

Inspired Villages 2019 Pilot:

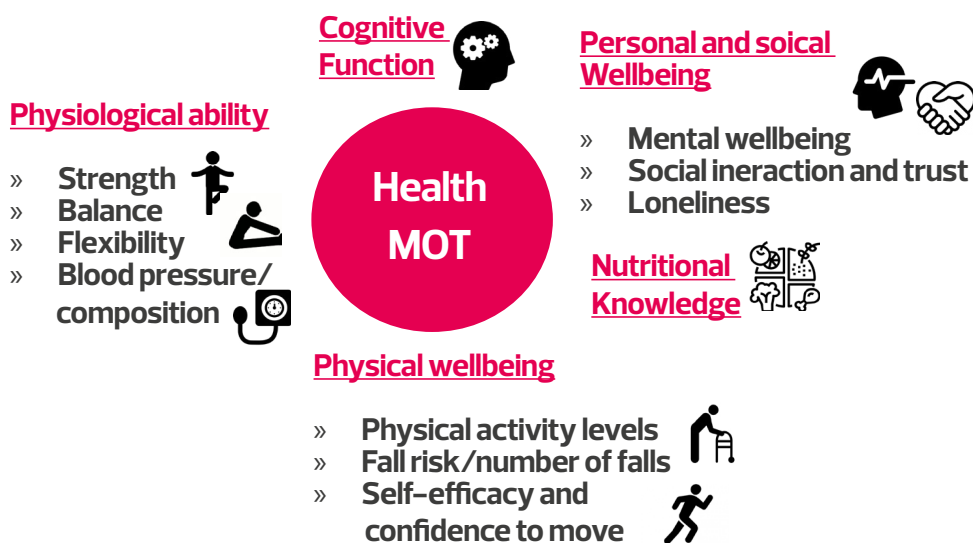
Health MOT Implementation within retirement villages

Throughout 2019, Inspired Villages piloted, at one of their retirement villages, Millbrook Village, Exeter, a wide range of physical activities for their residents. The role of Wellbeing Navigator was introduced to support residents holistic health and wellbeing.

Measuring Impact

A battery of tests, 'Health MOT', including 20 measures was developed to explore the impact of the pilot on residents.

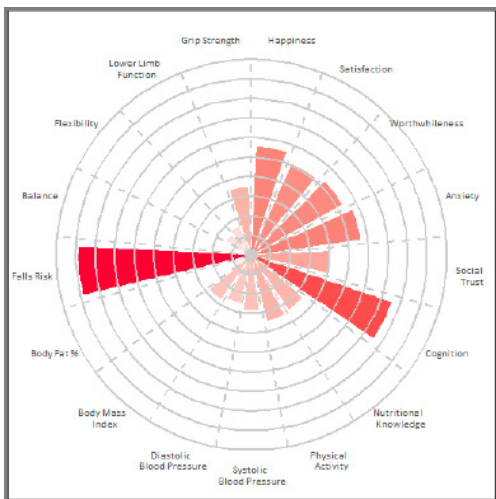
Health MOT's were taken at baseline and 6-months later.



Wellbeing Score

An overall 'Wellbeing Score' developed from the Health MOT data comparing to normative data.

Baseline: 38%



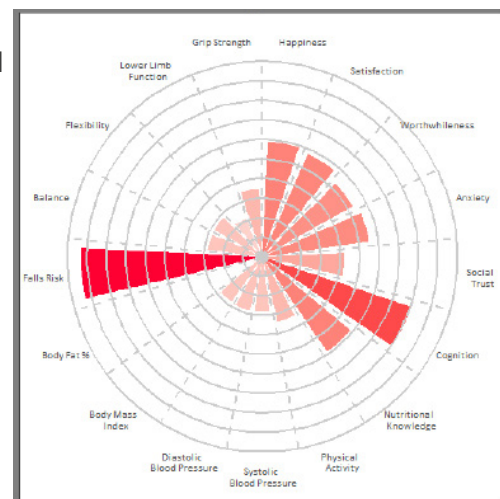
From baseline to 6-months:

- ↓ Risk of falls lowered
- ↑ Minutes spent walking increased
- ↑ Cognitive function improved
- ↑ Nutritional knowledge bettered
- ↑ Mental wellbeing increased
- ↑ Flexibility and balance bettered

Areas for Improvements

- ➡ Reducing blood pressure
- ➡ Reducing body fat % / BMI

6-months: 43%



Each circle indicates a percentile score of 10 (10%); 50% represents normative scores. Scores closer to the outside of the circle and ones darker in colour indicate the highest and most positive percentiles, including inverse measures of anxiety and fall risk.

Feasibility and next steps

- ✓ Well received by residents
- ✓ Scalability to Health MOTs possible
- ✓ Manageable and feasible for the Wellbeing Navigator to deliver
- ✓ Results proved useful for Wellbeing Navigator and residents
- ✓ Data can add to evidence base supporting healthy ageing and the Centre for Ageing Better's goal of promoting 'five more healthy years'.