

Project Specification Brief

Project Title:

Targeted Support for Older People in Darwen to Reduce Falls and A&E Admissions

Funding Source:

UEC Capacity Funding for VCFSE-led Schemes

Funding Period:

7 months (September to March) 1 month setup, 6 months delivery

Maximum Budget:

Up to £100,000 (Non-recurrent grant funding)

Geographical Focus:

Darwen, Blackburn with Darwen

EOI Submission Deadline:

Monday 2nd September 10am

Project Overview

The projects primary aims are to keep older people out of hospital and reduce the frequent use of urgent and emergency care (UEC) services during the winter period by providing targeted interventions and support to older people in Darwen at risk of injury due to falls. The initiative will focus on supporting frail older adults, particularly those at high risk of falling, whether they reside at home, in a care home setting, or are active in the community.

The project will involve proactive outreach, the development of preventive interventions, and close collaboration with local health and social care partners and organisations to avoid duplication of effort and offer added value, support people into existing services where there are some, and addressing unmet need if there aren't existing services

Key Deliverables

1. Comprehensive Risk Assessment and Outreach:

- **Objective:** Identify older people in Darwen who are frail and at high risk of falls, and engage them in the project.
- **Actions:**
 - Deploy Link Workers to conduct thorough risk assessments in homes, care homes, and community settings.
 - Develop a detailed outreach plan targeting high-risk individuals through local GPs, care home networks, and community organisations.



- Engage with families, carers, and local groups to ensure a holistic approach to identifying and supporting those at risk.

2. Development of Fall Prevention Interventions:

- **Objective:** Implement evidence-based interventions to reduce the risk of falls among older adults in Darwen.
- **Actions:**
 - Provide personalised fall prevention plans that may include home safety modifications, exercise programmes, and balance training.
 - Offer education and training sessions for older adults, carers, and care home staff on fall prevention techniques and best practices.
 - Introduce technological solutions, such as fall detection devices and wearable alarms, to enhance safety and rapid response.

3. Partnership with Local Health and Care Services:

- **Objective:** Integrate the project with local health and care services to ensure continuity of care and reduce A&E admissions.
- **Actions:**
 - Establish strong partnerships with local GPs, community health services, and social care providers to coordinate care and interventions.
 - Implement a referral pathway for high-risk individuals to access additional health services, such as physiotherapy, occupational therapy, and medication reviews.
 - Work closely with A&E departments to develop a follow-up protocol for individuals who have previously presented with fall-related injuries.

4. Monitoring, Evaluation, and Data Collection:

- **Objective:** Track the impact of interventions on reducing falls and A&E admissions.
- **Actions:**
 - Collect and analyse data on fall incidents, A&E admissions, and the effectiveness of interventions.
 - Use data to continuously adapt and refine the approach, ensuring that interventions are responsive to the needs of the target population.
 - Report on the project's outcomes, including the reduction in fall-related A&E presentations and overall improvements in participants' quality of life.

5. Service User Feedback and Case Studies:

- **Objective:** Capture and incorporate the experiences of service users to evaluate the project's effectiveness and inform future initiatives.
- **Actions:**



- **Service User Feedback:** Collect qualitative and quantitative feedback from older adults, their families, and care home staff. Feedback should highlight what aspects of the interventions were most beneficial, any challenges encountered, and suggestions for improvement.
- **Case Studies:** Develop at least three detailed case studies showcasing the impact of the project on individual participants. Each case study should describe the participant's risk factors, the interventions provided, the outcomes achieved, and personal reflections on the project's impact.

End of Project Summary, Findings, Learning, Impact, and Recommendations

As part of the project specification, all organisations submitting an Expression of Interest (EOI) are required to work directly with Spring North to produce an **End of Project Summary** that will be delivered at the conclusion of the six-month funding period. This summary must comprehensively address the following key elements:

1. Findings:

- **Objective:** Document and analyse the outcomes of the project, particularly in relation to the key deliverables outlined in the project brief.
- **Required Content:** A detailed assessment of what was achieved in terms of reducing falls among older adults, engagement with frail individuals in various settings (home, care home, community), and the effectiveness of fall prevention interventions. Identify any gaps, challenges, or areas where the project did not meet its intended goals.

2. Learning:

- **Objective:** Capture the lessons learned throughout the project to inform future initiatives.
- **Required Content:** Insights into what strategies worked well and which did not, particularly in relation to community engagement, integration with local health services, and the effectiveness of preventive measures. This section should include a reflection on how different approaches impacted the project's success, and how these lessons can be applied to future projects aimed at reducing falls in older populations.

3. Impact:

- **Objective:** Measure the overall impact of the project on participants and the wider community.
- **Required Content:** Quantitative and qualitative data demonstrating the project's effects on reducing falls and related A&E admissions among older adults. This should include an analysis of the social impact, such as improvements in participants' confidence and independence, as well as any system-level changes or improvements in service delivery.



4. Recommendations:

- **Objective:** Provide actionable recommendations for refining and adapting the delivery model for future use.
- **Required Content:** Based on the findings and learning, offer recommendations for improving future projects. This should cover aspects such as enhanced risk assessment strategies, improved service integration, better support for care home staff and community volunteers, and more flexible delivery models. The recommendations should be practical, evidence-based, and aimed at increasing the effectiveness and sustainability of similar initiatives.

Submission Requirements

- **Plan Inclusion:** Organisations must outline how they will collect, analyse, and report on these elements in their EOI proposal. This should include a clear methodology for data collection, strategies for engaging with participants and stakeholders, and a timeline for producing the End of Project Summary.
- **Reporting Format:** The End of Project Summary must be delivered in a format that is both comprehensive and accessible, suitable for sharing with stakeholders, funders, and the wider community. It should include both narrative and visual data presentation, such as charts, graphs, and case study summaries.
- **Delivery Deadline:** The final summary and recommendations report must be submitted no later than six weeks after the conclusion of the project (w/c 12th May 2025).

Reporting:

The final End of Project Summary, including all required sections, must be submitted no later than four weeks after the project concludes. The summary should be comprehensive yet accessible, including narrative, visual data, and insights drawn from service user feedback and case studies.

