

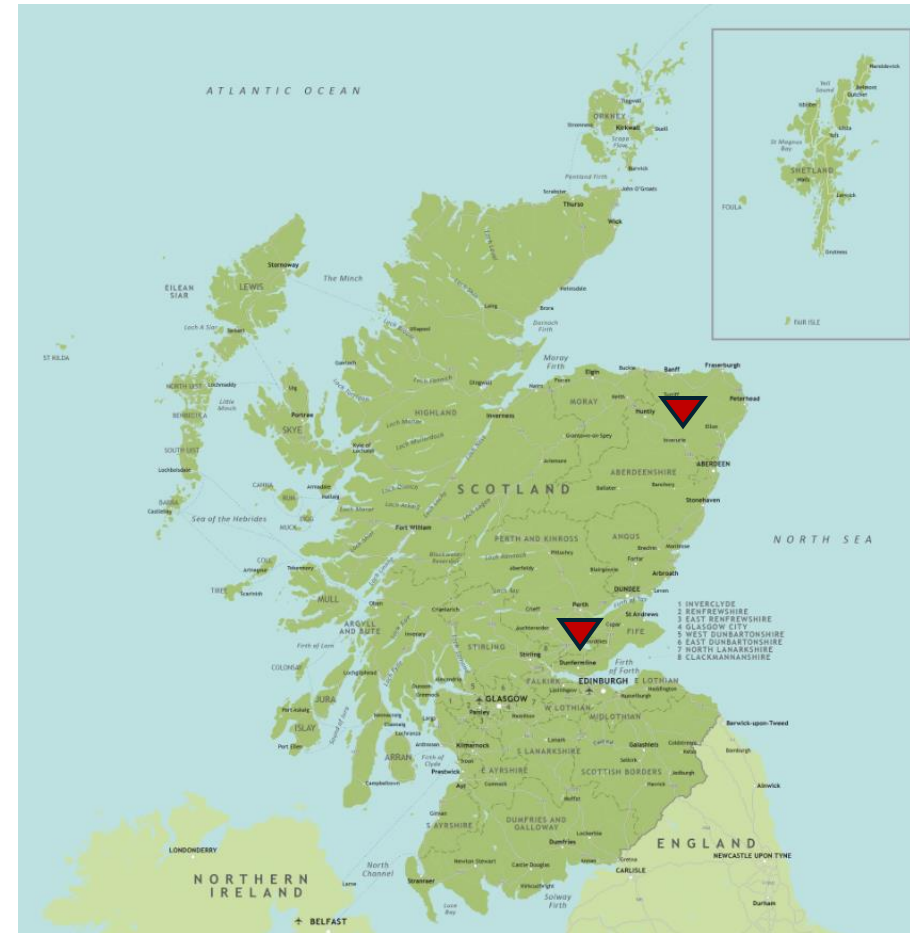
INTERNATIONAL CONFERENCE SAFE FALLING for OLDER PEOPLE through JUDO

Tokai University, Japan – 12/13th December 2024

Safe Falling – Scotland's First Steps

An overview of JudoScotland's pilot projects to introduce older participants to safer falling

Jim Feenan, Honorary VP
JudoScotland



JudoScotland – “Finding Your Feet” Pilot Projects

Gairloch Judo Club

- Local Sports Centre base
- Pickle Ball Group, ad hoc sessions on request.
- Players have specific injuries



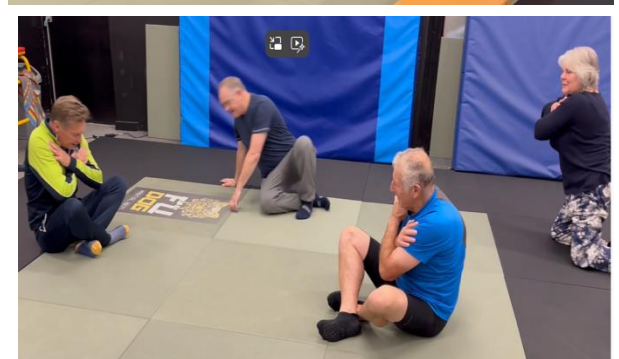
Carnegie Judo Club

- Own dojo offering a weekly session
- Participant recruited from friends and local partner groups
- All have a history of falling and fall related injuries

Common areas

- Based on BJA Finding Your Feet
- Mean age of groups is 69
- All are pre-frail and mobile
- All have reduced their Fear of Falling





Safe Falling - Safe Standing
Finding Your Feet

Carnegie Judo Club, Dunfermline
Unit 5, Lynburn Industrial Estate
Halbeath Place, Dunfermline
KY11 4JT

We all fall! ... and the older we get, the more we fall. As we age, we lose balance, and our reflexes are not what they used to be.

Even if someone you know would like to improve your balance, get confidence and reduce your chances of injury from falls or trips, please get in touch.

If you are over sixty or three months, reasonably fit, in good health, and interested in helping to shape this new eight-week course, we would like to hear from you.

The 8-week pilot course is free for the first 12 participants. We just need you to enjoy, provide feedback and ideas for improvement.

Upon completion, you qualify for a free coffee and juice from Cobbs Cafe in Sterling World of Furniture, Dunfermline.

Call or Text Jim
07860 748133

In the year ending 31/03/2023, Scotland had around 55,000 emergency hospital admissions for unintentional injuries. Falls were the most common cause in children and those aged 65 and over.

So, we are delighted to bring the Safe Falling - Safe Standing project to Dunfermline. Based on the *Finding Your Feet* programme, the content is rooted in safe advice generated in every judo club.

We are part of a world-wide research group working with academics and experienced coaches to reduce the severity of falls, reduce anxiety, and improve confidence while reducing their social and financial impacts.

Our classes are planned to run on Friday mornings, but other classes will be added subject to demand. If you are interested in different days, please let us know. No special equipment is needed. Wear comfortable clothes and exercise-appropriate trousers.

Carnegie Judo Club, Dunfermline
<https://www.facebook.com/carnegiejudoclub>

Call or Text Jim
07860 748133

If you are unsure you can do the exercises or movements, don't worry, you work at your own pace, within your comfort zone, and progression is through micro-progression as you gain more confidence.

The class is limited to 12 individuals. It lasts one hour each Friday morning from 09:00 to 10:00, and everything is fully explained in the welcome pack and first session.



JudoScotland

CARNEGIE JUDO CLUB
Est. 1983

Judo Safe Falling Techniques Helping Adults Across Scotland | Judo Scotland

Safe Falling - Safe Standing
Finding Your Feet

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Find us in Unit 5, Lynburn Industrial Estate, Halbeath Place, Dunfermline KY11 4JT

We would like to thank Cobbs Cafe, Dunfermline, for sponsoring the Safe Falling—Safe Standing Initiative at Carnegie Judo Club. Find Cobbs Cafe in the Sterling World of Furniture store.

COBBS

ABOUT US
Carnegie Judo Club, Pook Mill, and The Halbeath Judo Club. Through our efforts, we are committed to helping young and old in our local community and communities build confidence and improve their mental and physical health and well-being. Our focus is highly specific, and our clubs is recognised as a centre of excellence.

Carnegie Judo Club, Dunfermline
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Welcome Pack

FEAR OF FALLING QUESTIONNAIRE

WELCOME TO THE SAFE FALLING - SAFE STANDING INITIATIVE

SAFETY INFORMATION

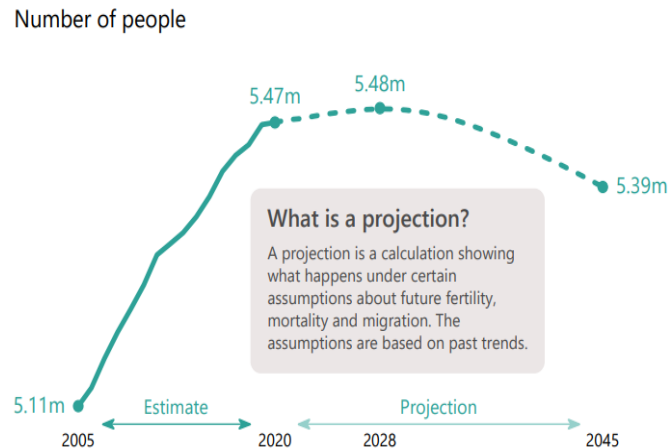


Projected Population of Scotland (2020-based)

Summary

Scotland's population is projected to continue increasing until 2028, and then to fall

Scotland's population is projected to grow by 0.3% to 2028. Between 2029 and 2045 the projections show a decrease in population of 1.8%. These are the first recent projections to show a decline in population.



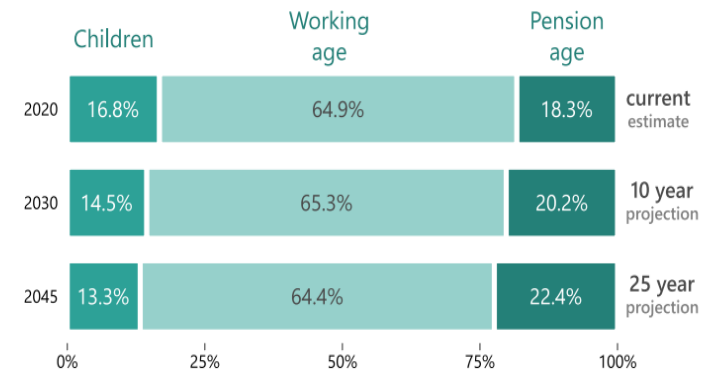
Projected Population of Scotland (2020-based)

Summary

Scotland's population is ageing

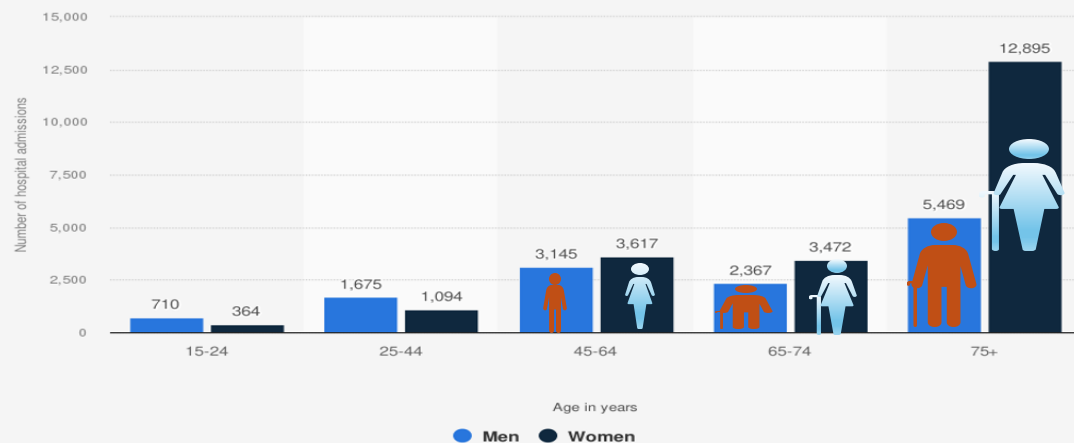
The proportion of the population who are of pensionable age is projected to increase, reaching 22.4% by mid-2045. Children under 16 fall from 16.8% of the total population to 13.3% by mid-2045. The working age population is more stable at around 65% throughout.

Projected population by age group



* State Pension Age is scheduled to change during the projection, and this has been taken into account.

Annual number of emergency hospital admissions as a result of a fall in Scotland in 2021/22, by age and gender



Source
NHS Health Scotland
© Statista 2023

Additional Information:
United Kingdom (Scotland); NHS Health Scotland; 2021/22

The bar chart shows the number of individuals admitted to hospital as the result of a fall in Scotland in 2021/22, by age and gender.

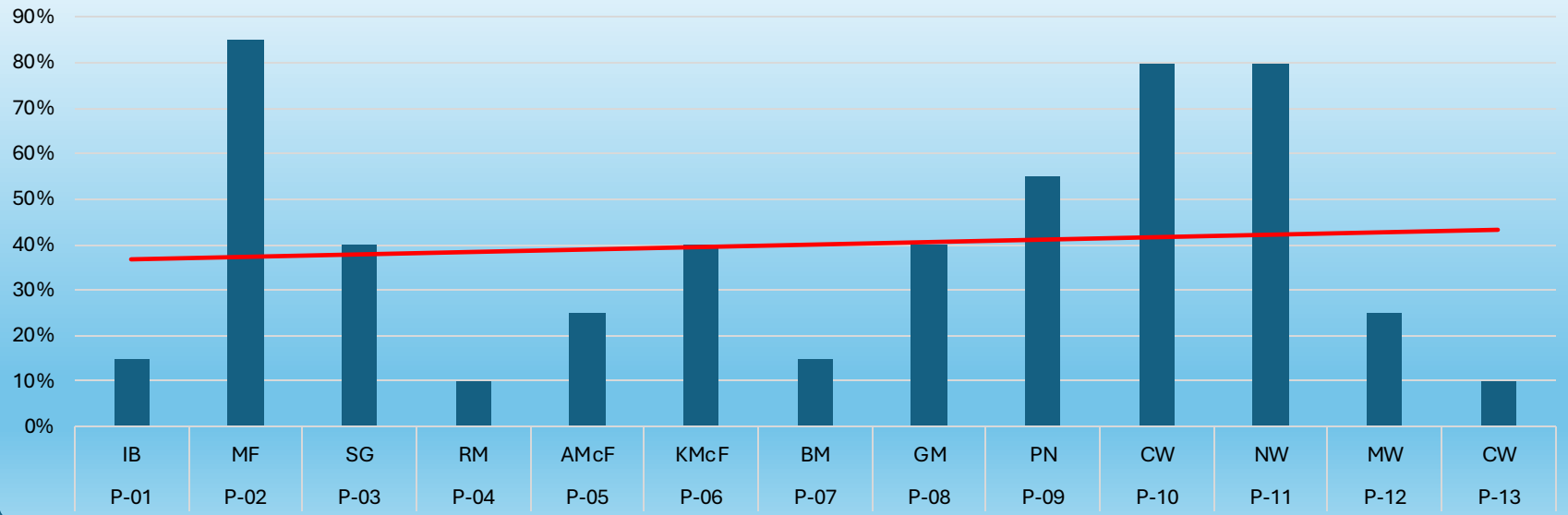
In this period, around 12.9 thousand females aged 75 years and over in Scotland were admitted to hospital as the result of a fall.

Typical Safe-Falling Session

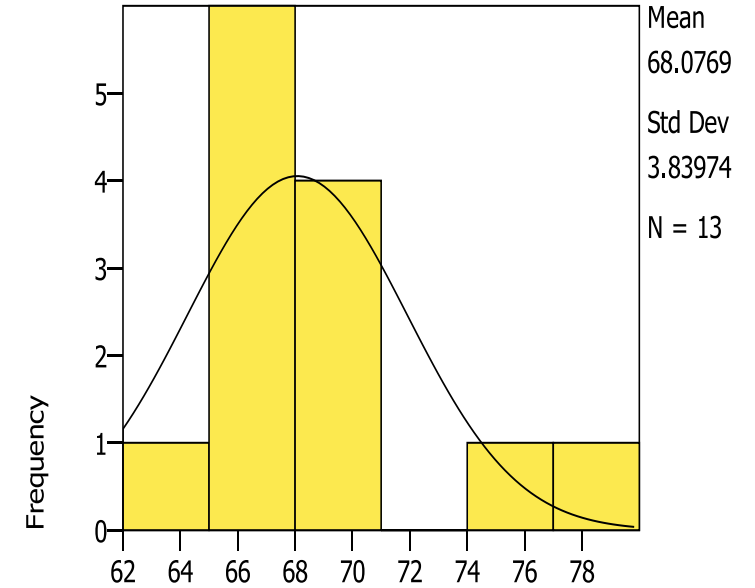
- Sessions last around one hour, including a welcome and an update of relevant information.
- The pace is relaxed, and participants can talk without getting breathless.
- In the early weeks, the focus was on balance and posture correction.
- In later weeks, it became more about movement and stretches, typically a low-impact (judo) warm-up.
- Micro-progression towards safe Ukemi is always the core of each session.
- Crash mats, chairs, benches, agility ladders are used to aid mobility and learning,

Week 1 Only		
Welcome	5 – 10 minutes	Include hopes & fears icebreaker
Overview Safe Falling Project	20 minutes	AV Presentation
Welcome Pack	10 minutes	include FoF & PARQ+ Forms
Introductory Session	30 minutes	
Summary, Q&A, Review	10 minutes	
Weeks 2 -		
Welcome	5 minutes	Brief Update & News
Warm Up	5 – 10 minutes	It can be TaiChi-based or a very basic Judo warm-up. Standing Movements, inc stepping forwards, backwards, lateral, cross legs, half lunges forward, backward, lateral, high knees, calves, flexors and hamstrings
Stepping, Balance & Posture	5- 10 minutes	If needed. More done in the early sessions. It can then be integrated into the warm-up drills. Wall, Bench or Chair based exercises, very basic strength & conditioning
Core Ukemi Micro-progression	20 minutes	From the ground. Fall forward, backwards and sideways. Starts slow but builds in intensity, as appropriate.
Advanced Ukemi	5-10 minutes	Crash mat based including mae-mawari-ukemi
Safe Standing	5-10 minutes	Participant improvisation, scenario-based challenges
Finish, Q&A, Review	5 minutes	

Safe Falling Pilot - Participant Attendance

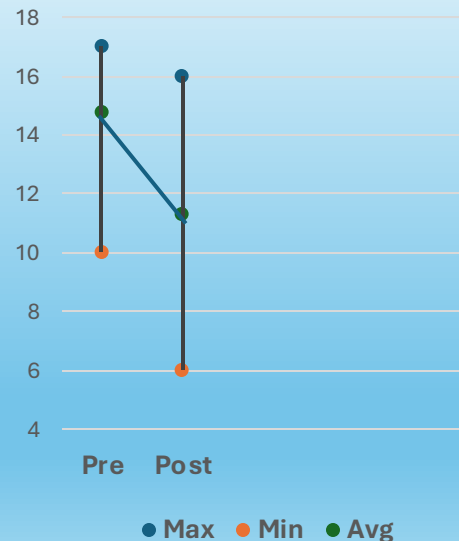


HISTOGRAM



Fear of Falling Pilot Results					
	Pre	Post	M/F	Age	
P1	16	11	F	68	
P2	17	11	M	69	
P5	14	12	F	69	
P6	16	10	F	65	
P9	15	16	M	68	
P10	17	14	F	67	
P11	10	6	M	74	
P12	13	10	M	67	
Max	17	16			
Min	10	6			
Avg	14.75	11.25		68.38	

Pre & Post Fear of Falling – (8 Respondents)



- 13 Participants completed Survey 1 (FoF Avg 15.4)
- 8 Participants completed Survey 1 (FoF Avg 14.75) and Survey 2 (FoF Avg 11.25) . **A reduction of 3.5**
- Matched pair T-test shows result is statistically significant
- No correlation between age and FoF or age and reduction in FOF
- The biggest shift is in “The thought of falling really frightens me”

Challenges Facing a Successful Project



Challenge

Perception of Judo is a barrier

It's too hard, I am too old

I might hurt myself

Who is Safe Falling aimed at?

What's the USP for Judo?

How to make it a desirable activity?

Identifying partners or funders to cover project costs
Organisations interested in Healthy and Wellbeing

Where and When?
Coach CPD?

Session Fees and Costs?

How to involve health professionals?

Others are well established!

We need to differentiate ourselves from Tai Chi, Otago Fall-Prevention Clinics

Judo as a prescribed activity in fall- prevention

Where do we fit in with other service providers or clinics?

How do we involve health professionals?

Solution

Specific demographic branding

Role Models

+ve Lifestyle Image

Create new social group

Social Media

Local testimonials

Brochures and Peer Group Promotion

Governing Body Promotions

Radio/TV/Press – Good News Stories

Insurance or others who will support Age Related projects

Present the cost vs benefit of Judo over others

Partial or Full Self-fund

Partnerships with falls clinics, Pilates, Physiotherapists, Sport Massage and Remedial Therapists are key to overcoming bias against Judo

Judo Safe Falling complements existing practice

Careful not to talk down others!

Better define the ideal demographic or beneficiaries e.g Pre-frail, mobile, cognitively able, age ranges?

Government Minister and Local Health Care Managers and Doctors support and promote the intervention

Conclusion

- The pilots demonstrated that participants improved their fear of falling.
- It is best to target pre-frail, mobile individuals or couples
- Questions remain over the long-term efficacy and retention of the new skills and safe falling.
- We need to demonstrate that (Safe Falling) Finding Your Feet is scalable and deliverable to a consistent quality standard.
- Government, Local Authority Health Care and other partner groups are interested in Safe Falling through Judo to improve physical health and wellbeing in older people. The question is how do we make it happen?

Thank You

