

Rolling Good Times – A Safe Falling Programme?

Presented by:

Mr Steven Siew (Manager, Health Promotion Board)

Ms Yong Limin (Senior Principal Physiotherapist, MOH Holdings)



Background

- Falls are common causes of injuries among seniors in Singapore, and the incidence of falls increases with age
- Falls prevention is multi faceted and thus an innovative way is required to “combat” falls!

Afraid of Falling? For Older Adults, the Dutch Have a Cure

Text by Christopher F. Schuetze Jan. 2, 2018



A course teaching older people how to fall, and not to fall, in Leusden, the Netherlands. Jasper Juinen for The New York Times

Netherland’s Nijmegen Falls Prevention Programme for seniors
46% reduction in the number of falls



Study trip to the Netherlands in June 2018

Good Times roll in when you learn how to fall safely

MELODY ZACCHEUS

Older people will be taught how to protect themselves and minimise injuries in the event of a fall, under a new programme called Rolling Good Times by the Health Promotion Board (HPB).

Designed for people aged 50 and above, the scheme has two parts – an obstacle course and group exercises to build muscle strength, balance and flexibility; and the



bodies – such as the buttocks – and to tuck in their chins to prevent their heads from hitting the ground.

Residents were also told to get into a ball-like position and to avoid falling on the “bonier parts” of the body such as the hips.

Yesterday, Dr Ng also

Launched HPB’s Rolling Good Times in Oct 2018

Developed with PA, MOH and Singapore Physiotherapy Association

Adapting Netherlands' Falls Prevention Programme for Singapore

Netherland's Nijmegen Falls Prevention Programme

- 5 week programme (2 x 1.5-hr sessions per week) with yearly refreshers
- Targeted at seniors who have fallen, have fear of falling, have mobility issues (but still able to walk)
- Conducted by Physiotherapists

Main Components



Obstacle Course



Strength, Balance & Flexibility Exercises



Safe Falling Techniques

Key Considerations

Unique risk of falls in SG



Public Transport



Narrow Spaces



Kerbs with Varying Height

Lean physiotherapy resources in SG



720 pax



>3,000 pax

Seniors' motivations to join programmes



Accessibility



Suitability of programme



Fun, able to learn a new skill

Developing Rolling Good Times

Keeping the key considerations in mind...

Sustainability

Programme to be conducted by **fitness trainers** instead of Physiotherapists

Target Audience

Well seniors in the community

- Must fulfil the eligibility criteria set for the programme

Programme Duration

6 week programme x 2 sessions/week

Programme Design

- 1) Introduce strength, balance and flexibility exercises to improve overall functional health
- 2) Generally safer types of exercises that are more targeted and essential for seniors, both in learning and in executing
- 3) Basic rolling techniques that can potentially minimise the risk of injuries should they fall
- 4) **SBF exercises taught should complement rolling techniques**



Programme Format

Aim: Raise awareness on common fall situations, help seniors improve their strength, balance and flexibility, and equip them with basic strategies to minimise the risk of injuries in the event of a fall

Recruitment & Functional Assessments

Exclusion Criteria

- Fall in past 6/12
- Osteoporosis
- OSTA – **High** risk
- FTT > **30s** or with assistance
- **Heart condition**



Obstacle Course



Strength, Balance and Flexibility (SBF) Exercises



Rolling Technique



Homework and Reflections

Lunges 弓箭步 (Level 2)

Step 1  → 

Date 日期	16/3/2019	17/3/2019
Repetitions 重复动作		
Sets 组		



Key Achievements

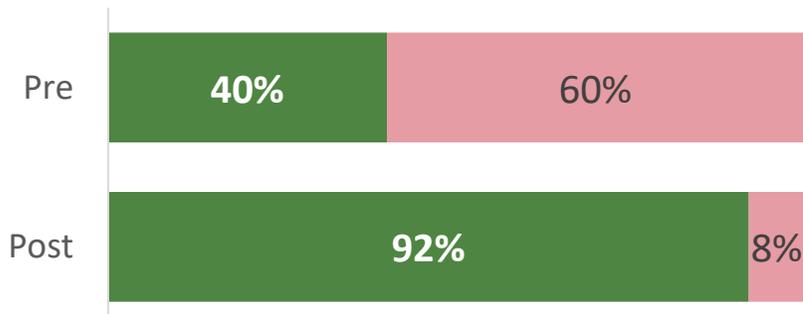
↑ Knowledge of Falls Prevention

9 in 10 are confident in practicing exercises and floor recovery technique taught



Awareness on the important steps to reduce injuries in the event of a fall

doubled post-programme

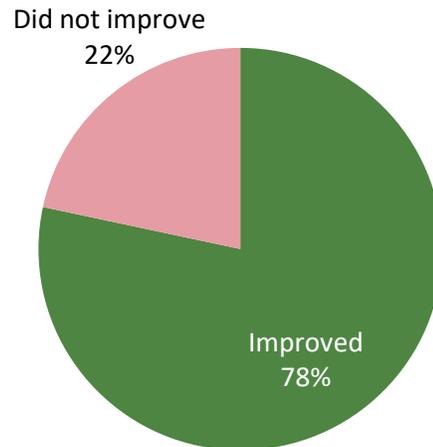


Improvement across all 3 functional assessments

>70% achieved improvements in their strength, balance and flexibility, reducing their risks of falls in the long run

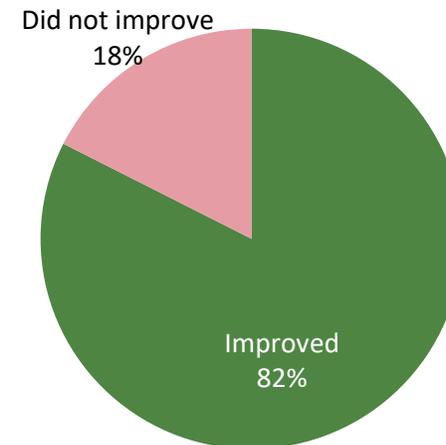
Floor Transfer Test

(Measures functional ability of older adults)



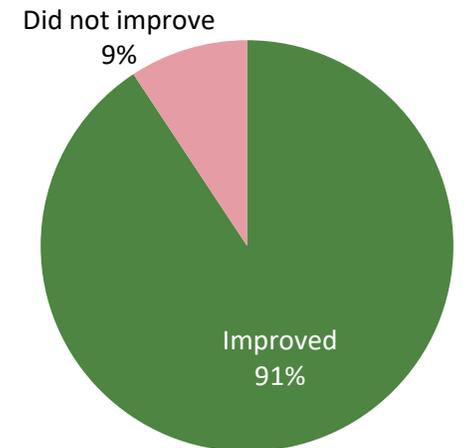
Sit to Stand Test

(Measures leg strength & balance)



Four Square Step Test

(Measures functional ability of older adults)



Programme was well received amongst participants



“I’ve learnt how to control my descent to fall slowly (to reduce the impact).”

“I did not expect to be able to climb up more than 20 storeys after doing the exercises in this programme.”



I look forward to coming to the sessions to meet my new friends and it is motivating to exercise with friends. It makes me want to exercise more.

