



## **MOVE & GROOVE**

Arts in Health Project to Target Falls  
Prevention on an Aged Care Ward

# • **What is Move & Groove?**

- Seated creative dance group
- Every Friday at 2.30pm
- Staffing
- Group participants
- Resources
- Community dance model

**“I love the Move & Groove session!”**



# • **What is Creative Dance?**

- Creative dance is intentional expressive movement
- Inclusive
- Improvisation techniques
- Incorporates movement play
- Contemporary dance ethos
- Open-ended artistic process

# • NSW Health Falls Statistics

- "More than one in four people aged 65 years or over have at least one fall per year and many fall more than once."<sup>1</sup>
- "In 2009 26% of NSW residents aged 65 years or older fell at least once."<sup>1</sup>
- "80% of injury-related hospital admissions in people aged 65 years and over due to falls and falls related injuries."<sup>2</sup>
- "Even non-injurious falls can have negative impacts such as loss of confidence and activity restriction."<sup>1</sup>

1. NSW Health, 2011

2. ACSQHC, 2009



# • Falls Risk Factors Addressed

- **Environment:** Hospital
- **Medications:** Doctors review
- **Medical Conditions:** Referral by therapists
- **Psychosocial & Demographic:**
  - Depression
  - Inactivity
  - Advanced age
  - Inpatient environment
- **Sensorimotor & Balance:**
  - Muscle weakness
  - Impaired balance
  - Poor reaction time

# • Project Aims

- To reduce falls on the ward by addressing falls factors.
- To reduce depression and isolation.
- To increase expressive creative opportunities.
- To utilise group therapy techniques.
- To provide increased opportunity to work towards personal rehabilitation goals.
- To increase client's confidence to access community groups on discharge.

# • Why Creative Movement?

- Balance<sub>3,4</sub>
- Strength<sub>3,4</sub>
- Flexibility<sub>3</sub>
- Endurance<sub>3</sub>

3. Gillespie LD et al, 2010

4. NSW Health 2011



**“I enjoyed having a laugh!”**



# • UK Falls Prevention Projects

- **Young@Heart**

- Rural group for isolated elders
- NHS Partnership project
- 'A Sure Start to Later Life: Ending Inequalities for Older People' 2006

- **The Brewhouse Group**

- Inner city group for isolated elders
- Content devised in collaboration with the PCT Falls team
- OT & PT at every session

- **Move & Groove**

- Icebreaker
    - Warm up
  - Creative exploration
- Creative development
  - Cool down
  - Relaxation



**“Made us feel alive!”**



# • Icebreaker Practical

- Find your feather!
- Can you blow it to the person next to you for them to catch?
- Introduce yourselves 😊

# • Leadership Approach

- Person-centred approach
- Empowering leadership
- Fosters artistic decision making
- Enables group connections
- Celebrates achievements
- Non-judgemental
- Congenial environment
- Spontaneously reactive



**“It feels personal”**



# • Outcome Measures

- Ward falls per month data
- Attendance statistics (% of ward)
- Falls per month data compared to attendance statistics
- Client questionnaires to ascertain mood and inclusivity
- Client post-discharge satisfaction surveys

# • Interim Results

- On average 46% of the ward attend each weekly session.
  - An average of 9 clients are at each session.
    - 28% of clients are 40-65yrs old
    - 33% of clients are 65-80yrs old
    - 39% of clients are 80+ yrs old
- Clients needs range from ABI, stroke and burns survivors to orthopaedic, de-conditioned and people with a learning disability.





**"The fun, mixing  
and sharing"**

# • Interim Results

- February 2012 Falls = 50% reduction on 2011
- March 2012 Falls = 85% reduction on 2011
  - April 2012 falls = 50% increase on 2011
  - May 2012 Falls = 33% reduction on 2011
- Average of 2 falls per month with 48% attendance.
  - Client questionnaires resoundingly positive.
- Satisfaction surveys average +15 positive comments and 15% more returns a month.

# • **Project Continuation**

## • **Currently**

- Project supported by falls committee
- Co-worker role identified as vulnerable due to nursing staff demands

## • **Future Avenues**

- Pick-up-and-go resource bags
- Funding for resources
- Sustainability requires staff training
- Potential roll-out to other aged care facilities



**“Not having to do 3 lots of 10”**



# • Conclusion

- Falls Prevention does not have one easy solution.
- Artistic approaches are valuable and make a difference.
- If you were a client which intervention would you prefer?
- We are all different and different projects must be available in recognition of this.

- **Any Questions?**

**ROYAL**  
REHABILITATION CENTRE **SYDNEY**



# • References

- 1. NSW Department of Health. (2011). *Prevention of Falls and harm from Falls Among Older People 2011-2015*. Better Health Centre.
- 2. Australian Commission on Safety and Quality in Healthcare. (2009). *Guidebook for Preventing Falls and Harm from Falls in Older People: Australian Hospitals*. Commonwealth of Australia.
- 3. NSW Falls Prevention Program. (2012). *Preventing Falls and Harm from Falls in Community Care*. Neuroscience research Australia.
- 4. Gillespie LD, Robertson MC, Gillespie WJ, Lamb SE, Gates S, Cumming RG, Rowe BH. (2010). Interventions for preventing Falls in Older People Living in the Community (Review). *The Cochrane Collaboration*, 10.

• **[Jenny.edwards@royalrehab.com.au](mailto:Jenny.edwards@royalrehab.com.au)**