

HOSPITAL STAFF GUIDE



WHAT IS OFFERED THROUGH MOVE 2 INDEPENDENCE?

M2I is a commissioned service managed by Somerset Activity and Sports Partnership (SASP) and funded by Somerset Council. SASP is the Active Partnership for Somerset and a charity helping people find ways to move more that works for them to promote good health and happiness.

SASP is very pleased to be working with both acute and community hospitals across Somerset to support people with reconditioning and remaining well at home following discharge.

Through M2I, SASP is ensuring there is a clear focus on functional fitness, education, awareness, guidance and support so that the individual and their loved ones can all feel part of the onward journey once back in the home.

Rates of readmission to hospital from falls is high, so M2I provides a range of adaptable opportunities which can be progressed / regressed as appropriate, build strength and balance...
and may even be enjoyable!

Move 2 Independence is a person centered movement offer that is free (unless indicated) and supported. Please see the options on the following pages

SCAN THIS TO
ACCESS THE
M2I WEBSITE:



CONTACT INFORMATION:



Email: move2independence@sasp.co.uk



Phone: 07305 049840



Website: www.sasp.co.uk/move2independence

FAMILY & FRIENDS

Having family or friends provide extra support and motivation can make a real difference to confidence and access to movement opportunities.

SASP would like to include all friends and family involved in the next steps, to feel part of the Move 2 Independence service by offering them the following:

A VIDEO AND BOOKLET:

A video and booklet to raise awareness of why movement is important once their loved one is back home, some guidance around falling and how to reduce the risk and how to overcome some common barriers.



DROP-INS:

Join an online Zoom meeting every fortnight, to ask questions and seek extra support or visit us at a Talking Café near you.



DIRECT LINE OF CONTACT WITH SASP:

A dedicated email address and phone line for quicker advice and support.



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If a patient is interested in M2I but does not have any support in the home following discharge, an Activator could help.

Employed by SASP, a Move 2 Independence Activator works 1-2-1 with the participant, finding ways to move to boost mobility, strength, balance and independence through seated activity.

SASP will have 4 Activators across the county who will deliver M2I in peoples' homes for around 6 sessions (could be more or less depending on level of support needed and Activator capacity). They will possess a Level 2 seated exercise qualification and be insured by SASP to deliver this safely.

A Health Commitment Statement will be signed before the participant begins, setting out expectations from both parties of responsibility for monitoring health during exercise.

Activators must not be expected to move or handle participants or provide any personal care during their visit, so the participant must be able to manage this independently or with a carer while in the home.

M2I may work alongside and compliment existing rehabilitation programmes, but Activators must not be expected to deliver their prescribed exercises with the patient, on behalf of therapy services.

HOW CAN YOU HELP?

Please use this guide along with the Participant Guide to get the conversation started early about the importance of keeping mobile for independence. Starting physical activity on the wards itself is even better, and encouraged for all and doesn't need to include an exercise class. How you talk about movement will also greatly impact how confident and motivated someone feels to be active, so it's helpful to keep your language positive and encouraging.

People listen to professionals!

When preparing for discharge, please discuss M2I in any planning meetings with family and on discharge itself, select M2I on the Single Point Of Contact (SPOC) referral form.

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AT HOME:



LOVE TO PEDAL:

Chair cycling using a lightweight, portable pedal and videos of bike rides of Somerset.



WALK YOUR WAY:

An adaptable walking offer encouraging walking movements at home or back outside. Walks have been

filmed across Somerset for sitting or standing and marching along to at home, but are also mapped and can be visited in-person.



MOVE MORE WITH BANDS:

A chair or standing resource providing a series of low impact exercises using a

lightweight exercise band, targeting different parts of the body and focusing on strength and balance to reduce the risk of falling.



SASP TAKE TIME VIDEOS:

A collection of exercise videos on the internet, ranging from two mins, to an

hour's full body routine, with seated and standing options available to suit all abilities and preferences.



OUTSIDE:



SOMERSET HEALTH WALKS:

A free walking scheme led by volunteers across Somerset, offering a variety



of walk levels, from beginner through to advanced. Health Walks are a great way of meeting new people!

PROACTIVE PHYSICAL ACTIVITY ON REFERRAL SCHEME:

A health professional referral is required and connects the individual to a leisure centre for a personally tailored exercise programme for more structured rehabilitation. This is a paid for service.



FREE SLIPPERS!

Well-fitting slippers can reduce the risk of falling and a free pair will be available when a patient joins Move 2 Independence! Please email to find out more.

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