



Building Exercise Options in Rural Areas

‘The Physical Activity Leader Network’



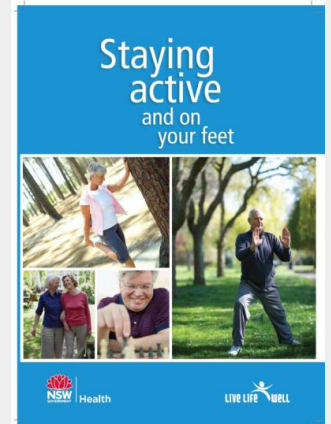
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Population Health

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Community dwelling older people

Interventions:

- - Home exercise program (balance and strength)
- - Group based Tai Chi
- - Group based balance and strength programs
- - Dose of exercise = 2 hours of exercise per week over 25 weeks



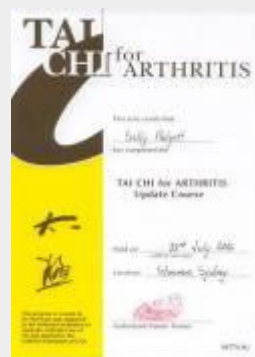
Community dwelling older people

Interventions:

- - Multi-factorial interventions (SteppingOn)
- - Home hazard assessment/modification
- - Gradual withdrawal of psychotropic medications
- - Cataract surgery
- - Pacemakers if have carotid sinus hypersensitivity

Physical Activity leader Network (PALN)

- Volunteer Support Strategy established in 2007
- To ensure the continuation of low cost falls safe physical activity options for older people in rural communities
- Identified by NSW Health as a strategy to sustain leaders in rural and remote areas
- To service leaders who provide classes on a not for profit basis
- Health Promotion offers two approved fall safe activities with strength and balance component – Tai Chi for Arthritis and Community Exercise





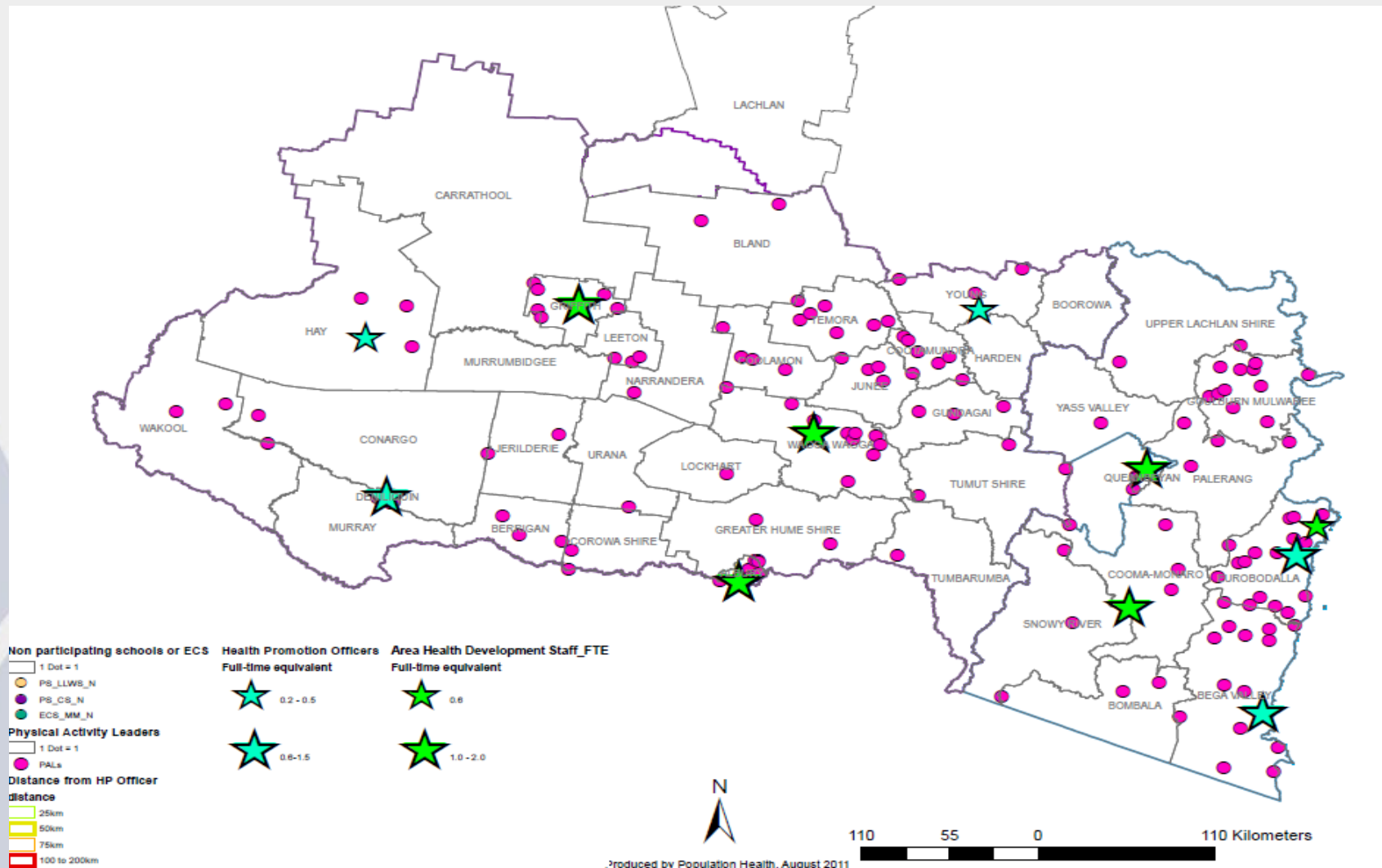
Community Exercise in the former GSAHS/GWAHS

- Offers graded exercise and appropriate exercises for older less active adults, and helps reduce the physical, social and physiological problems associated with reduced activity.
- 24 classes operating
- 15 LGA's, 17 communities
- 501 people participate on a regular basis

Currently reviewing this program.



Where classes will be offered....later this year



Network, resources & products

Posters



Certificates



Business cards

T-Shirts



Badges & logos



'Something for the community'

- The Network is an important resource for leaders.
- Of the 100 Tai Chi leaders, 75% are community volunteers and 25% are GSAHS staff.
- In 2008-09, leaders contributed 7620 hours of direct teaching time. Which equates to 300 000 hours of free volunteer labour per year, a saving of more than \$350 000 per year.
- The unit cost is \$76 per participant per year.
- The key costs of the program relate to teaching, administration and resources to leaders.
- **What the leaders say.....**

'at the start of the year I had to be resuscitated on the beach. I had no pulse and I wasn't breathing. I am afraid to say that I am not as healthy now as I was when I started., and down my whole right side I have a burning sensation...especially in the leg.....However I am convinced that if it wasn't for Tai chi I wouldn't be here now.....





Outcomes and Evaluation

- Registration rates (standardised per 100 000 population) indicate 1.7% of the population over 65 years undertake TCA in 39 LGA's.
- Participant's most common risk factor for falls was chronic illness (215/246; 87%).
- Sustainability and class resilience is affected by recruitment, succession planning and leader development approaches.
- The program reduces falls risks by directly improving balance, and indirectly through improving activity levels, reducing social isolation, improving concentration, and mediating some elements of behaviour change.





Outcomes and Evaluation

- The PALN model is efficient, well-respected in communities and builds social capital.
- The most common venues are community halls
- Men over the age of 75 years and women in the 65-74 year age group are the most common participants to TCA classes
- Some 71% of participants surveyed in Feb 2010 were relatively experienced class members who have been attending for 6 months or more. 15% for one month or less and 14% for between 2 and 6 months.
- 204 men and 1329 women were registered to participate in TCA in June 2010

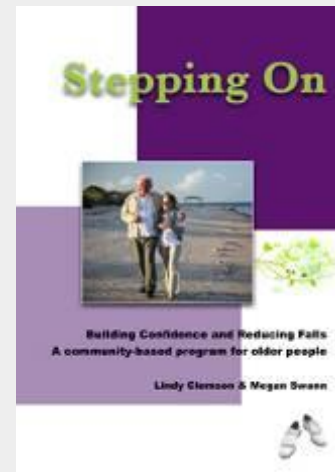
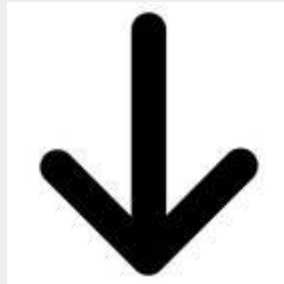
NSW Dept Health: Web Based Directory



- Used by local communities and health professionals to identify PA programs that incorporate a falls prevention component
- Free service to locate appropriate falls safe activities across NSW
- Encourage all public and private providers to register classes on the database
- If you have a program that may be suitable you can register at:
www.activeandhealthy.nsw.gov.au/register

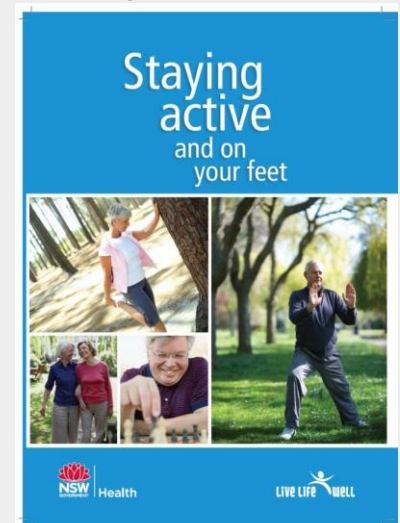
Referrals and Links.....

Acute Inpatient Procedure: Continuum of Care



Other falls safe exercise models

- **Easy Moves for Active Ageing :**
<http://www.activeageingaustralia.com.au>
- **Stepping On: Contact your Falls Program Coordinator in your local Health District**
- **Basic Steps Program: 02 88775300**
- **Heart Moves: <http://heartmoves.heartfoundation.org.au>**
- **BEST at Home:**
- **Staying Active and on your feet Booklet :**
- **Otago Exercise Program**



What else can you tell me?



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Join the NSW Falls Network:

<http://fallsnetwork.neura.edu.au>

Falls Prevention is Everyone's Business

