

Big Bold and Balance

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What we do

Group exercise in a community venue

For anyone with Parkinsons and their carer

Support group

Exercises are tailored for the specific needs of people with Parkinsons

How we began

- There are an estimated 12,000 people living with Parkinsons Disease in Oxfordshire
- Oxford Health NHS Physical Disability Physiotherapy Service identified a need
- Maintenance group for people who have done physiotherapy PD course
- Introduction to exercise

Exercise as medicine

- Evidence base for exercise with PD has changed : expanding research
- Exercise may be neuro-protective
- Exercise needs to be specific : BIG amplitude, high velocity, and high energy movement
- Exercise needs to be regular
- Group exercise = adherence

It's Growing!

- Didcot
- Minster Lovell
- Banbury
- Oxford
- Abingdon



Funding

- Inspire and Include, Generation Games pump primed
- Parkinsons UK Oxford Branch legacy continued



What is Parkinson's

- Neurological condition
- Chronic and degenerative
- Tends to be seen as a movement disorder
- Has motor and non-motor symptoms



The 4 Pillars...Exercise is Medicine

- European Parkinson Therapy Centre advocates the 4 Pillars. You need the features of each pillar to help PwP.
- Widely recognised that exercise can reduce the onset of reduced mobility.



Medicine



Psychological



Lifestyle



Exercise

How the exercises are adapted for pwp

- Big



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How the exercises are adapted for pwp

- Bold

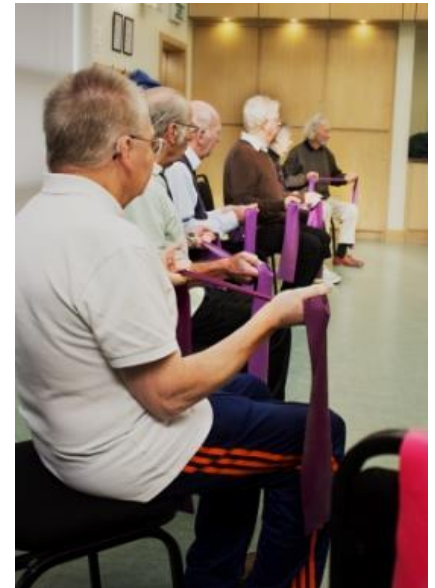


How the exercises are adapted for pwp

- Balance



- Strength



How the exercises are adapted for pwp

- Led by level 4 Postural Stability Instructor (Falls exercise teacher) with specialist training and support



Comments

- *I think I would say, that this class in Didcot is designed for people with Parkinson's and therefore I prefer to go to that. [If I went to an ordinary class] I wouldn't get the Parkinson's social side. BBB Attendee 2*
- *...an ordinary fitness class wouldn't do. My specific problems are stiffness and balance. So why go to a general class when I can go to a specialist class which is going to deal with what I need... For those in Sarah's 10.30am class who are more severe, if they attended an ordinary class, they'd just be sitting there and doing nothing. BBB Attendee 1*
- *I'm aware of how they're managing. There was one lady who came the week before and she certainly needs help to get out of her chair. But she's very jolly despite things being difficult. She's quite a nice person to talk to and she makes jokes. [I find it encouraging] BBB Attendee 2*

So Where does the relationship with Parkinsons fit in with Age UK?

- Lots of joined up thinking...and acting!
- Physios and Parkinson's specialist nurses identified a need and rattled cages!
- Focusing on and learning from people living with the disease
- First Steps

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Recommendations

- Identify the need
- Find out what already exists in the community
- Make links and work together with the health professionals eg NHS Specialist Physiotherapists, Nurse Practitioners, Support Groups
- Choose the right venue eg close to community hospital, parking, kitchen

Working together

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