

The Prevention and Enablement Model (PEM)

Hardwiring physical activity into health and social care, to help improve the lives of people living with disabilities and/or long-term health conditions.



Objectives



SYSTEM

Develop system led opportunities for disabled people & those with long-term health conditions and encourage them to be active



WORKFORCE

To create practice-based learning opportunities that transform ways of working.



EMBED

To embed physical activity in the system, and to redesign a targeted pathway to achieve this.



IMPACT

To test and learn the impact of this transformation and build a case to scale up across Essex.

Workstreams



CARE HOMES



PHYSICAL ACTIVITY WITHIN OCCUPATIONAL THERAPY



STRENGTH & BALANCE



COMMUNITY PARTNERSHIPS (RECONNECT)

Key Findings



For every £1 invested, this model created a £58.71 return of Social Value



Significantly increased physical activity levels, which were similar to those living without a health condition/disability



Increased levels of happiness, self-efficacy and life satisfaction. The Life satisfaction monetary value estimated at £22,230 pp per year



Self-reported increases in confidence, social connections, learning of new skills and feelings of being more independent



Slight decrease in self-reported service-use across social care and health services (GP appointments, day care etc)



has led to

Strengthened relationships with third sector partners

Further opportunities, such as an integrated falls prevention programme, and inclusive sessions in leisure centres

Local authorities, NHS, care homes and the Provider Quality Innovation team, have all benefitted

Better understanding the system, leverage points, facilitative leadership and organisations having a shared vision.

Being able to engage with 1000 participants every month

Shared resources and skills have meant a more holistic approach has been taken, compared to working in silos.