

Sara Stedy Equipment Review (March – August 2016)

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The Sara Stedy is a simple and effective standing aid used to support the moving and handling of citizens who have mobility and transferring difficulties. It enables those more mobile citizens to stand up independently or with minimal support. The Sara Stedy helps to minimise manual handling by carers in a wide range of care situations. It is relatively simple and safe to use and operate by both the user and carers alike. The Sara Stedy is often significant in reducing care packages, enabling citizens to remain in their own homes with minimal support.

This report was set out to evaluate the effectiveness of the Sara Stedy 'standing transfer' aid over a set period – 6 months. The data is analysed in **appendix 1** and included 22 referrals for Sara Stedy.

Of those issued, 7 Sara Stedy transfer aids were deemed unsuitable after the first assessment, but this was due to a number of reasons, usually general deterioration in the Citizens condition and an inability to use the equipment safely.

The Sara Stedy can be used to trigger a number of positive outcomes in care situations:-

1. Facilitates hospital discharge.

The Sara Stedy is relatively easy to operate. Where appropriate, informal carers and relatives can be taught to use the equipment, before a discharge is arranged, enabling them to support 'loved ones' to manage at home as quickly and as independently as possible after a period of hospital admission.

When there is a need for a package of care from an agency, formal carers are often already familiar and comfortable using the Sara Stedy which may speed up the discharge process.

During this study period, the Sara Stedy facilitated discharge from hospital for 9 citizens.

2. Reduces risk of falls / Promotes safety.

Falls are an increasing problem for Citizens who have mobility and transfer difficulties. The Sara Stedy can be greatly beneficial for those Citizens whose ability to move and transfer fluctuates during the day. Where this is the case, the Sara Stedy is used for safety, only as and when required, e.g. only in the evening where the user is more tired and prone to falls, or in certain environmental locations where transfers are more difficult. The provision of a Sara Stedy in these situations is preventative and reduces the risk of a hospital admission and surgery. Costs of which are significant.

During this study period, the Sara Stedy reduced the risk of falls and promoted safer handling for 14 citizens.

3. Enables single handed care.

The Sara Stedy is simple to use and designed to enable single handed care. This obviously depends on the ability of the citizen to stand with minimal assistance and maintain balance during transfers / for personal care etc.

During this study period, the Sara Stedy enabled single handed care support for 10 citizens. Of these cases:-

- 4 Citizens received single handed **formal** care only
- 4 Citizens received single handed **formal** care plus single handed **informal** care at other periods during the day

- 2 citizens received single handed **informal** care only

4. Reduces real time care package costs.

Sometimes it is possible to reduce an existing package of formal care by using a piece of equipment to manage the transfer more safely and efficiently. The Sara Stedy has been designed to reduce the number of handlers needed in a care situation and whilst this is not possible in every situation, the cost impact of providing a simple piece of equipment, is clearly evident.

During this study period the impact of providing a Sara Stedy demonstrated a reduction in package of formal care support for just 2 citizens. Of these cases:-

A. One citizen had their formal care reduced from 2 – 1, four times a day (seven days a week) –
Calls with Agency A are:-

- One hour in the morning (£13.76 per hour) – x1 daily = £ 13.76
- Three half hour calls during the day. (£ 7.88 per half hour) = £ 23.64
- Cost of one Agency carer per day = £ 37.40
- Cost of one Agency carer per seven day week = £ 261.80
- Cost of one Agency carer after 26 weeks (six months) = £6806.80
- Minus cost of a Sara Stedy Standing Aid = £ 990.00
- **Cost Savings over six month period will be** = **£ 5816.80**

B. One citizen had their formal CHC funded care reduced from 2 – 1, twice a day, seven days a week, during the two half hour lunch and tea time calls (*The morning and evening calls remained double handed*)

Calls with Agency B are:-

- Two half hour calls during the day. (£ 9.31 per half hour) = £ 18.62
- Cost of one Agency carer over seven day week = £ 130.34
- Cost of one Agency carer after 26 weeks (six months) = £3388.84
- Minus cost of a Sara Stedy Standing Aid = £ 990.00
- **Cost Savings over six month period will be** = **£ 2398.84**

The cost value of equipment is clearly evident with savings for the above two cases being significant and this would obviously increase if the care package continues unchanged over the next few review periods.

5. Reduces risk of informal carer breakdown.

Whilst the real time cost savings are easily measurable, the unseen cost of informal care is also important especially where that care is close to breakdown. Moving and handling equipment is a preventative measure and reduces risk of injury to carers and citizens alike. The Sara Stedy can greatly facilitate Informal Carers in their caring role, reducing the amounts of hands on support required, reducing strain on Carers who are struggling with moving and handling and enabling greater levels of independence for the Citizen.

During this study period, the impact of providing a Sara Stedy demonstrated a reduction in the risk of informal carer breakdown for 8 citizens. Many of these informal carers were struggling before the Sara

Stedy was provided, in some cases using unsafe handling practises e.g. 'drag lift and using equipment that is designed for two carers rather than one.

6. Increases Well Being / Confidence.

The Sara Stedy is a simple aid to independence. In some cases, Citizens benefit from a period of rehabilitation (at home or in the community) and can go from using a hoist where they are totally dependent, to a Sara Stedy, where they can become more active in their care. During these periods, Citizens often develop a greater sense of well-being and control, developing confidence in daily activity which, with further rehabilitation, can sometimes reduce the need for care intervention or the equipment itself.

During this study period the impact of providing a Sara Stedy demonstrated an increase in well-being and confidence for 12 citizens.

Conclusion:

This study highlights the positive benefits of this equipment. The Sara Stedy is an extremely effective and essential piece of moving and handling kit, which is generally endorsed by Therapists, Carers and our Citizens alike.

Real time cost savings can be easily measured for those cases where formal care has been reduced, but there is equally a huge unseen 'preventative' cost saving in the support that the Sara Stedy offers for the ever increasing number of informal carers. These Carers support our vulnerable citizens and this equipment enables them to continue in their caring role, which is often without additional support from the agency staff.

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Based on 6 Months Activity - March - August 2016

Total Number of Sara Stedy's Reviewed was 22

