

1 YEAR ON...

78% UPTAKE IN PROGRAMME

276 ACCEPTED REFERRALS

706 FACE TO FACE SESSIONS

REASONS FOR NON-UPTAKE: ILL HEALTH, MOVING INTO CARE HOME, INAPPROPRIATE REFERRAL.



HEADLINE DATA FROM 2024-2025

EMPOWERING INDIVIDUALS TO RECOVER WELL AT HOME AFTER HOSPITAL DISCHARGE BY OFFERING GUIDANCE, RESOURCES AND MOVEMENT SESSIONS IN THE HOME AND LOCAL COMMUNITY WITH A FOCUS ON FUNCTIONAL GOALS, WELLBEING, AND PREVENTING FALLS-RELATED READMISSIONS.

FEEDBACK



100% RATE THE SERVICE AS EXCELLENT (66%) OR GOOD (34%)

98% RECOMMEND M2I TO OTHERS RECENTLY DISCHARGED FROM HOSPITAL

HEALTH OUTCOMES

94% EITHER COMPLETED OR MADE PROGRESS TOWARDS THEIR GOALS

69% OF PEOPLE ACHIEVED THE 150-MINUTES RECOMMENDED PHYSICAL ACTIVITY PER WEEK

56% INCREASE IN FEELINGS OF USEFULNESS

53% INCREASE IN PEOPLE WHO WERE PREVIOUSLY INACTIVE (LESS THAN 30 MINUTES A WEEK)

49% INCREASE IN ABILITY (KNOWLEDGE, SKILLS AND CONFIDENCE) TO MANAGE THEIR OWN HEALTH AND WELLBEING

7.6/10 AVERAGE CONFIDENCE SCORE IN ACCESSING PHYSICAL ACTIVITY (INCREASED FROM 3.6/10)

FALLS PREVENTION

99% AWARE OF THE TYPES OF STRENGTH AND BALANCE EXERCISES TO PREVENT A FALL (FROM 25%)

91% NOW DOING STRENGTH AND BALANCE EXERCISES

37.5% REDUCTION IN FEAR OF FALLING



FEEDBACK & STORIES



BARBARA'S STORY

"Since Tom has come along from M2I I could not be more grateful. I was at a very low point in life and to be honest, was very depressed and suicidal to the point I did not want to be here anymore. Tom came at just the right time and gave me my confidence back, **he showed me hope.**"

The confidence he gave me to get back up and walk again has been amazing and I am so grateful. I am happy, more confident and can move around my house with ease, I didn't think it was possible, I couldn't get to the end of the sofa before. **Now I can get out to my summer house again in my back garden.**

I am so grateful for what Tom did and will carry on doing my exercises now and get myself back out and into town".



REFERRER

"It was nice seeing that our referrals to SASP are picked up by competent people like you and I look forward to working more with you going forward."

- Discharge to Assess Physiotherapist

"M2I has benefited many patients and kept them safer in their own homes for longer. In turn we are seeing pressures being relieved from other parts of the system such as CRS, OTs and GP practices as well as supporting the patient safety agenda."

- West Mendip PCN

ACTIVATOR STORY

Theresa, 77, was referred to M2I following a routine knee operation after months of pain and problems with walking.

Initially Theresa was very nervous about putting any weight at all on her knee, and was relying heavily on her frame. Theresa also had a very weakened and deconditioned hip, due to an over reliance on one leg. We worked on a series of lower limb strengthening exercises, walking and posture practise, and some balance and stability exercises, being supported by her Daughter in Law, Rachel.

By the last visit she was predominantly walking with complete independence, occasionally with a stick.

Her hip strength and stability has increased hugely, her walking and posture have improved, and her knee is feeling great."

- Emma, Activator

[Click here to view the story.](#)



REFERRER

"Following training with SASP, I feel more confident in encouraging movement and will bring it further up the priority list. It's great to be able to refer to M2I when people are keen to rehabilitate following their hospital stay."

- Discharge to Assess Provider, Bluebird Care