



## Summary Report

**Older People's Day event: Health and Wellbeing MOT**

Date held: 30<sup>th</sup> September 2016  
Venue: Whitehaven Library





## Background to the event

Older People's Day is an internationally recognised day observed on 1<sup>st</sup> October. It is an opportunity to highlight the important contributions that older people make to society and raise awareness of the issues and challenges of ageing in today's world. The Chartered Society of Physiotherapy (CSP) encourage members to carry out some form of health promotion activity for Older People's Day, and the physiotherapy department at West Cumberland Hospital decided to hold an event based on the Functional Fitness MOT concept.

The Functional Fitness MOT is a person-centred tailored tool that utilizes normal data sets, for people aged over 60 years, for a number of different functional tests that highlight components of fitness. The results of these tests can be used to discuss the different components of fitness, highlight the individuals strengths and weaknesses in the different components of fitness and then allow discussion around the person's needs and preferences in order that local opportunities can be encouraged in order to facilitate active ageing. It was developed and trialled at the World Congress on Active Ageing in 2012 by Later Life Training, in conjunction with Glasgow Caledonian University and the British Heart Foundation National Centre for Physical Activity and Health (BHF NCPAH). Further information on the FFMOT can be found on the following link <http://www.laterlifetraining.co.uk/functional-fitness-mots/>

After discussion with colleagues in the voluntary sector (Citizen's Advice), an idea was formulated to hold a multi-agency event to highlight the role of Cumbria Partnership NHS Foundation Trust (CPFT) Allied Health Professionals, local services and voluntary organisations in promoting active engagement, physical and mental wellbeing with older adults in the Copeland area. The idea of a Functional Fitness MOT was widened to encompass wider determinants of health and wellbeing, such as social inclusion and participation. Community Service Officers offered Whitehaven Library as the venue.

Current research and practice suggests that older people who are actively engaged and mobile within their local communities tend to experience better health, and there is a national movement to reduce social isolation in order to improve the health of our population. Health profile statistics show that Copeland does have a higher than average level of ill health, premature mortality from cancer and cardiovascular disease, higher than average levels of hip fracture in the over 65s and significant levels of deprivation. The number of people with diabetes is increasing in the area. (Health Profile report for Copeland, 2016, <http://fingertips.phe.org.uk/profile/health-profiles/data#page/1/gid/1938132695/pat/6/par/E12000002/ati/101/are/E07000029/iid/90834/age/1/sex/4>)





## Outline of the event

The event was titled “Health and Wellbeing MOT”. An area of the library was set aside to carry out Functional Fitness MOTs (FFMOTs), BMI and blood pressures, and information tables and manned stands were placed within the main area of the library. Tea/coffee was provided by the library, and cakes were on sale to support MacMillan coffee morning.

CPFT teams present from Copeland included:

- Physiotherapy
- Dietetics
- Occupational Therapy
- Memory Matters
- Cardiac Rehabilitation
- Speech and Language Therapy (including Speech after Stroke club)
- Pulmonary Rehabilitation
- Communications Team

Voluntary Sector teams attending included:

- West Cumbria Carers
- Citizens Advice
- Alzheimer’s Society
- Age UK West Cumbria

Cumbria County Council representation included:

- Community Services Officers, Cumbria Libraries (Copeland)
- Public Health/ Active Cumbria

Other representation included:

- Fit 4 Life
- North County Leisure
- Wiltshire Farm Foods

The event was advertised through flyers and posters within the local area, Whitehaven News, leaflet drops to local sheltered housing complexes, Twitter, Facebook and distribution via local networks of the organisations involved e.g. library, day centres, clinics, GP Practice managers and waiting rooms.





## Outcome

The event ran from 09:00 to 14:30, and counter figures from the library indicate 273 people attended, with the highest numbers visiting between 09:30-11:00. All library attendees were encouraged to browse the stands, and people manning the stands reported a steady stream of people asking for advice and information.

Over 50 FFMOTs were completed, and many more people just had blood pressure or BMI measures without completing the physical tests. The age of people participating in the FFMOT ranged from 49 to 94 years, with the highest number in the 65-69 age bracket followed by 80-84 years. All FFMOT participants were given an individualised booklet with their test results and tailored advice. A copy of the proforma can be found in appendix 1.

Comments and feedback forms were handed out to people attending, and the results can be found as raw data in appendix 2. To summarise people found the MOT, BP measurement and having everything in one place to be most useful. People found it beneficial having the opportunity to “talk to so many services and agencies in an informal setting”, and some highlighted the support/advice from individual services and voluntary organisations.

### **“Brilliant to have so much in one room”**

Many attendees highlighted that “everything was good”. The networking and social opportunity the event provided can’t be underestimated.

### **“Seeing people I haven’t seen in years. Didn’t realise some of them were still alive”**

For future events suggestions were cholesterol testing (this may prove to be difficult), diabetes checks, and a private area for discussion.

Participants were asked whether they plan to take any further action in response to the event today, and many reported they would become more physically active and moderate diet. Within the any other comments section there feedback was extremely positive with many requesting follow-up events.

### **“Can we have it back on a regular basis? Wasn’t aware so much help available”**


**“We need it every 6 months to keep us well and fit”**

**“Nice to have events like this for older people”**

## Feedback from staff working at the event

Staff planning and working at the event were pleased with the success of the day. It was difficult to predict attendance, but we were overwhelmed by the numbers of people attending the event. At least 2 people were taken off the physiotherapy waiting list, as the advice they received at the event was sufficient for them to not warrant an out-patient session. 5 FFMOT participants referred themselves for further assessment at Dent View Rehabilitation Centre for more in-depth intervention.





Staff did appreciate the opportunity for partnership working, and also to highlight the work their department or organisations do.

Physio staff involved with the FFMOT assessments did find the space too busy at times, and also hadn't factored in the need for a break.

### **Actions**

- It was agreed that further events could be arranged, and Tracey Mifflin/Vicky Johnston have been asked to liaise with library staff and Community Service Officers regarding the potential for Egremont, Frizington and Cleator Moor to be used as venues (event may need to be scaled down due to space restriction).
- If a larger event is to be held in Whitehaven Library, see if space at the Civic Centre next door could be utilised for the FFMOT.
- Partition off the area used for the FFMOT to enable better control of and more effective use of the space; and have the physio and OT stands in the main room alongside the other stands
- Have a "ticketing system" for the FFMOT to better control numbers within the MOT space, and to enable a more effective queuing system for the assessment
- Rotate physio staff between the stand and MOT area, and factor in opportunity for a drink and comfort break
- Take smaller stools or chairs for staff carrying out the FFMOT to reduce risk of injury from prolonged kneeling or stooping
- Have more musculoskeletal physio staff present to provide advice
- Invite MacMillan, Hearing Loss service and Diabetes Service to participate in next large event

**"Fantastic event. Same again next year please"**





## Appendix 1: FFMOT proforma



MOT proforma final  
for printing.pdf

## Appendix 2: Participant feedback – raw data



Feedback OLDER  
PEOPLES DAY EVENT.

