



MOVEMOOR

virtual strength & balance classes



4 project
partners



5 community
participants



10 care home
beneficiaries



24 sessions
delivered



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virtual strength & balance classes

MOVE MOOR

Move Moor was a project by Wellmoor, part of Moretonhampstead Development Trust, providing virtual strength and balance sessions for 5 elderly and vulnerable local residents in North-East Dartmoor. The participants were recruited through Moretonhampstead Health Centre based on level of need. Move Moor also connect with Coppelia House Care Home to offer sessions to a separate group of around 6 residents. The hour-long sessions were offered to all participants on a weekly basis for 12 weeks, running from September 2020 to January 2021.

There is a real range of people getting involved. Some of our residents mostly spend the day in their room and only really come out for lunch. The sessions have really helped get them participating more and staying out of their rooms to take part.

I look forward to it, I wouldn't miss it. I want to get physically back. You can't look after yourself at the moment with this lockdown, so this is so important for me to get well and stay well.

THE SESSIONS

The physical parts of the sessions were delivered by Clare Parker from All Dancing, a highly experienced practitioner and qualified postural stability instructor. Exercises were predominantly chair based and included a range of dance styles and gentle movement activities to build confidence in an enjoyable and fun way. A representative from Wellmoor led the social side of the sessions, facilitating conversations between the participants which built on their interests and shared experiences.

FACEBOOK PORTALS

Participants connected to the sessions through a Facebook Portal delivered to them free of charge. They were provided with training on setting up the device and ongoing technical support. Residential participants were provided with a Portal Mini and Coppelia House purchased a Portal TV. Technical support for the project was provided by Exuberant Health and Wellbeing.

This is a new thing for us at Coppelia House. You are the first ones to do virtual activities like this. We would definitely do it again.

We both took part and thought the exercises have really helped. I have been feeling stronger every day. My husband can't see so well so I helped him but we managed the technology fine.

EVALUATION

Health and wellbeing outcomes were measured through ongoing observations and questioning by session leaders as well as in-depth qualitative interviews with participants at the beginning, middle and end of the project.

WHAT DID WE LEARN?

RECRUITMENT TO DIGITAL WELLBEING PROJECTS CAN BE A CHALLENGE

IT IS HARDER TO MANAGE DIFFERENT LEVELS OF ABILITY IN A VIRTUAL PROJECT

WHAT THAT LOOKED LIKE...

Like other virtual projects we have been involved with, recruitment was one of the biggest challenges. Of the 10 patients the Health Centre identified, only 5 agreed to be contacted by Wellmoor with more information and only 2 eventually became involved. Reasons for not joining included digital barriers such as poor WiFi connection or no internet access, lack of confidence or desire to use technology, and generally feeling unable to take part in physical exercise. The people who did join generally had more confidence, both about their physical ability and the use of technology.

When designing the project, we looked very closely at managing the risks of virtual strength and balance sessions. It was decided that all exercises would be chair-based to reduce the risk of a fall. Two participants said that the rate of exercise was about right. One participant struggled with the pace. Two said that they felt they would have liked to have progressed to standing exercises. Our session leader Clare said that the pace of improvement in a virtual project was slower compared to physical sessions due to the risks involved with pushing participants further without being able to assess and support up close.

TIPS AND TRICKS

- Use a range of different routes to bring referral routes in, including local social prescriber and other local health and wellbeing organisations
- We found posters and flyers did not generate much interest. Most successful referrals were made through direct links with beneficiaries through a referrer
- Having a connection to the local network of health and wellbeing organisations was crucial here

- Participants required to have a helper/relative on hand during sessions to provide support if needed
- Participants gave instant feedback during the session about their capacity using a 'out-of-5' hand signal
- Options were offered to make exercises more challenging
- 'Homework' and tips for daily life were provided to give participants the ability to make progress outside of sessions

NEXT STEPS

In future projects we will set aside more time for recruitment, with more effort into direct recruitment through referral agencies than in general publicity.

We will offer more technical support and provide solutions to those with digital barriers, e.g. 4G enabled devices.

We would provide individual tailoring to participants by offering a midway one-to-one to discuss issues and set goals.

We would look at the potential to blend digital and physical sessions where possible, using virtual sessions as a 'stepping stone.'

WHAT DID WE LEARN?

THE MORE FLEXIBLE THE TECHNOLOGY CAN BE THE BETTER

PARTICIPANTS BENEFITTED FROM THE SESSIONS IN DIFFERENT WAYS

WHAT THAT LOOKED LIKE...

The project was designed around Facebook Portals which make video calls using the Facebook Messenger platform. The clarity of the picture and sound on a Facebook Portal was high. However, participants needed a Facebook account to sign on to the Portal which made the set-up more complicated and had confidentiality risks. The small Portal screen size made it difficult for the Session Leader Clare to see and assess the participants. The smart cameras tended to frame the upper torso which made it difficult to demonstrate and practice lower body exercises. Sound issues due to lags caused by poor signal could be distracting or break the flow of the session.

When evaluating the project, participants gave different emphasis on what they valued about the sessions. One participant particularly enjoyed socialising, one ex-salsa dancer was excited to get back into dance, one had a specific physical rehabilitation goal in mind and one was interested in trying something new. Coppelia sessions were much more unstructured with less emphasis on physical progression and more on having fun and 'lifting spirits.' The care home was also keen to trial new technology for video conferencing and started using the Facebook Portal for calls to residents family members.

TIPS AND TRICKS

- Participants were only required to 'befriend' the session leader which helped reduce confidentiality issues around using personal accounts
- Participants muted themselves during the exercise part of the session to prevent feedback delay
- Some participants preferred to join sessions on other devices with the Facebook messenger app which they were more familiar with (e.g. i-Pads)

- It was helpful to combine the opportunity to socialise with a practical activity with tangible outcomes
- Conversation followed the interests of the participants to find common ground
- Evaluation was primarily done through in-depth interviews and the development of case studies to capture the experience of participants

NEXT STEPS

We will use the Zoom platform to provide participants and session leaders with the option to join via an existing device (i-Pad or laptop.)

We will provide a 4G enabled device (e.g. Samsung Galaxy tablet) to enable participants without WiFi to join the sessions.

We will continue to provide activity based sessions for participants who are at risk of loneliness and social isolation.

We would develop tools with which to measure and track physical improvements based on the participants individual goals.

JILL'S STORY

I think it reinforced in me where my feet and hands were. You are aware when you're young but when you get older you tend to forget. Your feet aren't reacting as quickly as your eyes are. The sessions made me realise that to keep my balance I need to think where I am putting my feet. I do that now.

I can walk down garden path to the gate, and I don't always have to take my stick. I left my stick in the kitchen and there was someone at the gate. I thought 'no it's alright, you can do that', that was that was a result of the balance class. Through doing the sessions my brain is aware of where I'm putting my feet and the balance follows. I've got more confidence – definitely.

TRICIA'S STORY


I like the social side. I know Jill anyway but don't see her much anymore. We used to go to WI together. I had no idea that she had travelled around the world so much. We were talking about all the places we has been to at the last session and she almost outdid me!

I do think it has made a difference. I am more confident. Yesterday I went to the dentist and I couldn't find a parking spot and I had to park right out on the car park at the top. I have this walking machine that I haven't used very much but I managed to get all the way down and all the way back up again. I have to say it is really very good what you have done. It is very impressive.

ALI'S STORY

We have a range of different people who take part, some get really involved and some just want to be nearby to watch. You see big smiles, and you know they are really enjoying it. We moved to the conservatory which has just been the best thing ever as it has gotten more people involved.

We have been setting up Portals in other Peninsula Care Home locations since this project started. One of our residents was the first to see her family through the Portal. It makes such a big difference. Before we were using iPads and they were looking at these tiny little people which is really difficult when you have issues with eyesight.



Falling leaves, golden light
Taking the dogs for a walk early in the morning
Millions of spider webs

Hot breath, cold air
The weather and the wind
The swirl of birds

Squishy earth, misty haze
Ladybirds hibernating under leaves,
warm down deep in the crown of the plant
Crisp mornings

Coppelia residents, November 2020



MOVEMOOR



WELLMOOR

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 ALL
DANCING

exuberant
Health and Wellbeing