

Evaluation

Testing protocol proposed: See pdf for additional information on each test

Participant's name:

LLS facilitator:

Provider site:

		Baseline result	6 weeks	12 weeks		
Exercises	Time	Date:	Date:	Date:		
Strength (lower body) Sit to stand	30 secs					
Balance Test Tandem stance* (See protocol for more information)	Level reached 1-5					
Cardio 2-minute step in place test	2mins					
Wellbeing questionnaire						
1. In general, how satisfied are you with your life as a whole?						
Excellent (5)	Very Good (4)	Good (3)	Fair (2)	Poor (1)		
2. In general, how would you rate your physical health?						
Excellent (5)	Very Good (4)	Good (3)	Fair (2)	Poor (1)		
3. In general, how would you rate your mental health, including your mood and your ability to think?						
Excellent (5)	Very Good (4)	Good (3)	Fair (2)	Poor (1)		
4. In general, how often do you get the social and emotional support you need?						
Always (5)	Usually (4)	Sometimes (3)	Rarely (2)	Never (1)		
5. How strongly do you agree with this statement? "I lead a purposeful and meaningful life".						
Strongly Agree (7)	Agree (6)	Slightly Agree (5)	Neither Agree nor Disagree (4)	Slightly Disagree (3)	Disagree (2)	Strongly Disagree (1)
Wellbeing answers		Baseline		12-week follow up		
Q1						
Q2						
Q3						
Q4						
Q5						
Total score						

I agree to share the data captured for evaluation purposes with COTA NSW, my name will not be featured or shared as part of this data set, it will only be on this form for the purpose of program evaluation and participant progress.

Once the data is complete, we will enter the data in numerical format without your names. You can put a fake name if you prefer, as long as you provide date for the follow up under the same name.