

BOROUGHLOCH MEDICAL PRACTICE

MEDICS ON THE MEADOWS

Social prescribing - linking patients to non-medical support in their community.

Later Life



LOOPS Phonenumber - Local Opportunities for Older People - is an Edinburgh service offering support to people over 65.

Phone **0131 603 8311** Lines are open Monday to Thursday 9am to 5pm, Friday 9am to 4pm

or email loops@volunteeredinburgh.org.uk

LOOPS are able to take time on the phone to understand what is important to the person that calls and what they are interested in. We then research activities and places that could match what the person outlined. We then phone the person back and work out with them what suits them best and the next steps to link them up. It is easy to access LOOPS

Live Well in Later Life interactive map

An [interactive map](#) which shows older people's services and activities in Edinburgh has been launched. The project is a collaboration between EVOC and City of Edinburgh Council. It is part of the European [URBACT](#) Healthy Ageing Project which looks at innovative approaches to healthy ageing.

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Edinburgh Leisure believe it's important to offer to wide range of membership options to cover all ages, shapes, sizes and wallets! This includes a wide range of memberships aimed specifically at older adults, juniors and low-income individuals. If you have any queries about the options listed below, speak to a member of staff at your local centre, or contact us by email at mail@edinburghleisure.co.uk

Ageing Well Project promotes healthy lifestyles for people over 50 in Edinburgh. This project is a partnership between NHS Lothian, Edinburgh Leisure and Pilmeny Development Project and is part of the UK Ageing Well Network, which aims to increase the expectation of good health in later life. Our volunteers, who are all over 50, help to achieve this by encouraging and supporting participation in physical and social activity.

No referral is needed to participate in these activities. Anyone 50+ can come and join in – most of our activities are in community venues and are low cost or free! We currently offer: walking groups, chair based exercise classes, cycle skills courses, an allotment, new age indoor kurling, buddy swimming, and groups for photography, singing and dancing.

For further information on any of our activities or volunteering opportunities please contact the Ageing Well office via:

Tel: 0131 458 2183 Email: Ageingwell@edinburghleisure.co.uk Post: Ageing Well, 141 London Road, Edinburgh, EH7 6AE

Be Able offers older people over the age of 65 (but particularly over 80) a series of short-term evidence-based, individualised and group programmes which are proven to improve and maintain mobility, cognition, confidence and ADL skills as well as maximising their independence.

Twenty years of research into falls prevention has led to a good understanding of exactly what kind of exercise and how much is needed to be effective in preventing falls. The Otago Exercise Programme demonstrates reduced falls risk in those identified at high risk of falling. One trial showed that a tailored exercise programme can reduce falls by as much as 54% and another in New Zealand showed a reduction of 35%.

What Be Able offers

Be Able offers 14-16 weeks of individualised and group programmes which are evidence-based and outcome focused for each individual. Qualified staff, including occupational therapists, can provide:

- multifactorial assessments – there are many reasons why people fall including medication and poorly fitted footwear. A multifactorial assessment is a full risk assessment of all risks associated with falls, including a home risk assessment
- strength and balance programmes based on Otago
- individualised programmes to increase mobility and confidence such as walking indoors and outdoors, supporting

people to get on and off buses, practicing stairs and negotiating kerbs

- seated cardio vascular exercises which have been proven to improve stiffness and joint pain, improve stamina and energy levels, improve strength and power, reduce low mood and mild depression, increase confidence and independence and make standing exercise possible
- practicing activities of daily living skills such as cooking and meal preparation
- CST (Cognitive Stimulation Therapy)

Who would benefit from Be Able

- people over the age of 65 but especially those over 80
- someone who has had a fall/is fearful of falling/has reduced mobility/has a sedentary lifestyle
- someone who has lost confidence in their mobility and/or the ability to manage daily tasks and/or has mild to

moderate cognition impairment or dementia (participants should be able to follow simple instructions or hold a meaningful conversation)

- can attend Be Able for approximately 14-16 weeks
- people who are about to be discharged from rehabilitation services but whose mobility and function can still be improved. These people will be prioritised to try to ensure continuity of therapeutic input

- people who would need transport to allow them to participate in the above programmes.
- Be Able is not for individuals with health conditions that put them at risk when exercising, eg recent injurious fall

without medical assessment, unstable heart conditions, joint replacement surgery within the previous three months.

Transport/Cost of Service/Carers

- We offer free transport to the Be Able service.
- Soup and sandwiches is available at lunchtime for those who wish it, at a small cost.
- Participants are welcome to bring a carer/relative with them.

If you want to self-refer, you should contact Social Care Direct on 0131 200 2324 or email be.able@edinburgh.gov.uk