

It's Never Too Late to Get Active

Live Longer Better National Event
Wednesday 6th October 2021

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Our Organisation

HILS is a charitable, social enterprise, operating the UK's largest not-for-profit meals on wheels service. Established in 2007 to improve and develop the delivery of meals on wheels in Hertfordshire

Operate from 4 sites across Hertfordshire:
Letchworth | Hemel Hempstead | St Albans | Ware

16,452

People received HILS support to remain happy, healthy, and independent at home

608,123

Additional support services provided - such as medication reminders

535,161

Hot, nutritious meals delivered across the county

3,937

Older and vulnerable people provided with a hot meal and welfare check



Our Organisation



- Each of our 17 services were developed in direct response to the needs of our older and vulnerable community
- Our Nutrition and Wellbeing service is the first of its kind
- More than half of our support services are delivered free of charge for our clients



2007

Meals on
Wheels and
Lunch clubs



2015

Home from
Hospital bag
service



2015

Nutrition &
Wellbeing
service



2015 - 2018

Community
Alarms and
Telecare Service



2016

Emergency Food
and Grocery
bag service



2016

Advocacy
service for
older people



2017

Hertswise
partnership



2018

Active Ageing
Service



2019

Keysafe Service



2019

Nutrition
Awareness
Service



Introduction to **Active Ageing**

Active Ageing is a three-year programme that aims to support people to remain happy, healthy and independent at home, through a tailored approach to physical activity.

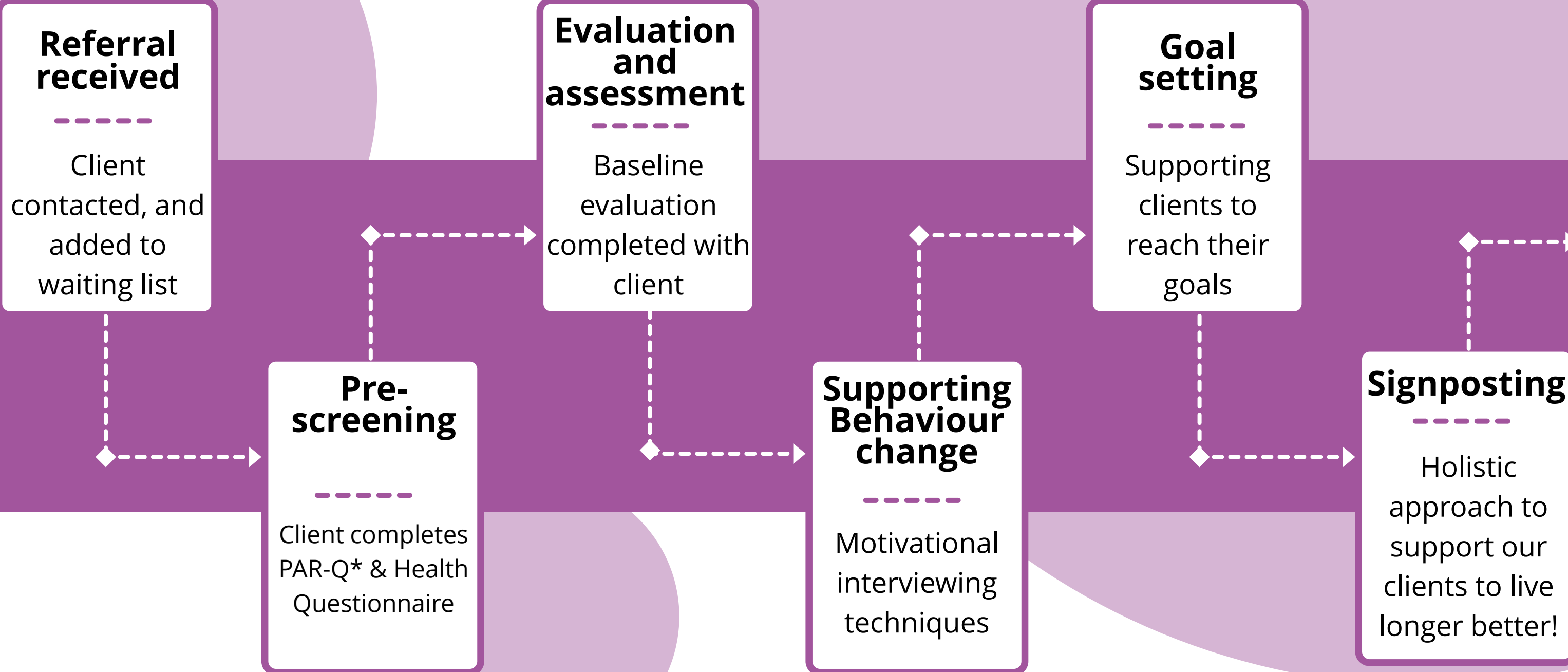
- 12 weeks of tailored support (55+) - Frail/Transition cohorts
- Sport England: Funding and support
- Public health: Evaluation and Data analysis





Active Ageing

The Client Journey





The Active Ageing pathways

Hybrid and In-person





Active Ageing

Measuring Success

Direct impact:

- Increased activity levels
- Improved mobility
- Reduced frailty
- Improved balance

Leading to:

- Improved general health
- Reduced fear of falling
- Reduced risk of serious injury should a fall occur
- Improved independence at home and/or in the community
- Reduced care needs
- Improved confidence and mood
- Improved social connectivity



Meet our Clients **Greg**



Greg suffered a stroke in 2019. After being discharged he received six weeks of stroke rehabilitation at home.

He was independently mobile and regained a lot of his movement and mobility.

However, during the pandemic, he and his wife Judith did not go out for 18 months.

As a result, Greg lost his independence and lacked confidence in his ability to walk, often feeling very unstable.

Greg's sessions focussed on increasing his confidence, while helping him regain the mobility he had worked so hard to achieve.





Meet our Clients

Helga

Helga is 82, she had unfortunately had a few falls and lived with a lot of pain due to back problems and arthritis.

Helga wanted to improve her balance, feel more confident when walking and manage her pain with exercises.

Over the 12 weeks she noticed she felt much stronger, she was able to get herself out of the bath, previously she would ask her husband for help.

She was also able to practise backward chaining in order to improve her confidence with being on the floor.



HOW TO GET UP SAFELY AFTER A FALL

#THINKFALLS



Active Ageing **What's Next?**

- Continue delivering our 1:1 programme
- Start to deliver group exercise classes
- Recruit more team members
- Share our learning, both successes & challenges!
- Continue to work with partner organisations to share our key messages





Hertfordshire
Independent Living Service
Supporting your independence

Get in Touch



Visit

www.hertsindependentliving.org

Call

0330 2000 103

Email

info@hertsindependentliving.org

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**Fed up and think that it
is too late to get active?!**



Helping you
stay well

**ANY MOVEMENT IS
GOOD MOVEMENT!**

#THINKFALLS