



ELDERLY CARE HOME SERVICES

THE PROBLEM OF FALLS

- 1 in 3 people aged over 65 will fall every year equating to more than 3 million falls per year. The rate increases to nearly 1 in 2 for community dwelling adults over 80.
- Half of people who fall will fall again in the next 12 months.
- 10-25% of fallers will sustain a serious injury.
- Injury due to falls is leading cause of mortality in people aged over 75 in UK.
- Cost to the NHS of falls is estimated at £2.3 billion per year.

How physiotherapy can help

Physiotherapists have specialist skills in assessment and re-ablement. They provide evidence-based exercise, education and advice programmes aimed at preventing falls, improving balance, increasing self confidence, reducing fear of falling and promoting active and healthy lifestyles.

Physiotherapy-led group exercise programmes have been shown to be effective in reducing falls by 29% and the risk of falling by 15%. Individual exercise programmes can reduce falls by 32% and the risk of falling by 22%.

OUR SERVICES

Care Home Services: We offer exercise classes and one to one assessment and rehab plans to care home residents. Reports can be provided to the care team detailing the mobility status, risks of falling and appropriate transfer methods. With further intervention the assistance required by residents can be reduced, therefore reducing the care resource of staff.

Care homes may also wish to utilise the physiotherapist on site to assess and treat employees. Research tells us that back pain amongst care staff is common place and can lead to absence, restricted duties and lower levels of performance which will impact upon the care services provided.

OUR CLIENTS

“I look forward to the physio exercise classes which I feel help. They are easy to perform and all of the residents enjoy coming to the class.”

Doreen Walker, care home resident

“Regular physiotherapy input at The Manor House has had a positive benefit not only to our residents but also to our team of staff.

“Our residents are enjoying regular group exercise class and one to one assessments of their mobility (where necessary). This has resulted in a reduction in falls incidence with some of our residents and has enhanced a holistic approach that involves our residents further in their own care.

“Staff members have also had the benefit from one to one assessments when necessary. This has included return to work following absences which have had an effect on their musculo-skeletal wellbeing. This has resulted in better workspace ergonomics and change of practice due to education/advice and tailored exercise and physical activity allowing them to continue to fulfil their role safely as well as reducing the impact the problem has had on their personal life.”

Jane Tworkowski, Home Manager, RGN

ELDERLY CARE SERVICES

Physiotherapy Matters offers a variety of services to individual elderly clients in order to help them maximise their mobility and reduce pain which may be affecting their function and quality of life.

What will a physiotherapist assess?

An initial assessment may take up to one hour and you can have someone else with you if you wish.

You may be asked to remove some items of clothing to allow a more accurate assessment of the relevant areas.

Your physiotherapist will ask questions about your problem, other medical conditions and medication.

Assessment will vary depending on your needs, but may include:

- Joint range of movement
- Muscle strength
- Posture
- Balance
- Functional activities
- Walking

OUR SERVICES

Elderly MOT: This session is conducted in the patient's home and includes muscle strength and joint mobility tests to address weaknesses. A falls risk assessment is conducted in the patient's home with exercises and home adjustments advised where necessary.

Home visits: When you are unable to attend the clinic you may wish to be assessed in your own home. This can be arranged at a time that is suitable for you and a chartered physiotherapist will assess and treat you at home. You will be given a home rehabilitation plan and any assistive devices such as stick, frames or hand rails can be ordered for you.

Rehabilitation following hospital discharge:

Recovering from an injury that requires a hospital admission can be a long and frustrating process. You may not receive physiotherapy at all or this may be infrequent. To maximise your recovery Physiotherapy Matters can assess you in the home or at one of our three private clinics.

Injection Therapy: Ostenil injections are a treatment for joint pain and stiffness that may be limiting your mobility and affecting your quality of life. Joints typically affected that may benefit from treatment include the ankles, knees, shoulders and thumbs.

OUR CUSTOMERS

John, a 51-year-old gentleman from Westerhope, has received three Ostenil injections over the last two years.

"I was diagnosed with osteoarthritis in my right ankle in 2007 after a football injury that happened in 1996. I have exercises that I complete twice daily for my ankle to help the movement. I had heard about the Ostenil injections online and decided to try them for the first time in 2014. The main benefit that I have from receiving the injections is a big reduction in pain when walking etc. The movement of the ankle also improves but it is important to complete the exercise programme daily."



Clinics in Gosforth, Newcastle City Centre & Darras Hall, Ponteland

For more information about how we can help you and your employees, please contact us:

Tel: 0191 285 8701

Email: info@physiotherapymatters.co.uk

Web: www.physiotherapymatters.co.uk

Opening Times

Mon, Wed, Fri 8:30am - 5:30pm

Tues & Thurs 8:30am - 7:30pm

Saturday 8:30am - 1:30pm

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