

# Adaptability



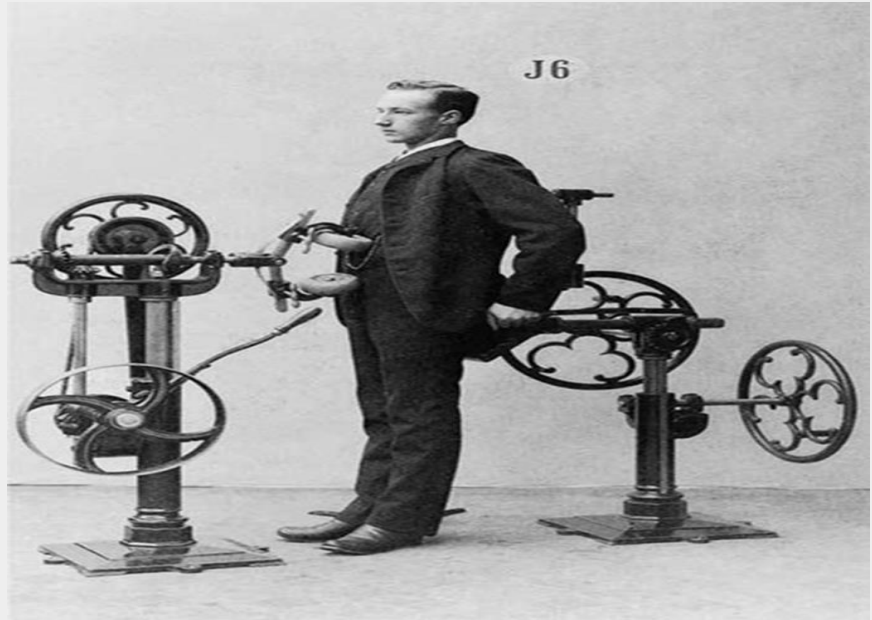
# Something to think about!

- How effectively do you adapt to the challenges faced daily in rural communities?
- Does what you do meet the needs and wants of your clients?
- Is your approach holistic with preventative goal?
- What can you do to empower your clients?

# Obstacles

- Environment / Facilities.
- Geographic / catchment area.
- Transport.
- Clinical culture.
- Peoples perception of exercise.

# Perception



# Considerations

- How do we build/maintain partnerships and relationships?
- Cost Efficiencies/ Longevity?
- How can we use technology?
- Do we have an attitude of flexibility and are able to adapt?
- Is the program relevant will it connect and engage the community?

So how do we get  
people moving in  
the bush and  
prevent falls?

# Engage

## Lets Get Up and Move



# Group activities in the bush

- Productive, cost effective.
- Fun, energetic, nurturing atmosphere.
- A beginner should be able and can work side by side with the local athlete.
- You can progressive plan – you and your clients evolve.
- Retention and adherence is stronger.
- Varied Health professionals can team together.



---

Once engaged our clients are with us for a long period.

- **How do we progress?**
- **How do we adapt?**

# The Basics

- Gait training.
- Balance.
- Co-ordination and functional tasks.
- Strengthening exercise.
- But what happens then??...think considerations how do we progress?

In a **group exercise class** options need to be given that are **appropriate** and **safe** for all individuals.

Exercise programming should follow a sequence from the simplest movement towards the more complex, laying a foundation of solid building blocks that allows the body to absorb and improve movement patterns.

# Aim to provide transferable skills to aid Falls Prevention



# Tips

- ✓ Multi component training
- ✓ Balance recovery.
- ✓ Combine resistance training with balance training.
- ✓ Balance training should always precede resistance and flexibility training for senior client.
- ✓ Create innovative safe balance exercises.
- ✓ Change availability of sensory cues.

# Effective Progression – Sit to Stand

- Arm progression
- Surface Progression.
- Visual Progression.
- Tasking Progression- cognitive/physical tasks.

**Always apply FITT principle- frequency, intensity, time and type.**

# Overview

- First of its about them.
- Focus on transferable skills always apply safety first.
- Increase intensity gradually and maintain a weekly framework.
- Review progress and communicate focus on achievements.
- Be realistic in planning and preparation be ready to adapt to the unexpected.
- Set challenges and reward.
- Involve your group with other groups.

# Movement is the Foundation of Life

Repeating the same thought patterns or body movements mindlessly over time creates “habit” which leads us vulnerable to injury and does not create growth.

Recognise that our body and our mind are linked, the interaction between the two is what makes us unique.

Connecting, understanding and exploring different movement possibilities is the most direct way of challenging and re-educating the body.



# Last word

- We often set out to make a difference in the lives of others only to discover we have made a difference to our own.
- It is an honour to be part of and see people evolve, change physically, mentally and learn how to be comfortable in their own bodies.
- This is how we together can help prevent falls.

# Resources

- Farmfit video series – National centre for farm health.
- Heart Foundation – heart Moves.
- Tai Chi for arthritis.
- You tube clips such as istand Otago exercise clip.

