

## Chair Based Activity

### Update to Case Study 2018

**Venue** – Hucknall Leisure Centre continues weekly from September 2016, Selston class has finished due to facility changes (participants signposted to other activities), NEW Otago class at Lammas and Kingfisher Court - Engage in Care. HeyDays Day Care monthly chair based session at Herbert Buzzard Court.

Following on from instructor's Katherine and Kelly training in Otago, we have progressed from chair based activity to seated exercise/Otago classes. Otago is a structured strength and balance exercise programme designed to improve balance, muscle strength, general fitness and general wellbeing. The exercises were originally designed by the Falls Prevention Group at the University of Otago in New Zealand, hence the name Otago.

Evidence based, the Otago strength and balance exercise programme aims to reduce falls in frailer older people through:

- Small group exercise and home exercise options from the original 22 OTAGO exercises designed to prevent falls and improve balance, strength and confidence

Within the Community of Ashfield, Otago is delivered as part of the ENGAGE programme co-ordinated across Nottinghamshire by Everyone Health and commissioned by Public Health. Participants are asked to refer through a clinic contact centre and complete a PARQ to determine their suitability. ENGAGE in Care is the delivery arm of ENGAGE in Care Homes led by Public Health Nottinghamshire.

The Thursday Hucknall group is now firmly established within the leisure centre with up to 10 participants per week. This group has progressed from seated chair based activity towards a blended 'Otago' class comprising both seated and standing exercises using a chair as a support aid.

100% of participants reported that their health had improved as a result of the exercise and that they are more active as a result of CBE through being able to do more and move more easily. Participants reported feeling better for the exercise and it helping to improve balance, with one reporting "more movement in body and legs can stand better" and another saying it has "helped with my problem hip".

Dudley has said that he "can reach much further to scratch his back" (see pics below) and that chair based exercise has "made things easier".



Dudley demonstrating Internal and External Seated Shoulder Rotation Flexibility

**Seated shoulder internal rotation flexibility**

Participant tries to touch their shoulder blades by reaching behind and up their back

**Seated shoulder external rotation flexibility**

Participant tries to touch between their shoulders (or as far behind the head as possible)

The group say that the class is fun and that they enjoy the gentle exercise and the company over refreshments at the end of the session





The instructor has seen visible improvement week on week in balance and mobility as has also been reported by participants of the Thursday class

Heydays provide daycare activities within a residential setting in Hucknall and have a chair based session once a month. This group has also seen improvement with the carers providing strengthening physical activities on the weeks between the sessions. Regular participants are remembering exercises from previous weeks and the number of reps has been increased over time. Starting from a falls prevention taster session this group has now been running for a year.