

Exercise for All

Supporting self-managed exercise
in the community, for long term
disabled citizens.



Exercise for All (EfA) Community Association

Dr Radha Nair-Roberts

- Postdoctoral Neuroscientist, Involving People network member (Health and Care Research Wales)

Mrs Alison Williams

- Chartered Physiotherapist and Lecturer, School of Healthcare Sciences, Cardiff University

Inequality:

Poor access to community exercise facilities

- discriminates against the long-term disabled
- may be contributing to poor health outcomes

Immobility leads to secondary illnesses:

- Physical health:
- Mental health:

Welsh Government advise the public to look after their physical health but...

Limited access to:

- leisure centre gyms, swimming pools
- inclusive exercise equipment
- Inclusive exercise programmes
- staff trained to NVQ level 3
- Information and encouragement
- Logistical and financial support to exercise

Many people feel self-conscious and discouraged

The disabled aspire to self-manage but...

- There is no dedicated exercise referral scheme for disabled neurological patients.
- There is limited implementation of the NICE Guidelines....

NICE recommendations for MS

- 1.2.6: ensure MS patients and carers have a management plan
- 1.4.1: advise that regular exercise may benefit them
- 1.5.6: aerobic, balance, stretching exercises may help treat fatigue
- 1.5.8: consider a long-term program of aerobic and progressive resistance exercise
- 1.5.11: encourage MS patients to keep exercising after treatment for longer term benefits

Personal Experiences

- Patients access initial neurophysio treatment at hospital
- Treatment stops after weeks
- Diagrams of exercises are given to practice: Exercising alone at home is isolating and demotivating
- Often people practice exercises incorrectly
- It is well-known that people only remember a fraction of what they're told

National Exercise Referral Scheme (NERS)

There is very little available for people with long term neurological conditions.

The excellent concept underlying NERS needs to be developed to include the neglected section of the community with long term neurological conditions

Co-Production to prevent secondary illnesses

Welsh Government:

- should support Community Exercise programmes to enable people with long term neurological conditions to maintain their own health and fitness
- Develop NERS for people with long term neurological conditions

Partnering with community providers

Some excellent Community Exercise Programmes exist as charities/social enterprises

- But these are struggling to keep going ie. maintaining equipment and volunteers
- Some NHS services refer to these programs, but many do not.
- [YogaMobility](#)

Living, not just Existing

- Long-term disabled people face barriers to the regular, long-term, physical activity that could allow them to manage their own conditions, and improve their physical and mental health outcomes.
- true inclusivity and supported exercise in the community, can help achieve a better quality of life.
- This would allow the long-term disabled to have equal access to the community rather than be isolated