



HUNTER NEW ENGLAND
NSW  HEALTH

Outline

CAPACITY BUILDING STRATEGIES...

- Fitness leader training
- Leader mentoring - fitness and business skills
- Supporting resources
 - Marketing guide for starting up and sustaining classes
 - Equipment start up packs
- Professional and referral networks

Fitness Leader Training

- Certificate III/IV in Fitness (Older Adults Modules)
 - TAFE NSW
- Continuing Education Credit (CEC) courses
 - Active Over 50 (Hunter New England Health)

TAFE NSW- New England

- Made available modules specific to training older adults in teaching of Cert III/IV in Fitness
- Inclusion of balance and strength content into teaching of modules
 - Tested through pilot study
- Subsidy of course costs by HNE Health and TAFE NSW
 - Target potential leaders from high need areas of New England

Leader mentoring - TAFE

- Development and funding of mentorship program for leaders who complete TAFE courses:
 - Fitness skill mentorship by TAFE teacher
 - Local work experience classes
 - Business mentorship by business development specialists

Active Over 50

- Inclusion of fall injury prevention content into Active Over 50's 2-day (14CEC) course
- Development of 'Action Balance for Seniors' top-up training 3hr course (3 CECs)
- Course subsidised/fully funded by HNE Population Health
- Targeting leaders with capacity/ interest

Leader mentoring- Active Over 50

- Development and funding of mentorship program for leaders who complete Active Over 50 courses:
 - Fitness skill mentorship by Active Over 50 coordinator
 - Class start support from Active Over 50 Coordinator
 - Peer mentorship

Supporting resources

- Marketing guide for starting up and sustaining classes
 - Venue selection and negotiation
 - Client base – senior's groups etc
 - Class promotion – media, giveaways, etc
 - Linkages with referral pathways – GPs, AHS
- Templates, pamphlets, products
- Dissemination linked to leader training courses

Supporting resources

- Equipment start up packs
 - Linked to balance and strength exercises
 - Therabands, balls, storage bags
 - Dissemination at fitness leader courses
 - Targeting leaders with capacity/interest

Professional & referral networks

- Professional network – Active Over 50
 - Coordinator support
 - Peer support
 - Badging and resource support
- Referral networks – Active Over 50
 - 1300 number
 - Timetable provided to health professionals and community

Outcomes/insights

TAFE partnership

- 10 week pilot in Armidale – community centre
 - participants improved in Quickscreen© scores
 - decreased fear of falling
 - improved self-rating of balance ability
 - importance of socialisation
 - price point of \$5 identified
 - frequency of 2 x week appropriate
 - class length of 45 mins appropriate
 - exercises appropriate

Successful pilot program, now it's time to party

A GROUP of Armidale seniors are about to tackle the world with greater enthusiasm after completing a 10-week pilot program to build their strength and improve their balance.

The new and innovative program has been trialled in Armidale to encourage older people to get more active and develop improved strength, balance and activity skills.

Falls prevention program co-ordinator physiotherapist Gillian Traise says it's been a great success.

"The idea behind the program was to help build the confidence and mobility of our seniors as they went about their day to day activity," she said.

"The statistics of elderly people falling and breaking bones is quite high, and they end up in hospital, we want to prevent that from happening.

"We called for volunteers for the pilot program and were surprised by the number of people who were looking for exactly the type of program we wanted to trial.

"It was a 10-week program with the group meeting twice a week and focusing on improving balance, strength, activity and mobility through gentle exercise.

"The results have been



Pat McRae is ready to tackle life with new strength and balance

Picture: TIM BARNSELY

great. Even though the pilot has ended, everyone wants it to keep going."

Ms Traise said 'it's been very social as well and to

celebrate the end of the pilot program the group is throwing a graduation'.

"It is very important for the general health of all to

keep moving and this trial has provided a practical and fun way of encouraging exercise and activity," she said.

"We will look at all the data collected with a view to rolling the program out across a number of centres in the New England."

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