Partnerships in Reaching Older People

Presented By: Trish Nove and Members HOPP (Healthy Older People Partnership) Falls Prevention, WSLHD
1. 65+ Double numbers in next decade

2. Key strategy to reduce risk of Falls – Building Strength and balance.

3. Currently reaching some older people but not others

4. How do we close gap?
1. Offered EOI to managers of up to 50 NGO and Government services accessing older people.

2. Positive response.

3. Proposed a Forum/Workshop to explore further.
1. 45 Service reps attended/4 Services presented current work alongside WSLHD, (current evidence).

2. Workshop - Discussed Partnership feasibility- 100% agreement to form a Steering committee.

3. All Services completed an Organisational Assessment to assess organisational capacity to deliver S&B exercises.

4. Identified current resources and what was needed to improve capacity.
**Partnership Structure**

**Healthy Older People Partnership (HOPP) Project**
(To improve Health, Strength & Balance of Older people in WSLHD)

**NGO & Other Services Partnership Forum**
(40 People attended)

**Steering Committee**

- **Multicultural Sub Group**
  Strategies to put CALD on the Agenda

- **HOP Communication Media Sub Group**
  Strategies to Promote and Advertise Project

- **Planning & Evaluation Sub Group**
  Overall Planning and Evaluation Framework

- **Individual Package Sub Group**
  Collaborate with Partners to Develop an Individual Package for Older people living more isolated in their homes

**Members report to relevant management structure**
Goal: To improve the fitness, strength, balance, health and well-being of older people living independently in the WSLHD, including the more socially isolated.

Objectives:

1. Engage, form and maintain effective partnerships with key stakeholders
2. Improve the knowledge and balance and strength skills of older people
3. Improve the knowledge and balance and strength skills of relevant services providers
4. Increase the numbers of older people undertaking strength and balance exercises.
5. Increase the number of services accessing older people, who are adopting safety and HOPP policies/ procedures into their practice.
Healthy Older People Partnership (HOPP) Project—WSLHD
(A Combined Government and Non-Government Services)

Choices: (Take your pick of programs below)

1 Staying Active & Healthy Information Sessions
- Free professional advice about the importance of balance and strength exercises and healthy eating in older people
- Covers gentle exercise and presentation
- Interactive session and free resources
- One off 45 minute session

2 Fit & Strong Challenge
- This Challenge is for you to complete at home
  - Complete 4 healthy activities
  - Be Active for 30 minutes a day
  - Do Strength & Balance exercises
  - Get Vitamin D (sunlight before 10am or after 3pm
  - Adequate calcium (dairy) intake
- Complete a short survey pre and post Challenge
- Commitment for 4 weeks at home

3 Home Based Strength & Balance Program
- 4 specific exercises focused on strength and balance you can do in the privacy of your own home
- Exercises include heel raises, half squats, walking sideways and knee lift
- Monitored by carer and tailored to individual abilities

4 Stepping On Program
- Free evidence based program to reduce risk of falling and maximise independence
- Run by health professionals
- Learning with peers in non-threatening environment
- Learn about nutrition for stronger bones
- Gets results – 31% reduction in falls
- Note: Inclusion criteria applies
- 2 hour sessions over 7 weeks

Aim:
To improve your health and well-being by improving strength and balance to enable you to live independently in your own home.

For further information, Please contact Trish Nove on 9840 3630
1. P&E group & SC guided by feedback from Forum and Service requests.

2. Suite of programs rolled out on request.

3. Individual Package pilot set up in collaboration with three Home care Services.

4. Trained staff became champions and mentors.

5. All sub group outcomes reported back to Steering Committee.

6. Implementation Chart recorded Outcomes.

7. Every program delivered was evaluated.
1. **Forum held:**
   - 60 service representatives
   - 20 clients
   - 7 Services presented their outcomes
   - Substantial changes

2. **Trained 800 staff and clients in S&B exercises.**

3. **Steering Committee/Working Groups/Partnership structure working well with effective outcomes.**

4. **Individual Package pilot completed and reaching the socially isolated/DSS funding for a CALD pilot.**
High levels of satisfaction and initial impact from programs.

**Levels of satisfaction**

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**Organisational staff response to fridge magnet use (%)**

- Yes: 95%
- No: 5%
Feedback from the Steering Committee Focus group re the value of the partnership to them

People’s contribution was impressive

Involved in decision making

Sharing of resources and ideas between services was valuable

A good network

Good collaboration among all partners

Broader knowledge
Directions for 2015

Forum Workshop recommended four priorities for 2015:
- a focus on sustainability
- expanding partnership
- translation of material and
- more media promotion to older people

Response to 2014 Forum:

1. Partnership with Sydwest Multicultural Services granted funding to pilot a CALD Individual Package—material to be translated into 17 languages.

2. A Sustainability Workshop planned for next Steering Committee in June.

3. More opportunities being explored to improve the project profile via the media.
Comments from Partners

Marilyn Munday, Outreach Coordinator, St. Joseph’s Village Auburn

Karen Vidler, Lifestyle Coordinator, Wesley Mission, Blacktown

Mereline Murimwa-Rarami, HACC Coordinator, Sydwest, Blacktown

Samantha Cooper, Therapy Centre Manager, Southern Cross Care, Merrylands
Partnership has been a key strategy:

• Simple achievable goal ‘to improve strength and balance’ - valued by all members

• A mutual exchange of ideas and willingness to share resources and learn from each other.

• All major decisions were discussed and decided upon together - a transparent communication process.

• Joint ownership of the project was important, not only by Service managers but their staff and clients as well.

• Still more to do to achieve a level of sustainability to ensure we meet our ultimate goal!
Acknowledgments

List of Committee Members who Contributed to the Impact of the HOPP Project over the first 15 months of its Operation

Steering Committee Members:

Averil Gillham- Alan Walker Village
Deanne Davidson-Hills Shire Council
Sherryn Streeter/Ben Clarke-Wentwest
Joan Chan-Pendle Hill Living Care
Jane Mackey/Gladys Maier-Parracity Council
Jennifer Yuan-Auburn Diversity Services
Magdi Hanna-Home Care NSW
Marcella Prestitino/Julie Bosley-Karabi Dev. Services
Marta Menendez-Multicultural Health
Martin Bending-Unity Retirement Village
Mereline Murimarami-Sydwest Services
Sharon Butler-Anglican Retirement Villages
Karen Vidler/Suzanne Goodman-Wesley Mission
Marilyn Munday/Tecla Mururi-St. Joseph’s Village
Teresa Rivas/Kate Spyrdz-Community Wheels
Anne Kalra-Mayflower Village
Samantha Cooper/Leesa Potter-Southern Cross Care
Suzanne Gatt/Anita Ceravolo-Auburn Council
Trish Nove/Kitty Kaur/Christine Newman/Kristina Flego/Shayda Marek-CPH

Planning and Evaluation Working Group:
Trish Nove/Kitty Kaur-CPH, Sharon Butler-ARV, Marilyn Munday/Tecla Mururi-St. Joseph’s Village, Karen Vidler-Wesley Mission

Individual Package Working Group:

Multicultural Health Working Group:
Marta Menendez-Multicultural Health, Jennifer Yuan-Auburn Diversity Services, Mereline Murimarami-Sydwest Multicultural Services, Trish Nove-Centre for Population Health,(CPH)

Media Working Group:
Trish Nove-CPH, Ben Clarke-Wentwest