

# REFERRALS

125

ACCEPTED REFERRALS

57

COMPLETERS

1

FALL HAS BEEN REPORTED  
SINCE STARTING M2I

42 DAYS

AVERAGE LENGTH OF STAY IN  
SERVICE



HEADLINE DATA FROM  
1ST MARCH - 30TH SEPTEMBER 2024

## FEEDBACK

100%



RECOGNISE THE BENEFIT OF  
STRENGTH AND BALANCE FOR  
FALLS PREVENTION

RATE THE SERVICE AS GOOD OR  
EXCELLENT (GOOD 46%,  
EXCELLENT 54%)

RECOMMEND M2I TO OTHERS  
RECENTLY DISCHARGED FROM  
HOSPITAL



“Thank you for helping me to get outside again -  
it’s really lovely to feel the fresh air”

MARGARET

## HEALTH OUTCOMES

38% INCREASE IN PEOPLE MOVING FROM  
UNDER 30MINS TO 30-90MINS/WEEK  
OF PHYSICAL ACTIVITY

46% INCREASE IN ABILITY (KNOWLEDGE,  
SKILLS AND CONFIDENCE) TO MANAGE  
OWN HEALTH AND WELLBEING

29% INCREASE IN WELLBEING SCORES  
(51% INCREASE IN FEELINGS OF  
USEFULNESS AGAIN)

93% OF PARTICIPANTS ARE DOING  
STRENGTH AND BALANCE EXERCISES  
AT THE END OF THE PROGRAMME  
(INCREASE OF 69%)



“When the sun comes up, I’m getting up. I’m  
doing everything for myself, independently  
now. I’m dressing, cooking and eating,  
showering... I’m doing all that on my own!”

COLIN NO LONGER NEEDS HIS  
PACKAGE OF CARE



Somerset  
Council



Website: [www.sasp.co.uk/move2independence](http://www.sasp.co.uk/move2independence)

# PARTICIPANT STORIES



## JANE

*"I've had absolutely nothing else to help me. I was actually waiting for physio for months and months before I even had my fall. I've been waiting for so long to find something like this. This is exactly what I need. It's been invaluable."*

## CHRISTINE

A decorative graphic on the left side of the page consists of several stylized hands in various colors (red, blue, purple) reaching out towards the text.

*"When I came out of the hospital, I only had an alarm fitted for safety reasons in case I fell, no other level of care was provided until M2I was introduced. When the Activator came I was under-confident and didn't like to walk more than 5m even in my own home. I now have some confidence again and I can go up and down the stairs. Most importantly I can leave these four walls. I have a bit of me back."*



## AN ACTIVATOR PERSPECTIVE

"Linda had physiotherapy exercises to complete in hospital which were useful but was only offered a walking frame when she was discharged.

Once home, Linda still didn't feel her fitness was enough to get back outside so was very grateful to M2I to come in to her home. She said it felt like the timing from us was brilliant to make the most impact. Linda was happy we were able to take her through the next stage in her recovery and show her how to move more with her condition.

Without M2I, Linda feels she would not have been able to get back outside and walking so is very grateful to have her strength, health and confidence back but most of all, be able to see people again."

## DAWN

*"M2I has really helped me get stronger. I am now able to do two walks a day with friends and family. Upon discharge from the Hospital, I had exercises from the physios to do which I had been doing even when my Activator started his first session. But with M2I it was the added extra I needed to get the strength back up to go outside again."*