G.A.N.E – Get Active New England
Innovative and Flexible

GANE Motto:
“To Stay out of Care, Get out of your Chair”

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GANE Physiotherapist
May 23, 2014
WHAT DOES G.A.N.E. DO?

1. Develop falls prevention programs for frail aged in the community (HACC eligible)
2. Conduct assessments to identify personal (physical & medical) and environmental falls risks.
3. Provide exercises that build strength & improve balance
4. Provide community education
5. Build community capacities to conduct programs
ISSUES

• Providing cost-effective, sustainable strength & balance programs in rural communities
• Identifying interested persons to deliver strength & balance programs
• Providing training that is affordable & accessible
• Support & mentorship for program providers
• Community awareness
• Engagement & support of participants
G.A.N.E. MODEL

G.A.N.E.
GET ACTIVE NEW ENGLAND ASSESSMENT

H.N.E.L.H.D.
GUIDE DOGS
H.A.C.C.
G.P.
LOCAL COUNCIL

SERVICE PROVIDERS

CLIENT / FAMILY

G.A.N.E. MODEL

HIGH RISK FRAIL AGED

THERAPIST DIRECTED EXERCISES
TAI CHI
G.A.N.E. HOME EXERCISES
HACC CBDC EXERCISES

COMMUNITY BASED EXERCISE and EDUCATION

LOW RISK ACTIVE
HEART MOVES
TAI CHI
OTHER EXERCISES

WALKING GROUP

GUIDE DOGS

HACC

CBDC

EXERCISES

HOME EXERCISES

TAI CHI

COMMUNITY BASED EXERCISE and EDUCATION

LOW RISK ACTIVE
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OTHER EXERCISES

WALKING GROUP

GUIDE DOGS

HACC

CBDC

EXERCISES

HOME EXERCISES

TAI CHI
INITIATIVES & IMPLEMENTATION

• **HACC Day Centres** - provided with equipment, manuals, training on assessing & implementing program / delivery of education, exercise programs

• **Falls ‘Clinics’** – collaboration between health service physios & GANE physio

• **Home Programs** – health services, client, family, GP referrals
INITIATIVES & IMPLEMENTATION (2)

• Partnerships
  a) local councils who conduct day centres and provide client care services
  b) Guide Dogs NSW/ACT and Vision Australia: high risk clients; joint visits for safety & mobility assessments
INITIATIVES & IMPLEMENTATION (3)

• Public Education & Awareness
  a) forums (2 years; 18 sites; 800 participants)
  b) special interest groups (20+ presentations in 2 years)

• Retirement / Lifestyle Villages: self referred requesting advice on equipment and assistance with setting up program
Encouraging & challenging results identified.

• **Encouraging:**
  a) home-based client engagement & participation
  b) client outcomes in all delivery areas
  c) good referral numbers
  d) high level of community interest - increasing
  e) participants → volunteers → ‘instructors’
  f) well supported by health professionals
## RESULTS / OUTCOMES

<table>
<thead>
<tr>
<th>ASSESSMENT</th>
<th>NORMAL</th>
<th>PRE-PROGRAM</th>
<th>POST-PROGRAM</th>
<th>% CHANGE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>HEP</td>
<td>CBDC</td>
<td>HEP</td>
</tr>
<tr>
<td>Timed Up &amp; Go</td>
<td>8-10 secs</td>
<td>17</td>
<td>13.8</td>
<td>11</td>
</tr>
<tr>
<td>180° Turn</td>
<td>3-4 steps</td>
<td>4.6</td>
<td>4.8</td>
<td>4</td>
</tr>
<tr>
<td>Sit To Stand</td>
<td>12 secs</td>
<td>20.8</td>
<td>17.9</td>
<td>14.4</td>
</tr>
<tr>
<td>Alternate Step Test</td>
<td>10 secs</td>
<td>15</td>
<td>12.9</td>
<td>12.2</td>
</tr>
<tr>
<td>Near Tandem Stance</td>
<td>10 secs</td>
<td>6</td>
<td>8.4</td>
<td>8.8</td>
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</tbody>
</table>
RESULTS / OUTCOMES

• Challenging:
  a) Low engagement & poor sustainability; attitude of staff, committees, clients in Day Centres
  b) Travel distances / return visit time frames
  c) Service coordination
  d) Access to skilled instructors
  e) Extent & impact of ageism on client engagement
  f) Low numbers of Aboriginal clients
• 3 future projects
a) Reablement: working with care workers to encourage & reable clients for independence
b) Building Stronger Rural Communities (HNELHD, HACC & RuralFit)
c) Collaboration with Guide Dogs NSW/ACT to develop a DVD with instructions for strength & balance exercises
LESSONS GAINED / QUESTIONS

- Falls prevention is NOT a tick box activity
- Service delivery MUST be flexible
- Partnerships & collaboration important

QUESTIONS