

# Salford

LinkAge Plus

## Assisted Exercise Therapy

The installation of specially adapted exercise equipment in Day Centres for Older People across the city, to provide safe exercise for service users and enable them to undertake individual physiotherapy programmes.

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# Assisted Exercise Therapy

## Objective

To extend the opportunities for exercise and activity for older people in local communities, including care and residential settings.

## Activity

- Activity focuses on the installation of specially adapted exercise equipment in two Local Authority day centres and two voluntary sector day centres.
- Also provide individual physiotherapy programmes to users, providing access to safe exercise for older people with physical disabilities.
- GPs and Physiotherapy Services continue to assess people who wish to use the exercise equipment.

## Achievements against objectives

- Two exercise machines are now installed and being utilised regularly in one Local Authority (LA) day centre in the West of the city.
- A third machine offering slightly different exercise opportunities is on order. Two exercise machines are currently on order for the second LA day centre in the East of the city and for one of the voluntary sector day centres.

## Wider achievements

Physical benefits include, increased functional capacity and muscle strength, improved circulation, mobility and coordination, and improved general health. Other benefits include improved feelings of general well-being and self esteem.

## Resources

- The equipment has been supplied and the manufacturer continues to support the project. Equipment costs were approximately £3,500 per machine, with two machines installed into each centre.
- Additional funding requested for extra staffing resources to maximise use of equipment in the two LA day centres. Funding granted for additional staff time of approximately £17,000 per year for the next three years.

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## Key lessons learned

Training of the staff to deliver the exercise equipment is very important. The service underestimated level of interest and staffing resources required to maximise this resource so would ensure sufficient trained staffing available for future initiatives.

The equipment being installed requires permanent housing in a quiet, discreet location where people will feel comfortable in accessing it. Space in day centres has multi-purpose use, and allocating a permanent place for the equipment can be a problem.

The centres who were approached to take part in the pilot but declined, felt they didn't have a suitable space at this time. There has been no uptake in the voluntary sector for a fourth day centre to have the exercise equipment.

## Further information

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Ref to websites: [www.salford-pct.nhs.uk](http://www.salford-pct.nhs.uk)

<http://www.salford.gov.uk/living/housing/olderpeople-housing/housing-linkage-plus.htm>

Ask Sid (Salford Information Directory) <http://www.asksid.info>

## Related documents

A short guide to activities and services for older people in Salford –

<http://www.salford-pct.nhs.uk/documents/ShortGuideInSalford.pdf>

