

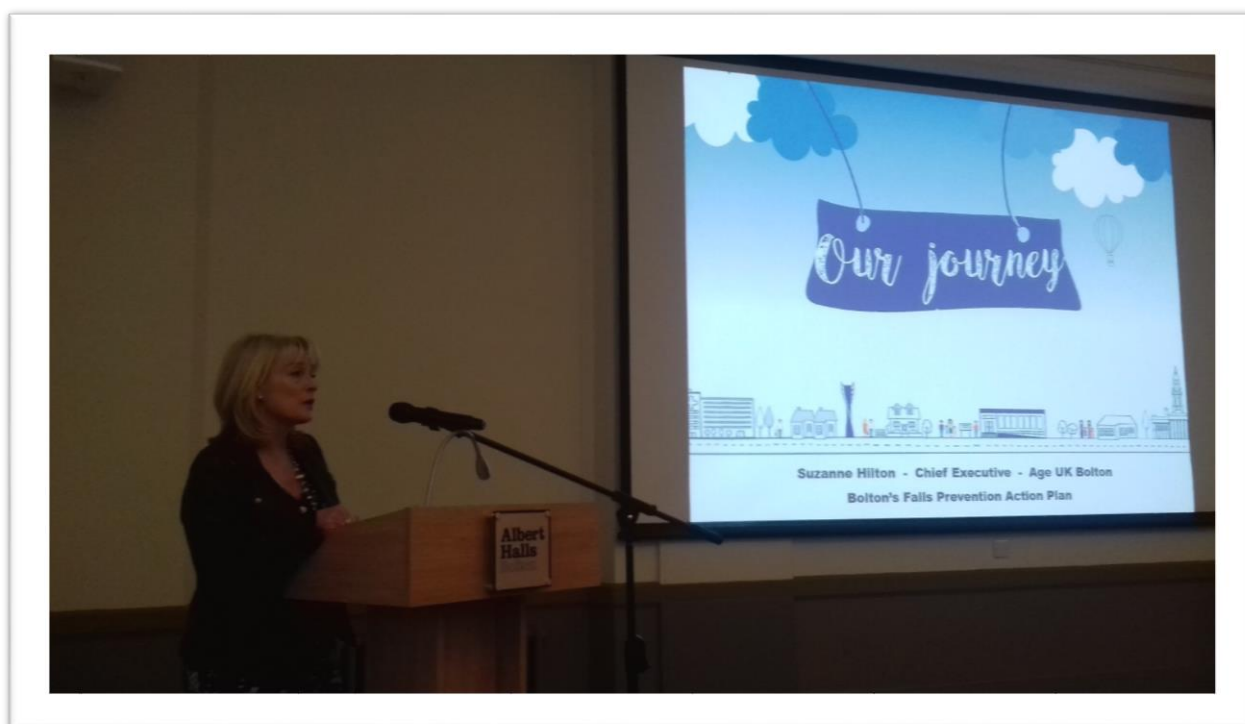
## **Age UK Bolton Falls Prevention. Care Home Excellence Event: Safer Care Homes.**

As part of the Care Homes Excellence Event that took place in Bolton on 22<sup>nd</sup> March 2018, Age UK Bolton Fall Prevention Team supported the agenda with an a range of presenters and speakers.

The event was for Care Home Managers to attend, learn, network and share good practice. This event's theme was on Safety, so Age UK Bolton worked with partners at Bolton Councils Quality Assurance and Improvement Team to develop the agenda for the day.

After morning sessions on Community Infection and Prevention Control as well as Medication Management, the afternoon focused on Falls Prevention in the care home setting.

Suzanne Hilton (Chief Executive from Age UK Bolton) introduced the Falls Prevention Programme as part of the Bolton Locality Plan and the range of work streams involved in the programme. The variety of partners involved in the programme were presented, including Greater Manchester Fire and Rescue Service, Bolton GP Federation, Bolton CCG, NHS, Bolton Council and new partners such as Red Ninja! (Developing a Falls Risk Assessment Tool called Safe Steps).



**Suzanne Hilton Chief Executive from Age UK Bolton**

Helen Darlington (Falls Prevention Coordinator, Age UK Bolton) then went on to present an exciting interactive session on the 5 ways to prevent falls.

To bring the section to life on the benefits of strength and balance, John Mulraney and Bob Green (Age UK Volunteers) talked about the benefits of Tai Chi and then gave an exceptional demonstration of Tai Chi with music. John and Bob gave participants a chance to join in and have a go themselves! Participants were able to try something new and experience an innovative approach of offering exercise to older people living in care homes.





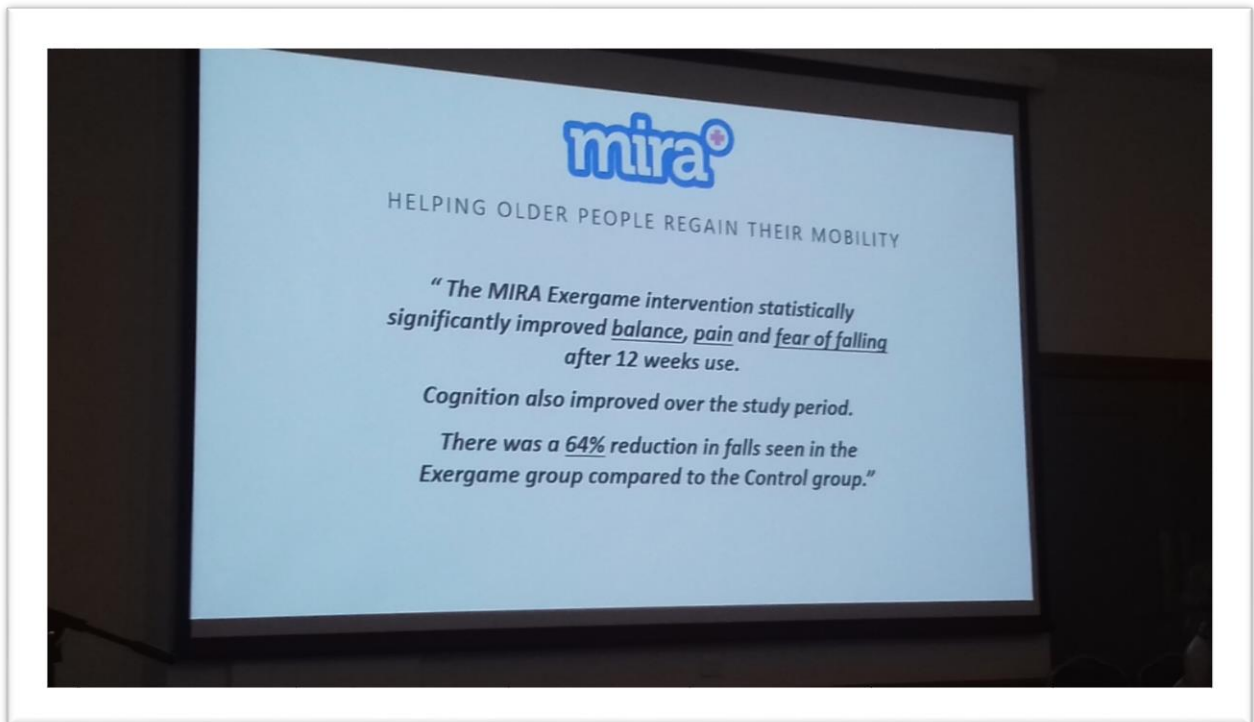
**John Mulrane and Bob Green perform Tai Chi**

Next up was Cosmin Mihaiu from MIRA Exergames to show how to keep people engaged and motivated to improve strength and balance using games and technology which is built on best clinical practice and expertise from falls physiotherapists. Clinical studies have confirmed that Exergames reduce falls incidents (including A&E callouts) by 64%. See the attached document for more information.



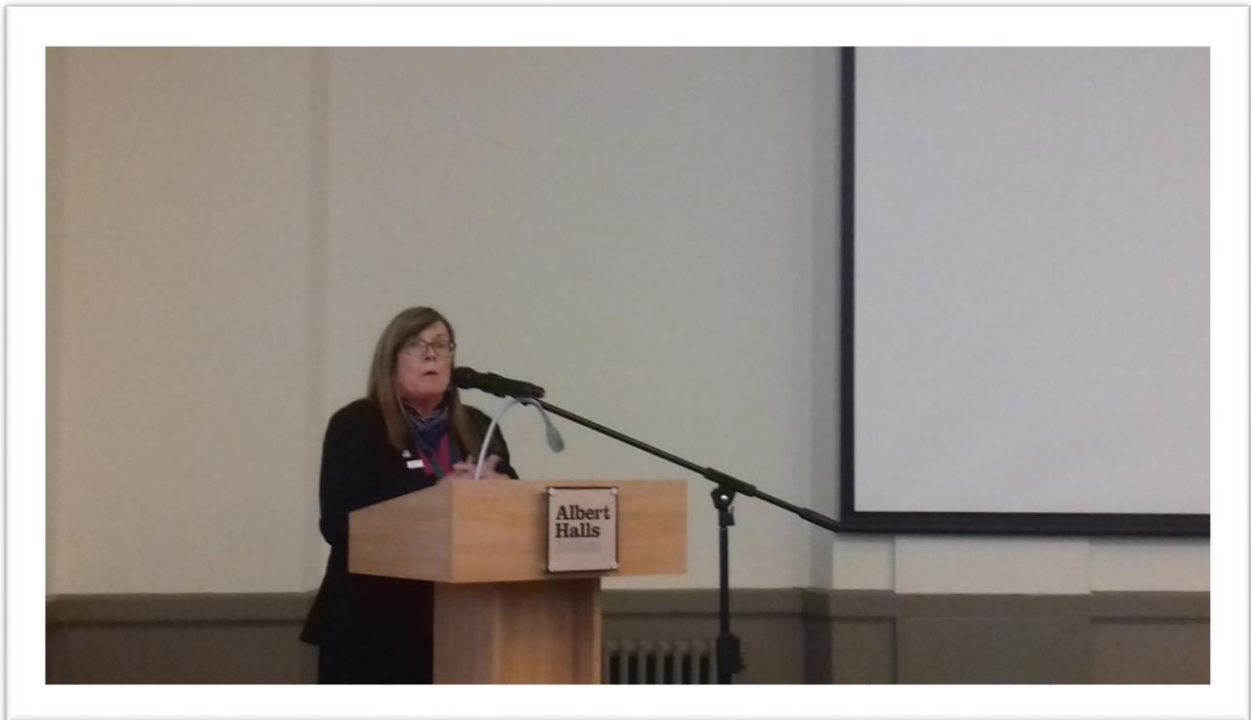
This video was shown, to highlight the benefits to users and captured participant's views on using the technology.

<https://www.youtube.com/watch?v=XDYdHjBNCS8>



**Cosmin Mihaiu from MIRA Exergames**

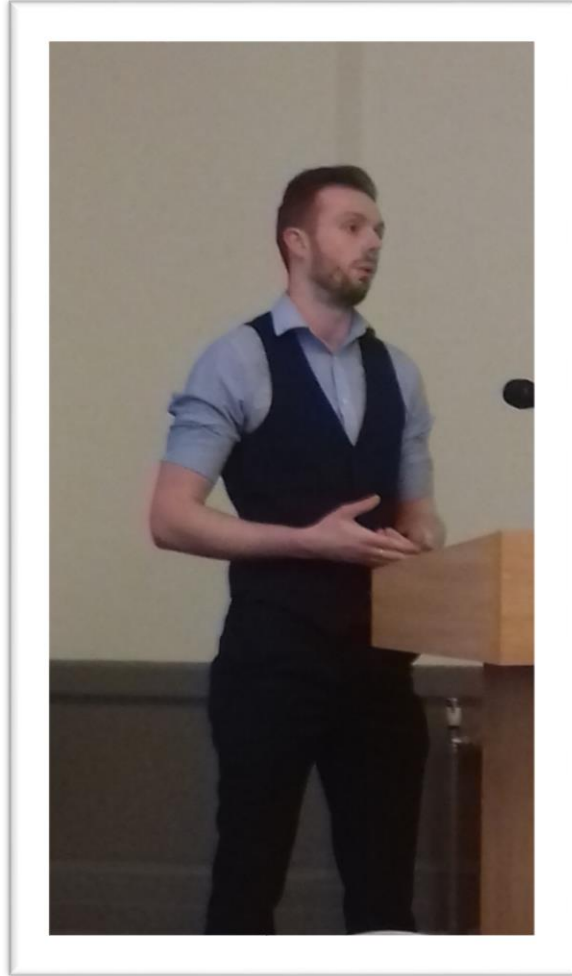
The next workshop focussed on working together to prevent falls and relationships with new partners. Eileen Reid from Specsavers presented how ageing can decrease contrast sensitivity, alter depth perception and cause visual disturbances. Optical awareness training for care home staff was offered to equip staff with some understanding of common eye conditions and how they might affect residents in their day-to day activities.



**Eileen Reid from Specsavers**

Then to end the presentations on a high note, Allen's footwear based in Bolton Town Centre presented the importance of getting properly fitting shoes to prevent falls, as well as the difference between sloppy slippers and house shoes.



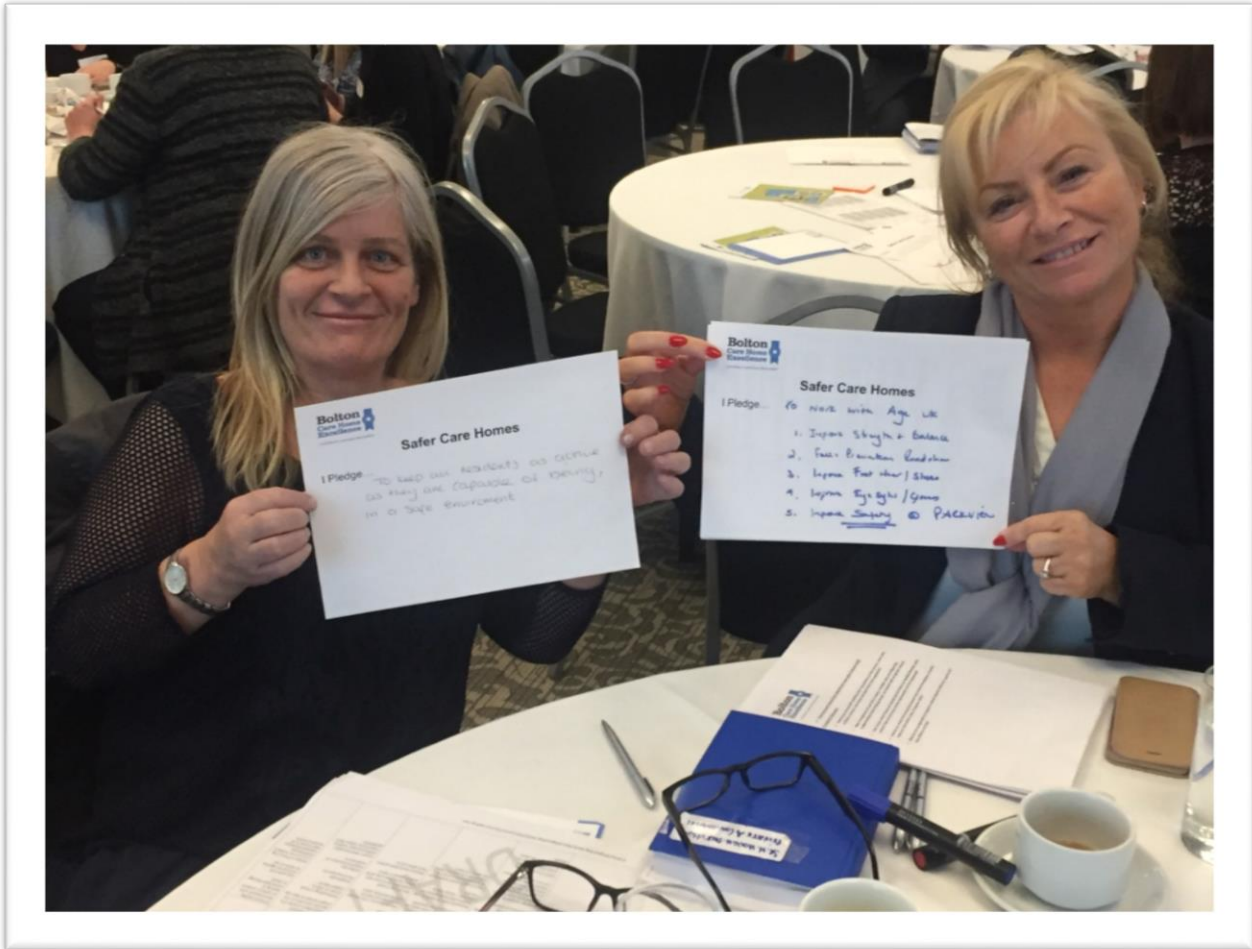


**Danny and Viv: Allen's footwear**

Matt Emerson from Bolton Council closed the event with a highlight that Bolton Care Homes perform the best in Greater Manchester. Bolton has some of the best quality care homes in the country, this reflects the hard work, care and dedication of care home managers and their staff to deliver the very best services to their residents.



Matt Emerson from Bolton Council.



### **The manager's from Parkview**

Care homes made pledges at the end of the day, and committed to making changes in their care homes. Pictured here are Parkview managers who went on introduce Tai Chi to Parkview residents. Wingate Residential Home are working with Age UK Bolton to support more people to be physically active in the care home environment.

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