

Post or deliver completed forms to: The Health Improvement Commission, The Perkins Suite, KGV Playing Fields, Rue Cohu, Castel, Guernsey, GY5 7SZ

Or email completed forms to: sam.green@healthimprovement.gg

Once the form has been submitted, we'll contact you to discuss your application. If it meets the initial eligibility criteria at this stage, you'll be invited to an appointment to talk through the next steps.

Full Name:	
Date of birth:	
Address	Postcode:
Telephone Number (s)	
Email Address	
Emergency Contact Name & relationship	
Emergency Contact Telephone Number	
Do you have any existing health conditions we should be aware of?	
If yes, please specify: <i>Please note the inclusion/exclusion criteria on the back of this page</i>	

Data Protection Statement – REACT Programme

The Health Improvement Commission will use the information you provide to assess your suitability for the REACT programme and to contact you about your application. If you are invited to the screening stage, further data will be collected and you will be asked to complete a participant agreement form. If you do not proceed to screening, your data will be retained for up to 6 months and then securely deleted.

Your data will be stored securely and handled in line with our Privacy Policy, available at:
www.healthimprovement.gg/privacy

By signing below, I confirm that the information I have provided is accurate, that I have read and meet the inclusion/exclusion criteria outlined on the second page, and that I have read and understood the data protection statement above. I agree to the Health Improvement Commission handling my data in line with its privacy policy.

Signature: **Date:**

FOR REFERRER'S ONLY

Referrer Name: **Organisation:** **Role:**.....

By signing below, I confirm that the information provided is accurate, the referred individual meets the inclusion/exclusion criteria, has read and agreed to the data protection statement above, and has consented to this referral and the sharing of their personal information.

Signature: **Date:**

REACT Inclusion/Exclusion Criteria

✓ Who Should Take Part in REACT

This programme is most suitable for people aged **65 or older** who:

- Have **some difficulty with mobility** in daily life and are finding it increasingly hard to:
 - Walk up stairs
 - Get out of a chair without holding on
 - Walk for more than a few minutes without needing to rest

Participants should be able to:

- Walk around their own home or across a room unaided (no walking aid or help from someone)
 - Get out and about without physical assistance from another person (with or without a walking aid, but **not** a walking frame)
 - Stand up from a chair without assistance and remain standing without support
 - Walk unaided and remain standing for most of the class
 - Take a backward step with confidence
 - Get up from the floor without physical assistance or help from anyone else
 - Can walk for about 10 minutes without stopping to rest (with or without walking aid)
 - Follow instructions
 - Monitor their own level of effort and respond appropriately
-

✗ Who Should Not Take Part in REACT

The programme is **not suitable** for individuals who:

- Cannot walk across a room without the help of a walking aid or another person
- Have a medical condition that severely limits their capacity or makes it unsafe to move around a community venue in a group
- Have had multiple falls (more than 2), a fall resulting in fracture, or unexplained falls, in the past year
- Are unable to get up from the floor without help
- Have had a fall in the last 6 months or are awaiting physiotherapy assessment for falls or frailty
- Require a stick for walking short distances (10 steps or less)
- Are prone to feeling dizzy when standing up
- Are awaiting a GP or health professional follow-up for an uncontrolled medical condition or waiting on medical test results
- Have ever been told they should not exercise because of a medical condition or only complete medically supervised physical activity.
- Have **contraindications to exercise** (e.g. drop in blood pressure during activity, or awaiting results of medical tests) – for a list of full contraindications see the contraindications list