

CHNET-Works!



Welcome to CHNET-Works! Fireside Chat

Friday, March 24th 1:00 – 2:00 PM

Activity and an Aging Population

Advisor on Tap: Clara Fitzgerald - Canadian
Centre for Activity and Aging

Hosted by: University of Ottawa

Funded by: Ontario Ministry of Health and Long Term Care and
Canadian Health Services Research Foundation



Before we start Housekeeping items

- Fireside Chat: 1:00 – 2:00 PM EST...

Trouble shooting:

- Keep your Fireside Chat's information available...
- If your telephone line is disconnected or 'bad' –hang up and call back into the conference
- Use the power point presentation (sent to you earlier) – if your link to Bridgit is disconnected, fragmented or has a delay.

Help keep the conference clearly audible:

- Please put the mute function on until you have a question to ask, especially if you are on a speaker phone....
- If you have no mute function – ensure there is no background noise or conversations....thank you!
- Don't put us on 'hold' (especially if you have music playing on your telephone line)

Follow up:

- Feedback email – your comments help our research and future Fireside Chats



Participants

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The CANADIAN CENTRE FOR ACTIVITY & AGING

From Research to Action

Physical Activity Programming Presentation for
CHNET-Works! March 24, 2006



Clara Fitzgerald
Canadian Centre for Activity and Aging



Canadian Centre for Activity and Aging
From Research to Action

www.uwo.ca/actage

Canadian Centre for Activity and Aging

London, Ontario

www.uwo.ca/actage

affiliated with

**Faculty of Health Sciences
The University of Western Ontario
St. Joseph's Health Care London
Lawson Health Research Institute**

Mission:

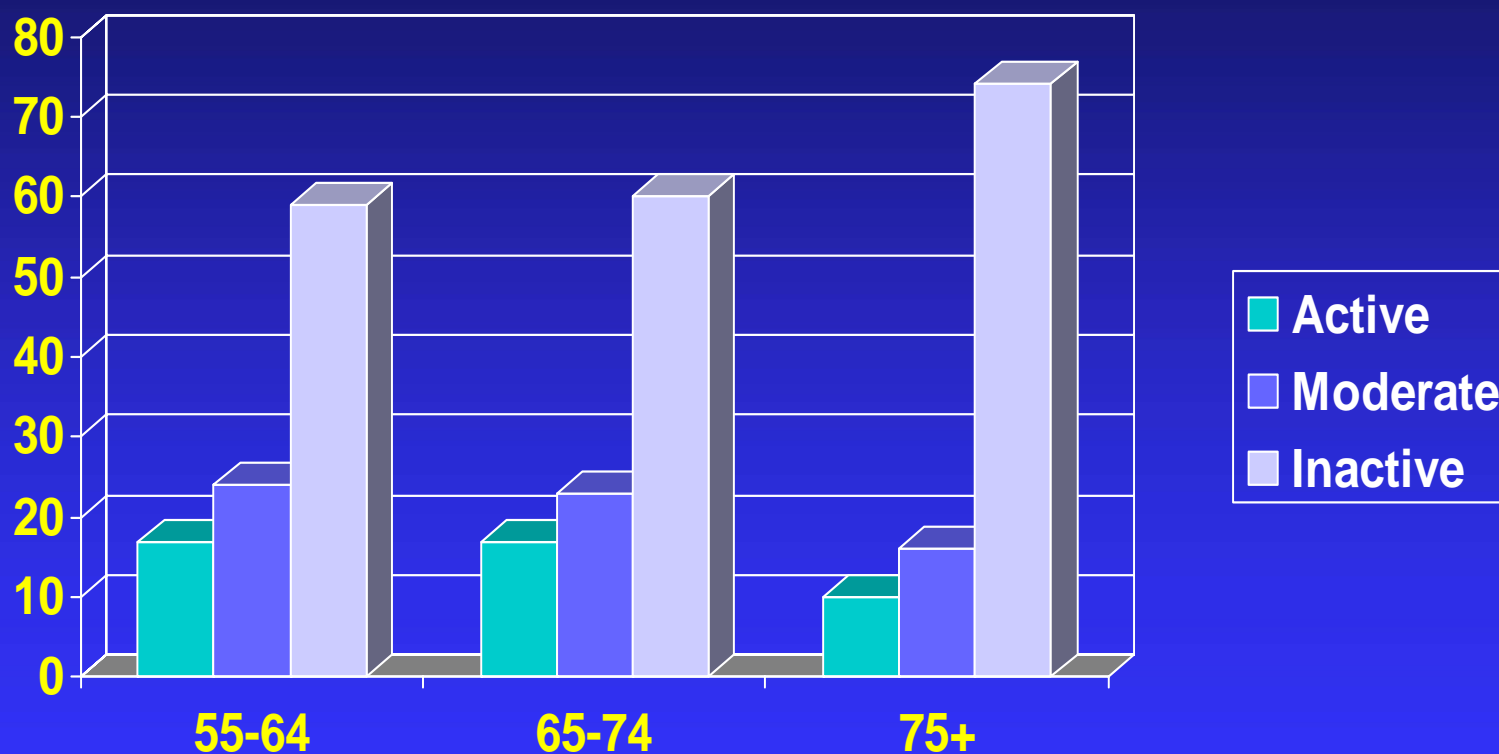
To develop, encourage and promote an active, healthy lifestyle for Canadian adults that will enhance the dignity of the aging process.

**Research
Division**

**Community Outreach
Division**



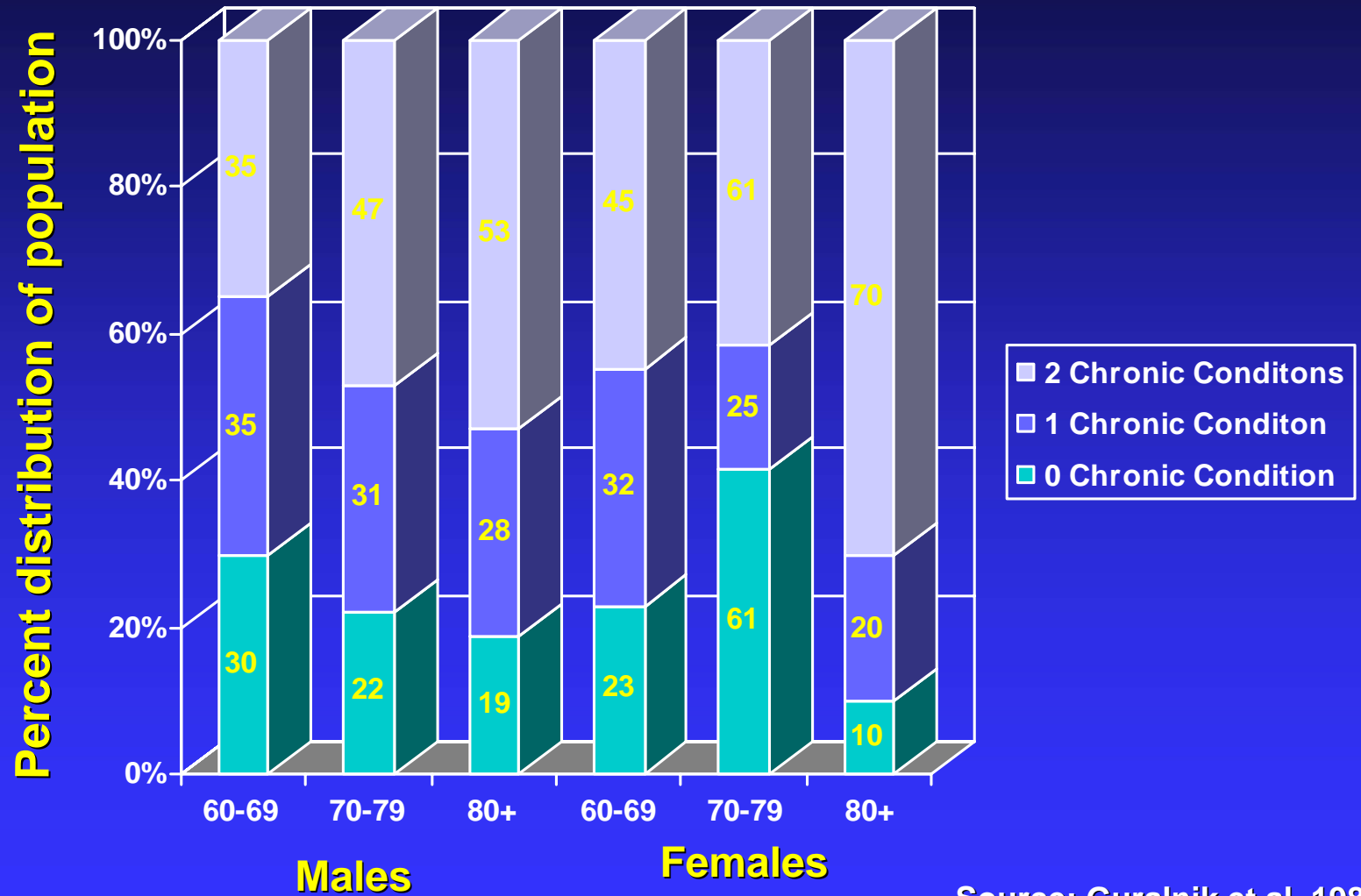
Physical Activity Index by Age Canadians 55+ (1996/97)



Source: Statistics Canada



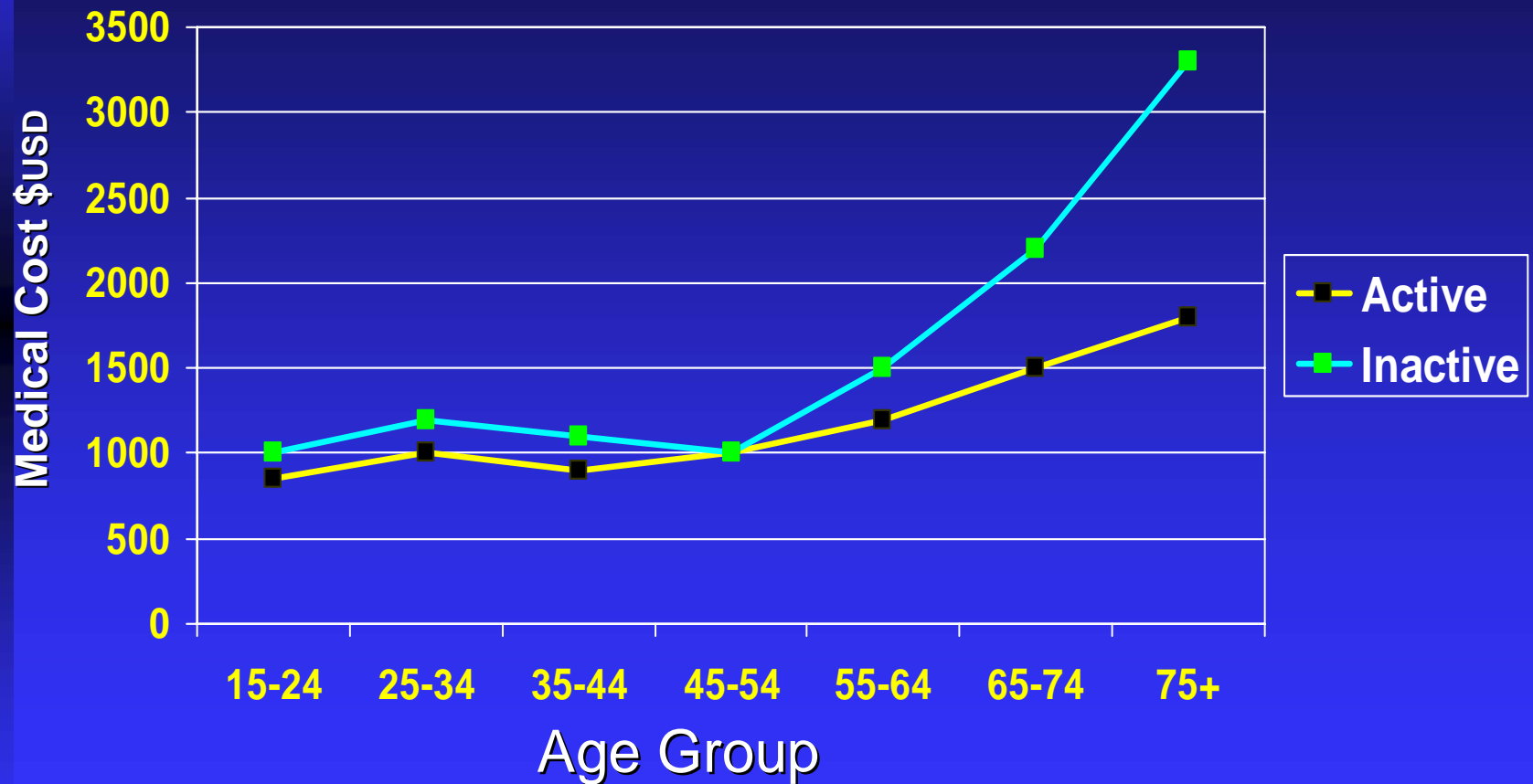
Chronic Health Conditions



Source: Guralnik et al. 1989



Average annual direct medical costs of active and inactive women



Source: Pratt et al, 2000



LEADERSHIP TRAINING PROGRAMS

Community Outreach

1) **Seniors Fitness Instructors Course (SFIC)**

2) **Get Fit for Active Living (GFAL)**

3) **Home Support Exercise Program (HSEP)**

4) **Functional Fitness for Older Adults (FFOA)**

5) **Restorative Care Education & Training (RCET)**

7) **Personal Training for Older Adults (PTOA)**



Barriers

Canadian Physical Activity Benchmarks Reports (1998)

- Lack of time
- Lack of energy
- Poor motivation
- Illness
- Fear/injury
- Lack of skill
- Misconceptions of physical activity
- **Environment**



Source: Craig et al. 1998



Factors related to increasing physical activity in community-dwelling seniors:

- Moderate intensity activities (to start)
- Inexpensive
- Simple/convenient
- Social component
- **Education/support**



Get Fit for Active Living

An 8 week educational exercise program designed to:

- ◆ **encourage older adults to lead a healthy lifestyle to maintain their independence**
- ◆ **assist older adults to adopt a structured exercise program**
- ◆ **provide older adults with the skills required for exercise adherence**

Each week consists of:

- **2 aerobic classes**
- **1 weight-training class**
- **1 education session**



Seniors Fitness Instructors Course (SFIC)

- developed in 1990
- designed for: older adults who want to learn how to develop and instruct appropriate fitness programs for their peers; volunteers and younger adults are also encouraged to attend
- commitment: 36 hours plus 16 hours field experience; must receive 80% on a take home assignment and maintain CPR certification



Home Support Exercise Program (HSEP)

- developed in 1995
- designed for: those currently working as a Home Support Worker, volunteer, or caregiver who will instruct, encourage, and monitor home-based exercise programs; comprised of 10 simple and progressive exercises
- commitment: 4 hours
- certification: Certificate of participation



Functional Fitness for Older Adults (FFOA)

- **developed in 1992**
- **designed for: staff working in Long-Term Care Facilities who want to learn how to instruct appropriate fitness programs for residents; emphasis is on maintaining or improving balance, leg and arm strength and mobility of the frail**
- **commitment: 16 hours**
- **certification: Certificate of participation**



Restorative Care Education and Training (RCET)

- developed in 1997 as part of the RCET research study
- Provides the tools and strategies for creating and maintaining a “Restorative Philosophy of Care” in your facility.
- **RCET Modules: Physical Activity and Aging; Communication; Safe and Effective Feeding and Eating; Positioning, Mobility and Transfers; Assessment and Evaluation.**
- **commitment: 36 hours**
- **certification: certificate of participation**



Learned Helplessness

- What is it?
- What causes it?
- How to combat it?
- What is your role?

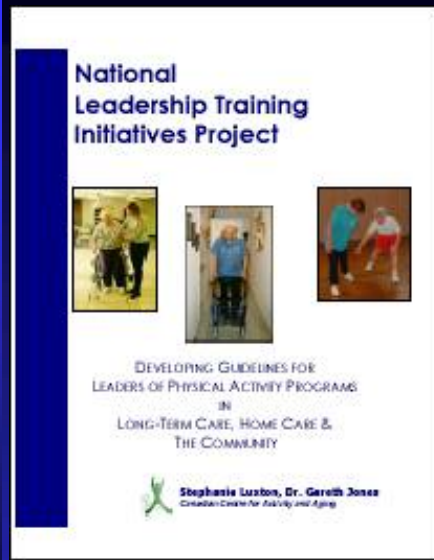


Engagement

- Active vs Passive participation
- Engagement vs Parallel programming
- Active Living for all older adults regardless of age, ability or function
- Combat LH
- Staff “buy in” on Physical Activity



National Leadership Training Initiative (2003)



PURPOSE: To build on and develop realistic, effective leadership training guidelines for those leading physical activity programs for seniors.

- Funded by Health Canada
- Delegates from each of the provinces and territories in Ontario participated in the development of these guidelines

Exercise Programming for Frail Older Adults:

What Are the Leadership Training Implications?



Standardized Exercise Program Functional Fitness for Long-term Care (FFLTC)

- **Warm-up**
- **Walking**
- **Resistance training**
 - ◆ **Free weights**
 - ◆ **Elastic resistance**
 - ◆ **Emphasis on quads and hip muscles**
- **Balance exercises**
- **Cool down/stretching**



Training Approaches and Implementation

- **Consistent**
 - ◆ Over weekly sessions
- **Practical - Interactive**
 - ◆ Training took place at various LTC, community facilities
 - ◆ Experiential Learning - Case Studies
 - ◆ Tours of facilities - unique
- **Linkages**
 - ◆ Implement new knowledge on an ongoing basis
 - ◆ Networking
 - ◆ Administrators present at training



Leadership Goals for the Health Practitioner

- **Maximize** remaining functional abilities.
- **Maintain** current functional status.
- **Prevent/slow** further deterioration.
- **Enhance** psychological well-being.
- **Individualize** programs.
- **Involve** the resident/family/caregiver in setting goals.



Factors That Influence Implementation of Functional Programs

Cost - supervision/equipment

Safety - provisions for ensuring overloading does not impose risk of injury

Compliance - is the individual likely to continue (may be promoted by group and/or recreation-based activities)



Future

- Need for sustainable exercise programs for frail older adults through education and training
- Need for clearly defined exercise interventions for those at home and in institutions
- Need for recommendations and guidelines related to exercise programming
- Need for research interventions that look at sustainable conditioning programs for frail older adults



Participants Questions:

Programs:

- ⑩ What is the most effective exercise for the aging population to maintain independence?
- ⑩ I'm interested in hearing the advisor speak about facilitators and barriers to physical activity among the elderly.
- ⑩ I would like to know what programs are in place to make older people exercise: how do they know what they can safely do and what is available to them in the community?
- ⑩ How do health care professional like nurses who work on the community relate to those resources?
- ⑩ I'm also interested in hearing about any new research that the Centre for Aging has come out with.

- ⑩ Any info on fire risk in the elderly?

Northern/Aboriginal Communities:

- ⑩ How does this apply to the Aboriginal community?
- ⑩ Are the needs of people living in the north accounted for in this program/policy?

Long Term Care Homes:

- ⑩ How can you encourage activity in long term care homes?
- ⑩ What kinds of initiatives have been successful in helping residents of LTC homes to stay active?
- ⑩ How can LTC homes access more resources to help residents maintain and increase their activity levels?

Other:

- ⑩ Making "activity" available, accessible and affordable to all older Canadians -- including exercise, life-long learning and intergenerational activity.
- ⑩ Family caregivers need to be given the opportunity -- respite, financial, as well as the above points -- to keep active and fit.
- ⑩ Seniors who are isolated or house-bound need to have home and community care services to keep fit and active -- mentally and physically.



Information

Contact the Canadian Centre for Activity and Aging

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In closing.....

- Thank you all!
- Feedback Form coming to you soon – please help our research.

■ Activity and Aging Population

Panel discussion - Friday, April 21st, 2006

- Join in the on line discussion forum - for more information:

www.chnet-works.ca

CHNET-Works! is a pan-Canadian on line discussion forum
for professionals in community health,
linking practitioners, researchers and policy/decision makers.

University of Ottawa – Community Health Research Unit.

