

STRONG & STEADY PROGRAMME

Overview

This free 20 week Strong and Steady programme was aimed at older adults who were at risk of or had a history of falls, and ran from October 2023 to February 2024 in conjunction with WEXICOP (Wexford Integrated Care for Older Persons).

Aims

- Reduce falls and falls risk
- Improve participants balance and mobility
- Increase participants strength
- Build participants confidence and social connection

Implementation

This Strong and Steady programme was a 20 week programme which commenced in October 2023. It was physiotherapist led for 6 weeks, and for the remaining 14 weeks was led by our tutor Theresa Roche and by our Physical Activity for Health Officer, Ben Hunt. All participants were referred via WEXICOP. It was decided to hold the classes once weekly at Coolcotts Community Centre Wexford as it was centrally located for the participants. There were 5 participants (4 female, 1 male) and they were all aged 70+



Outcomes

We have ongoing interagency partnership with the HSE as part of the physical activity for health programme. We are continuing to run Strong and Steady plans around Co Wexford and signposting our participants to other physical activity opportunities that are available in the community. Some participants intend to go on and join chair yoga classes and have signed up to the Sports Active Wexford newsletter. We feel all aims were achieved as participants confidence, strength, balance and mobility all improved. On average, self reported physical activity levels increased by 58% following the programme.

Feedback

“The programme helped me increase my confidence. I enjoyed every class.”

It has changed my way of exercising, in my kitchen or sitting room.”

“I am more confident to go out walking longer and exercise at home.”