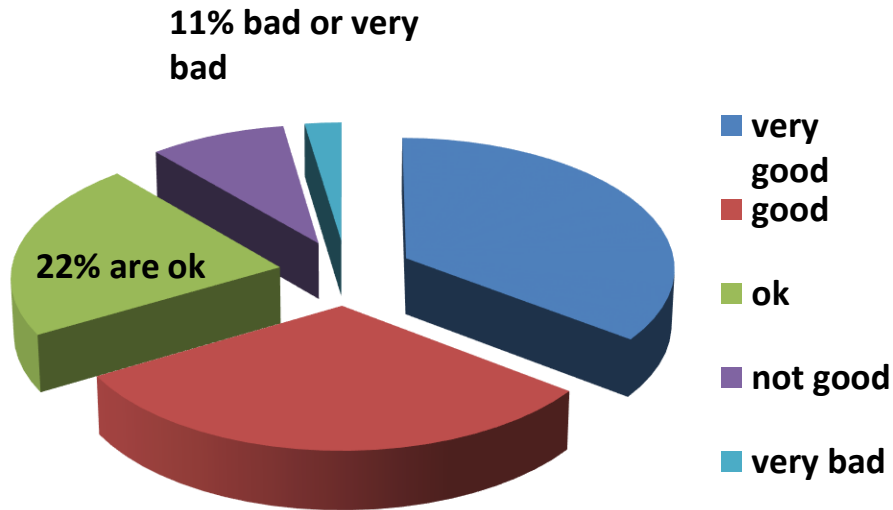
SIMD 1 - most deprived, SIMD 10 - least deprived

Total 508,500 items

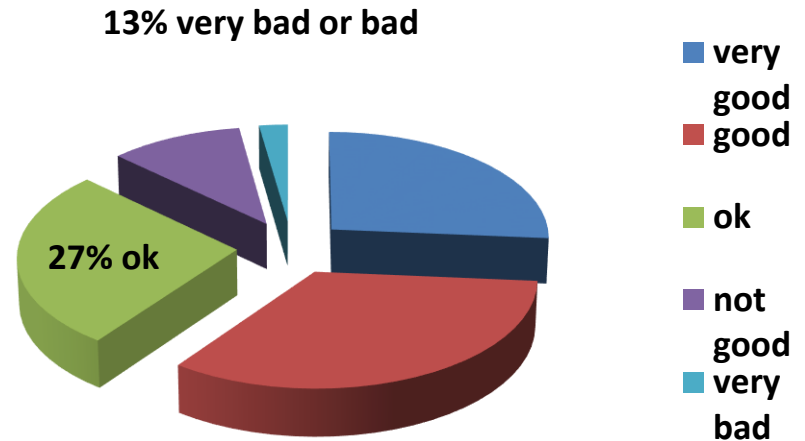


Emotional Wellbeing in one area

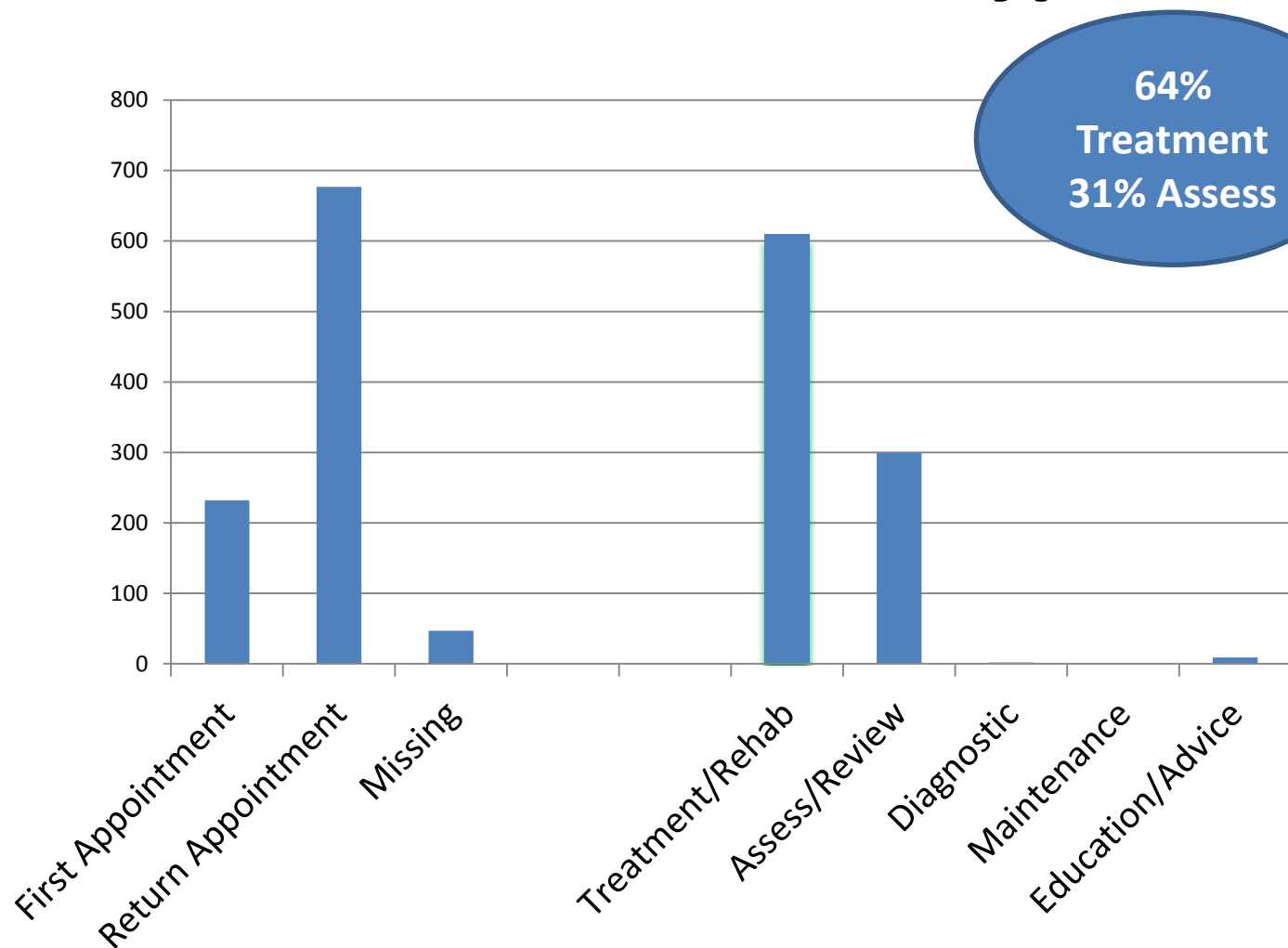
Acute/hospital based services



Community/rehab services



MSK Intervention Type



How do we engage with people around physical activity?

Effect of
Structured Physical Activity on Prevention of Major Mobility Disability in Older Adults
(The LIFE Study Randomized Clinical Trial)

817
given a
health education
programme

818
given a
specific exercise
programme

could walk
400 yards
for at least
2.6 years longer



Falls Programme



ACTIVE & INDEPENDENT
LIVING PROGRAMME

**MUSCLE WEAKNESS
& POOR BALANCE**

**PRIDE COMES
BEFORE THE
FALL**

As we get older, our balance and muscle strength
can

slowly decline without us noticing.

As a result, a trip or slip can become a **FALL**.

Active and Independent Living Program

MOVE AND IMPROVE



FALLS PROGRAMME

ACTIVE & INDEPENDENT
LIVING PROGRAMME

**TAKE THE BALANCE
CHALLENGE**



**THE
SUPER
SIX**

400 yards campaign

- Not being able to walk 400 yards – a ‘tipping point’
- 50% cannot walk 400 yards
 - 64% are struggling or needing help to live at home
- Link with partners across sectors
- Leisure/Sports clubs
- Glasgow Leading Attractions
- Link with #endpjparalysis

Thank you for listening

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For more information about AILP visit

<http://www.knowledge.scot.nhs.uk/ahpcommunity.aspx>