

Wellbalanced Programme
Referral Guide
for
Referring Organisations
and
Medical Professionals



Managed by AHS Wellbeing on behalf of Adur & Worthing Councils.

What is the Wellbalanced Programme?

Launching on 1st December 2019, The Wellbalanced Programme offers a 24-week rolling course of community-based group strength and balance classes designed to reduce the risk of falls. A course of 1-2-1 home visits will be arranged for participants unable to attend the group sessions.

Each class has a maximum capacity of 20 participants and costs 50p. per person per class.

NICE compliant and based on the LLT/ProFane model, AHS Wellbeing are commissioned by the Adur & Worthing Wellbeing Service to deliver their Public Health funded strength and balance intervention called the Wellbalanced Programme.

Who can attend the Wellbalanced classes?

The community-based exercise programme will be targeted at those:

- Identified to be vulnerable or mildly to moderately frail on [the Rockwood Clinical Frailty Scale](#) (Levels 4, 5 and 6), but are below the level of need for specialist care.
- Feeling less steady on their feet.
- Who find it harder to rise from a chair, or to use the stairs.
- Referred by a GP, Healthcare Worker or other professional.

Wellbalanced classes are designed to help people who are starting to feel more vulnerable and unsteady, to feel stronger and more confident.

Medical Exclusions:

- Unstable angina or uncontrolled heart disease.
- Tachycardia or uncontrolled arrhythmia.
- Resting systolic BP >200mmHg or diastolic BP >110mmHg.
- Severe Parkinson's disease.
- Severe breathlessness or dizziness.

- Uncontrolled or poorly controlled epilepsy.
- Uncontrolled or poorly controlled asthma / COPD.
- Unmanaged pain.
- Acute systemic illness (e.g. cancers).
- Severe Visual Impairment (under investigation).
- Any other uncontrolled condition.
- Four or more medications not checked by GP >6mths.

Functional Exclusions:

- Patient has suffered at least one fall.
- Functional limiting diseases, such as severe stroke.
- Cognition: Dementia, Alzheimer's or severe cognitive impairment (unable to follow simple instructions).
- Sit to Stand: Patient is unable to rise from a chair independently, without assistance and stand unaided.
- Mobility: Patient is unable to mobilise independently.
- Patient is immobile or walks with an aid and the support of two Carers.

If any of the above apply, your patient is NOT suitable for this programme at this time. It is advisable to refer your patient to another service.

Healthy lifestyle support services can be found by calling Adur & Worthing Wellbeing on 01903 221450 or visit their website www.adur-worthing.westsussexwellbeing.org.uk.

Who teaches the Wellbalanced Course?

Our classes are delivered by Postural Stability Instructors (PSI) supported by an assistant who has a minimum Otago training qualification. There are a minimum 2 instructors per session.

How often do the classes take place?

The classes are held once per week for one hour. Once referred, participants will be able to attend 1 class per week for 24 weeks.

For 1-2-1 Appointments a course of home visits will be agreed with the participant. A minimum of 8 instructor visits will be carried out in a 24-week period. The participant will be asked to carry out a course of exercises throughout the time in between appointments.

How is the course evaluated?

Participants are assessed at weeks 1, 12 and 24 using the following methods;

- [Timed Up and Go Test](#)
- [4-stage balance test](#)
- [Fall Efficacy Scale \(FES-1\)](#)
- [5 ways to wellbeing \(2\)](#)

Results are evaluated quarterly in conjunction with the Adur & Worthing Wellbeing Team.

What happens at the end of the 24-week programme?

We encourage participants to keep exercising and will signpost them to suitable follow-on classes or activities they can attend.

Where are the Wellbalanced sessions be held?

1:1 home visits will be arranged on an individual basis with the patient.

Weekly group sessions will take place at

- The Heene Community Centre on Tuesdays 1.15pm-2.15pm starting 14th January 2020.
- The Shoreham Centre on Thursdays 11.15am-12.15pm starting 16th January 2020

We plan to launch an additional class in Worthing from February 2020, details will follow.

All details will be available on our website, www.wellbalancedprogramme.co.uk

Do you provide transport?

There is a range of accessible community transport available, please [click here for details](#).

How do I refer a Patient?

Patients can be referred using the attached referral form.

Please complete and return to info@wellbalancedprogramme.co.uk, sent with (SECURE) in the subject to maintain confidentiality.

Patients can also be referred via SystemOne, EMIS and One Call.

Referrals are triaged for the most appropriate level of the programme. For further information please call 01444 657099

Links to useful resources:

[NICE](#)

[Later Life Research Papers](#)

[Otago Exercise Manual](#)

Please contact us for further information:

Email: Debbie@activehousesolutions.co.uk

Telephone: 01444 657099

Mobile: 07415 020962

Website: www.wellbalancedprogramme.co.uk



Adur & Worthing Wellbalanced Referral Form

www.wellbalancedprogramme.co.uk

This service is for patients identified as Level 4 (Vulnerable), 5 (Mildly Frail), or 6 (Moderately Frail) on the Rockwood (Canadian) Clinical Frailty Scale and below the level of need for specialist care. This programme will help to improve Strength & Balance over 24 weeks, via weekly community-based Group Classes or via 8x 1-2-1 home visits, helping individuals to prevent future falls. If the patient has suffered any previous falls they should be referred to the [Falls & Fracture Prevention Service](#).

Participant Details			
Title:	First Name:	Surname:	DOB:
House Name Or Number:	Street:		
Street:	Town/City:		
Postcode:	Landline:	Mobile:	
Email:	NHS No.:		
Referrer Details (Person completing the form)			
Title:	First Name:	Surname:	
Organisation:	Phone:	Email:	
Reason for Referral:			Date of Referral:
<ul style="list-style-type: none"> • Suitability to attend sessions. • Physical activity levels. • Relevant medical conditions and dates, particularly cardiac conditions, Stroke/TIA, mental health. • Additional information or Special requirements. 			
GP Details (if not the Referrer)			
Dr.	First Name:	Surname:	
Practice/Surgery Name:	Phone:	Email:	

The participant has been fully informed about the Wellbalanced service they are being referred to and agree to their details being stored on a secure database system in accordance with the latest Data Protection regulations. They agree to be contacted by letter, email, telephone and/or SMS text message.

PLEASE EMAIL COMPLETED FORM TO: info@wellbalancedprogramme.co.uk
Ensure email is sent with [SECURE] in the subject to maintain confidentiality

