

North ICP Ageing Well Howfit Exercise in Care Homes Project

- Funding approved for 'train the trainers' model for exercise professionals to deliver HowFit exercise plan training to activity coordinators in care homes
- All care homes in North Tyneside, Newcastle, Gateshead and Northumberland – 255 in total
 - Residential, nursing, specialist including Learning Disability
- 1 year duration with 3 month sustainability with phone follow-up



Current status and outcomes

- Age UK in NG, NT and Northumberland to provide
- Contracts in progress
- Commencement pending appointment of trainers (advertises out in next 2 weeks)
- Outcomes
 - Falls, fractures, hospitalisations before, during and after delivery
 - Engagement, continuation/sustainability
 - Resident, staff, trainer, carer satisfaction/feedback
- Research associate in post in next month for evaluation



Bells and whistles

- North Tyneside: Incentive funding for care homes to demonstrate ongoing use of HowFit
- Matched funding secured in North Tyneside and Newcastle from Public Health covid recovery funds
 - *Delivery* (vs training model) into extra care and sheltered accommodation
 - Admin support to allow collection of falls and fracture data
- 'Natural experiment' that will allow comparison with Gateshead and Northumberland where no additional funding secured



Small steps to feeling good

Home wellbeing and fitness
A guide to keeping fit

how fit

Mobility Level 2



Standing ankle mobility

1. Stand as shown with one foot touching the wall
2. Bend both of your knees and try to touch the wall with your front knee without your heels lifting up
3. Repeat 10 times each side

* To progress: step foot back a few centimetres



Standing toe-heel raises

1. Stand with your feet hip width apart, using a sturdy chair, kitchen bench or wall for support
2. Lift your toes up for 2-3 seconds, then lower to a flat foot position
3. Lift your heels up for 2-3 seconds then lower to a flat foot position
4. Repeat 10-15 times



Standing hip rotations

1. Stand upright using a chair or wall for support
2. Raise one foot off the ground to where you can stay balanced
3. Slowly move the knee out to the side as far as is comfortable
4. Hold for a second and return to the start
5. Repeat 5 times on each side



Seated reach backs

1. Sit upright and reach your hands behind your body
2. Top hand palm facing forward - bottom hand palm facing away
3. Keeping elbows out, bring hands as close together as you can
4. Alternatively you may do with hands to the front
5. Switch hand positions over and repeat 5 times

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Stability, balance and coordination Level 1



Seated march with knee tap

1. Sit upright and begin to march
2. When lifting your left knee, reach your right hand to tap your left knee
3. When lifting your right knee, reach your left hand to touch your right knee
4. Keep alternating and complete 10 times on each side



Seated marching with shoulder tap

1. Sit upright and begin to march
2. When lifting your left knee, reach your right hand to tap your left shoulder
3. When lifting your right knee, reach your left hand to touch your right shoulder
4. Keep alternating and complete 10 times on each side



Seated side rock

1. Sit upright and hold firmly onto the sides of your chair
2. Gently lean to the left until all your weight is in your left hip - keep your left foot planted firmly into the floor, and raise onto your right toes/lift right foot off the floor as able
3. Hold for 5-10 seconds and return to start
4. Repeat 5 times on each side

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HowFit being used
in a care home in
Wrexham
following
investment in RITA
by the council

