

Community

Eloise Borschtsch

Q. Community: what is cost for Dance Move? Affordable for pensioners? Covered by CHSP or HCP?

In the Western NSW LHD partnership with the Dance Health Alliance, the programs are supported by the district's Health Promotion team. Therefore the programs are free to attend for all in the rural and remote towns of Western NSW.

Rebecca Ivers

Q. What would be the cost for running Ironbark this program at a site for 12months? Is there a cost for training for the facilitator?

Please contact the team at ironbark@unsw.edu.au as it varies depending on site needs.

Tess Hawkins

Q. How is the strong program funded?

STRONG has permanent funding as part of NSW Health. This took significant lobbying and was aligned with the stage 1 Concord Hospital redevelopment in which the STRONG gym and clinic rooms were built.

Q. What is the cost for a participant to attend the strong program?

There is no mandatory patient cost or fee. We have a suggestion of \$5 per week, which the patient can choose to contribute or not.

Megan Swann

Q. Does stepping on take clients with cognitive impairment or a walking aide?

The group participants that we selected for our research and whom we recommend you recruit for the program are older people:

- Are 65 years and over, or 45 years and over for Aboriginal adults
- who have had a fall in the past year or who have a fear of falling
- who are independent, with or without a walking stick
- who are cognitively intact
- who are living in the community or retirement village.
- who are able to speak conversational English or the language in which the group is facilitated.
- People with Parkinson's disease or those with major neurological conditions affecting their mobility were not included and may need specialised and tailored evidence-based interventions.
- People who are dependent on a walking frame are not included

Hospital

Charlotte McLennan

Q. PROTECT. What designated resource is dedicated to coaching model for staff. Is it a dedicated role or included in clinical team "extra duties"

In our feasibility study the coaching was “light touch” and provided as an additional duty by health management staff with clinical backgrounds. In our upcoming PROTECT trial we will be assessing the impact of a model with a dedicated coaching role. We will be incorporating some sustainability approaches within the trial too (e.g. train the trainer) to explore the potential for the provision of coaching within frontline roles if a long term dedicated role is not practical