



BEST at home

Balance Exercise Strength Training

Prepared by

Amanda Bates

Health Promotion Service

Illawarra Shoalhaven LHD



Health

Background

- BEST at home
 - **B**alance **E**xercise **S**trength **T**raining home based exercise program
 - Based on the Otago Exercise Program
 - Workshops rather than home visits
- Grant from NSW Health (2009)
 - Evidence based PA to support falls prevention in older adults in the community
 - \$50,000

Implementation

- Wollongong/Sutherland LGAs
 - 60 years and over
 - 167 ppts
- Shoalhaven (Sussex Inlet/Bay & Basin)
 - 70 years and over
 - 32 ppts
- Hurstville LGA (Chinese community)
 - 65 years and over
 - 56 ppts

Recruitment

- Wollongong/Sutherland
 - Advert in local paper
- Sussex Inlet/Bay&Basin
 - Advert in newsletter
 - GP flyers
- Chinese
 - Advert, radio, promotion to existing groups



SOUTH EASTERN SYDNEY
ILLAWARRA
NSW@HEALTH

Are you....

- ✓ 60 years or over?
- ✓ Interested in home-based exercise?
- ✓ Not participating in an exercise program?

 **BEST at home**

Balance Exercise & Strength Training

 (02) 4221 6732

Call Amanda from the South Eastern Sydney Illawarra Health, Health Promotion Service

We would like you to take part in our...

Home-based Balance Exercise and Strength Training program (BEST at home)

The **BEST at home** program involves:

- participating in a 24 week program
- doing strength and balance exercises at home three times per week
- doing a basic walking program
- attending two workshops in either Wollongong or Sutherland.

This program is free of charge. Please be advised you will require clearance from your GP to participate.

If you are interested or would like more information, please contact:

Amanda Bates from the South Eastern Sydney Illawarra Health, Health Promotion Service on **(02) 4221 6732** by Friday, 28th August 2009.

Program

- 24 week program
 - Week 1: Workshop 1
 - Weeks 3/4: F/up phone call (then workshop)
 - Week 12: Final workshop
 - Week 24: Final questionnaire via post
- Calendars were used to record exercise and falls
 - returned each month

Workshops

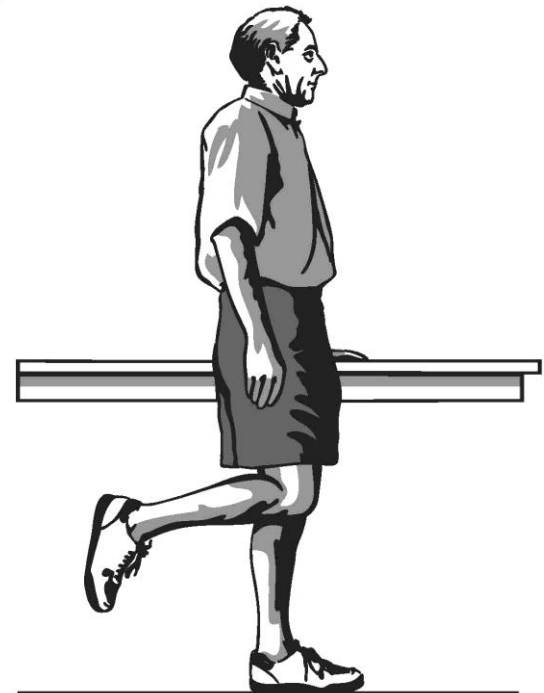
- Workshop 1 (Wk1) and 3 (Wk12)
 - 12 pts per workshop, two hour duration
 - Questionnaire
 - demographics, falls, activity level, medications
 - Strength and balance testing
 - Timed up and go, Sit to stand (5), Berg Balance
- Workshop 2 (Wk4)
 - One hour duration
 - Exercise technique

Workshops

- Demonstration and participation in exercises
 - lead by physios

One leg stand – hold support

- ① Stand up tall beside the bench
- ② Hold on and look ahead
- ③ Stand on one leg
- ④ Try to hold this position for 10 seconds
- ⑤ Stand on the other leg
- ⑥ Try to hold this position for 10 seconds



Resources

- Resource Bag
 - Exercise manual
(diagrams of exercises)
 - Ankle weight
 - Calendar
 - Staying Power book
 - Pedometer*
 - Heartmoves DVD*

* Not included in Shoalhaven and Chinese programs

This calendar has been provided to monitor your progress in the program.


Each day you do an activity, mark it on the calendar as listed below.
If you have a fall, record this as well.

E if you complete the balance and strength exercises
W if you go for a walk
D if you do the Heartmoves DVD or video
F if you have a fall

At the end of each month, please tear off the page for that month and post to us using the reply paid envelopes provided (no stamp required). If you have misplaced the envelopes, please send to the address on the top of the calendar page (no stamp required).

If you have any questions, please contact Amanda Bates
 ☎ (02) 4221 6732
 or email amanda.bates@sesiahs.health.nsw.gov.au

Tear off and mail to: Reply Paid 78897, Amanda Bates, Population Health, Locked Bag 9, Wollongong NSW 2500



BEST at home
Balance Exercise Strength Training

XXXXX

September 2009

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Each day you do an activity, mark on the calendar:

E = Exercise
W = Walk
D = DVD or video
F = Fall

DON'T FORGET
MAIL PAGE AT
END OF MONTH

Have you done your BEST at home today?

Results

- Significant improvements in strength and balance measures (n=105)

Test	Pre test mean	Post test mean (Wk 12)	Signif
Sit to stand (5)	12.6 sec	10.8 sec	p<.01
Timed up & go	7.2 sec	6.6 sec	p<.01
Six min walk	503.9 metres	540 metres	p<.05
Berg balance scale (4 items)	13 score	15.1 score	p<.01

Results

- 12 week questionnaire (RR 84%)
 - 96% recommend the program to someone else
 - 91% exercises OK to do on a regular basis
 - 4% too hard, 5% too easy
- 24 week questionnaire (RR 83%)
 - 86% indicated they planned to continue to do the strength and balance exercises
 - 64% would be interested in attending a regular exercise class in their local area

Results

- 12 month questionnaire (RR 77%)
 - 49% were still completing BEST exercises
 - Of those still completing exercises:
 - 68.5% two or more times per week
 - 20.4% once per week
 - 11.1% once per fortnight or less
 - Issues that make it difficult to do exercises:
 - Ill health, injury, pain (18)
 - Motivation (18)
 - 82% walking regularly

What worked well

- Exercises produced improvements in measures of strength and balance
- Response showed a strong interest in home-based exercise in the community
- Physiotherapists to deliver exercise instruction
 - Modify exercises according to ppt co-morbidities
- Higher proportion of males
 - Compared to community exercise classes

Challenges

- What is the most appropriate age group?
- Maintaining motivation of participants
 - Contact via phone, post, email, sms
- Long term adherence to exercise program
- Recruitment
- Translations
- Bilingual support staff and exercise professionals



Costs

- Advertising
- Physiotherapists
- Program manual
- Program resources
 - Weights, pedometer*, DVD*, book*, bag*
- Design and print*
- Venue hire*
- Testing resources*
- HP staff – in kind contribution

Contact

Illawarra Shoalhaven LHD Health Promotion Service

Michelle Kershaw

Ph: 02 4221 6776

michelle.kershaw@sesiahs.health.nsw.gov.au

Amanda Bates

Ph: 02 4221 6726

amanda.bates@sesiahs.health.nsw.gov.au