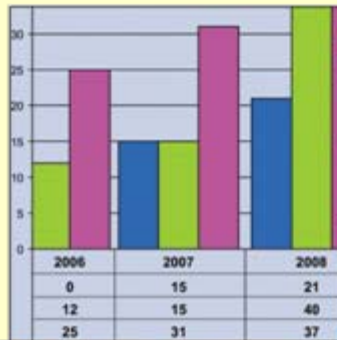


# Physical Activity Leader Network

Making Prevention Everyone's  
Business

October 2008

# 2008 NSW Health EXPO



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Greater Southern Area Health Service

**Brought to you by:**





# Aim



- The Physical Activity Leader Network (PALN) aims to train and support community volunteers to establish and deliver fall-safe activities on a not for profit basis.
- The project aim is to determine the suitability of the model to provide a sustainable approach to delivering population based falls prevention interventions.





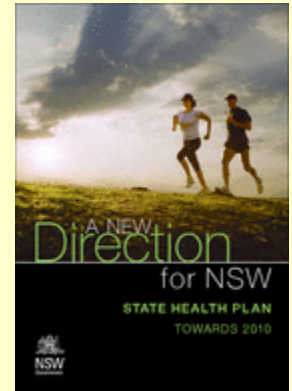
# Nature and Extent of the Problem

- Access to low cost fall-safe physical activity programs
  - “Immunising” against falls
  - Limited providers, infrastructure and geographic isolation.
  - Low population density, ageing communities and the cost of classes
  - Sustainability
  - Falls account for 35% of all hospitalisations across NSW.
  - Higher hospitalisation rates for fall-related injuries in older people were recorded in outer regional and remote areas
- 



# Strategic Importance

- State Health Plan: Goal One - **Making prevention everyone's business**
- State indicator: Dashboard 5 – **Reduce illness and death from falls related injury.**
- Locally, the strategy is implemented through the **Area Falls Management Plan** and is a key result area of the **Health Development Plan 2006 – 2009.**





# Planning & Implementing Solutions

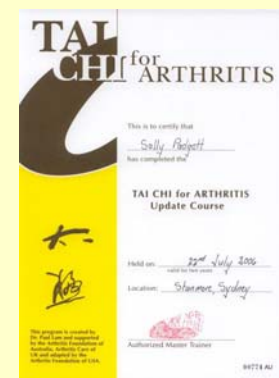
- Recruitment of volunteers, subsidised training, certification valid for two years.
- Needs assessment of volunteers, model and actions for the PALN.
- Development and distribution of network products, localised assistance
- Communication network
- Implementation of team and partnership approach
- Policy and procedures
- A system for collecting data
- Action research methodology





# The Intervention

- Weekly one hour tai chi class for forty weeks.
- 12 Movement Sun Style Tai Chi is safe and easy to learn.
- Characterized by agile steps: improves mobility.
- Qigong movements, which help breathing and relaxation..
- Sun Style has a higher stance, making it easier for older people



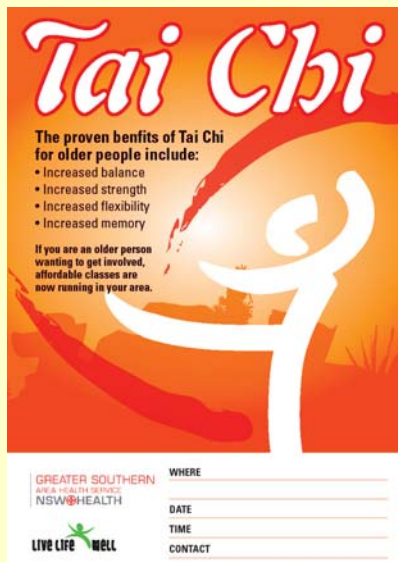


# Network Resources & Products

- Mutual obligation contract
- Subsidised training, additional training in CPR
- Site visits: venue, OH&S, fidelity with the training, registration forms
- Assistance with setting up programs including venue, media, recruitment of participants
- Newsletter, Network meetings
- Photo library of classes
- Standardised media releases, posters, brochures, business cards, t-shirt
- Registration as a GSAHS volunteer, Insurance
- Travelling story books to document and share practice information

# Network Resources & Products

## Posters



**Tai Chi**

The proven benefits of Tai Chi for older people include:

- Increased balance
- Increased strength
- Increased flexibility
- Increased memory

If you are an older person wanting to get involved, affordable classes are now running in your area.

GREATER SOUTHERN AREA HEALTH SERVICE NSW@HEALTH

LIVE LIFE WELL

WHERE \_\_\_\_\_  
DATE \_\_\_\_\_  
TIME \_\_\_\_\_  
CONTACT \_\_\_\_\_

## Certificates



*TAI CHI FOR ARTHRITIS*

CERTIFICATE OF ATTENDANCE

This certificate is awarded to \_\_\_\_\_

In recognition of attendance to the Greater Southern Area Health Service Tai Chi for Arthritis Program in 2007

Signature of Tai Chi Leader \_\_\_\_\_  
Date \_\_\_\_\_

LIVE LIFE WELL NSW@HEALTH GREATER SOUTHERN AREA HEALTH SERVICE

VOLUNTEER LEADER

## Brochures



**Why Is Tai Chi Good For Me?**

- increases flexibility
- increases muscle strength and balance
- improves heart/lung activity
- aligns posture
- integrates the mind and body
- can relieve pain from arthritis
- improves quality of life

**Contact a leader/group near you!**

Leader Name: \_\_\_\_\_  
Day: \_\_\_\_\_  
Time: \_\_\_\_\_  
Location: \_\_\_\_\_

LIVE LIFE WELL NSW@HEALTH GREATER SOUTHERN AREA HEALTH SERVICE

**Tai Chi**

Join a local group and enjoy the benefits

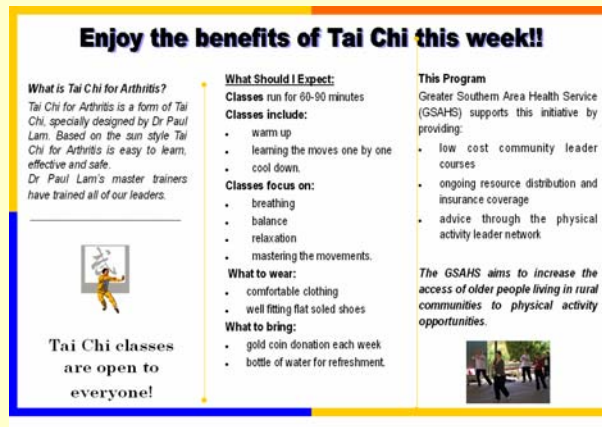
LIVE LIFE WELL NSW@HEALTH GREATER SOUTHERN AREA HEALTH SERVICE

## Badges & logos



**VOLUNTEER LEADER**

GREATER SOUTHERN AREA HEALTH SERVICE NSW@HEALTH



**Enjoy the benefits of Tai Chi this week!!**

**What is Tai Chi for Arthritis?**  
Tai Chi for Arthritis is a form of Tai Chi, specially designed by Dr Paul Lam. Based on the sun style Tai Chi for Arthritis is easy to learn, effective and safe. Dr Paul Lam's master trainers have trained all of our leaders.

**What Should I Expect:**  
Classes run for 60-90 minutes

**Classes include:**

- warm up
- learning the moves one by one
- cool down.

**Classes focus on:**

- breathing
- balance
- relaxation
- mastering the movements.

**What to wear:**

- comfortable clothing
- well fitting flat soled shoes

**What to bring:**

- gold coin donation each week
- bottle of water for refreshment.

**This Program**  
Greater Southern Area Health Service (GSAHS) supports this initiative by providing:

- low cost community leader courses
- ongoing resource distribution and insurance coverage
- advice through the physical activity leader network

*The GSAHS aims to increase the access of older people living in rural communities to physical activity opportunities.*

Tai Chi classes are open to everyone!

## T-Shirts





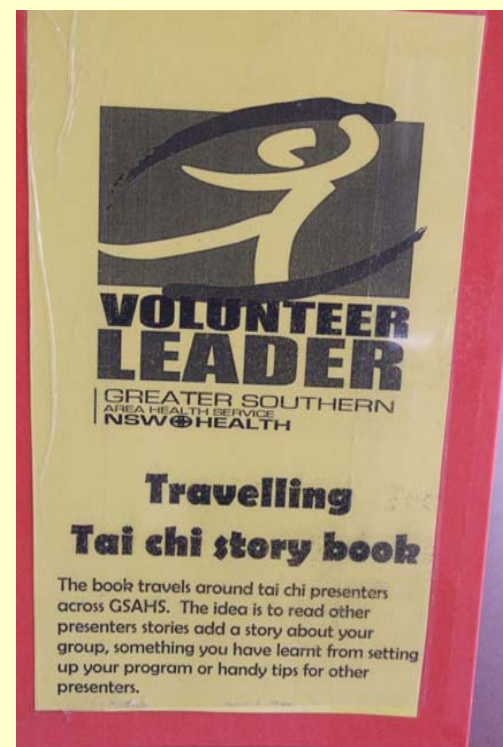
# Network Resources & Products

## Action Research: Travelling tai chi storybook

### Capturing leaders:

- Hints
- Tips
- Challenges
- Quirky stories
- Photos

Helping leaders to recognise that they are part of a program bigger than their class, and community





# Outcomes & Evaluation

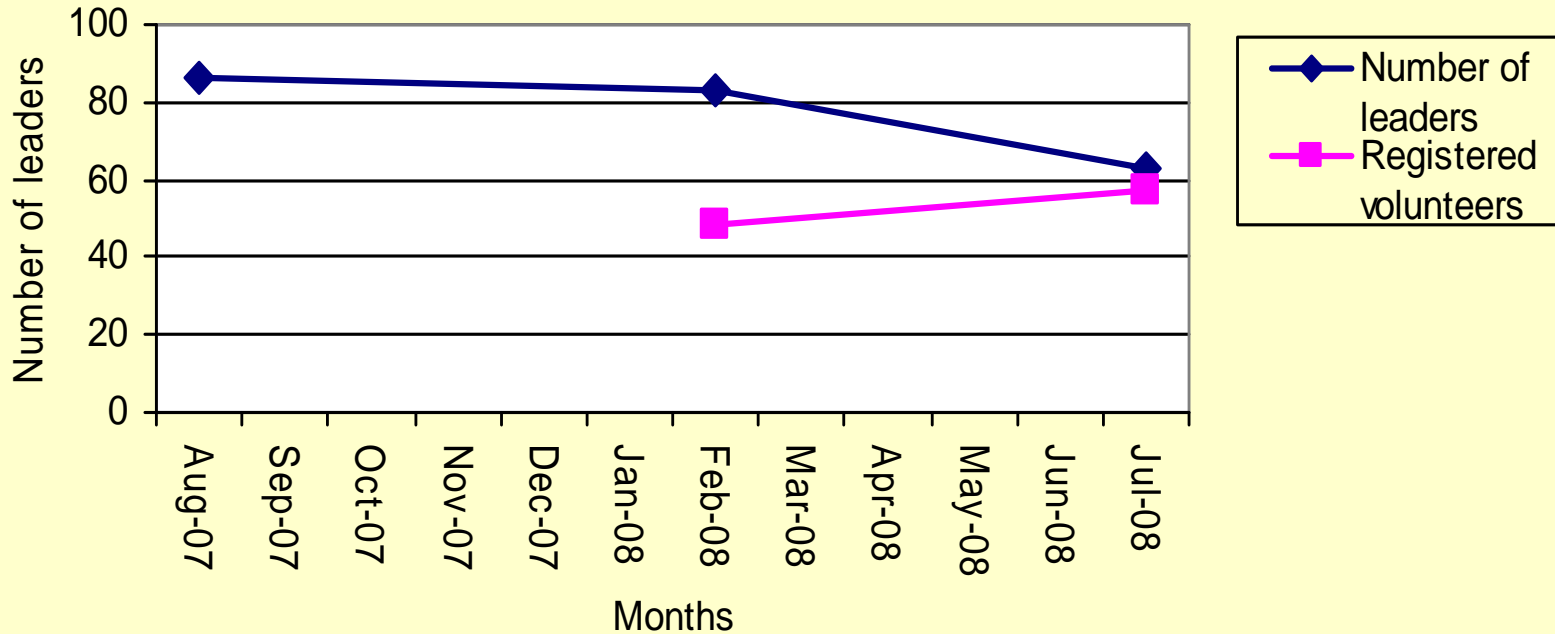


- The evaluation involves both quantitative and qualitative evaluation methods. The PALN Project evaluation will be conducted examining *process*, *impact* and *outcomes*.
- February survey response rate was 98% (n 75).
- July survey response rate was 86% (n 72).



# Outcomes & Evaluation

Number of leaders & registration as a volunteer over 12 months

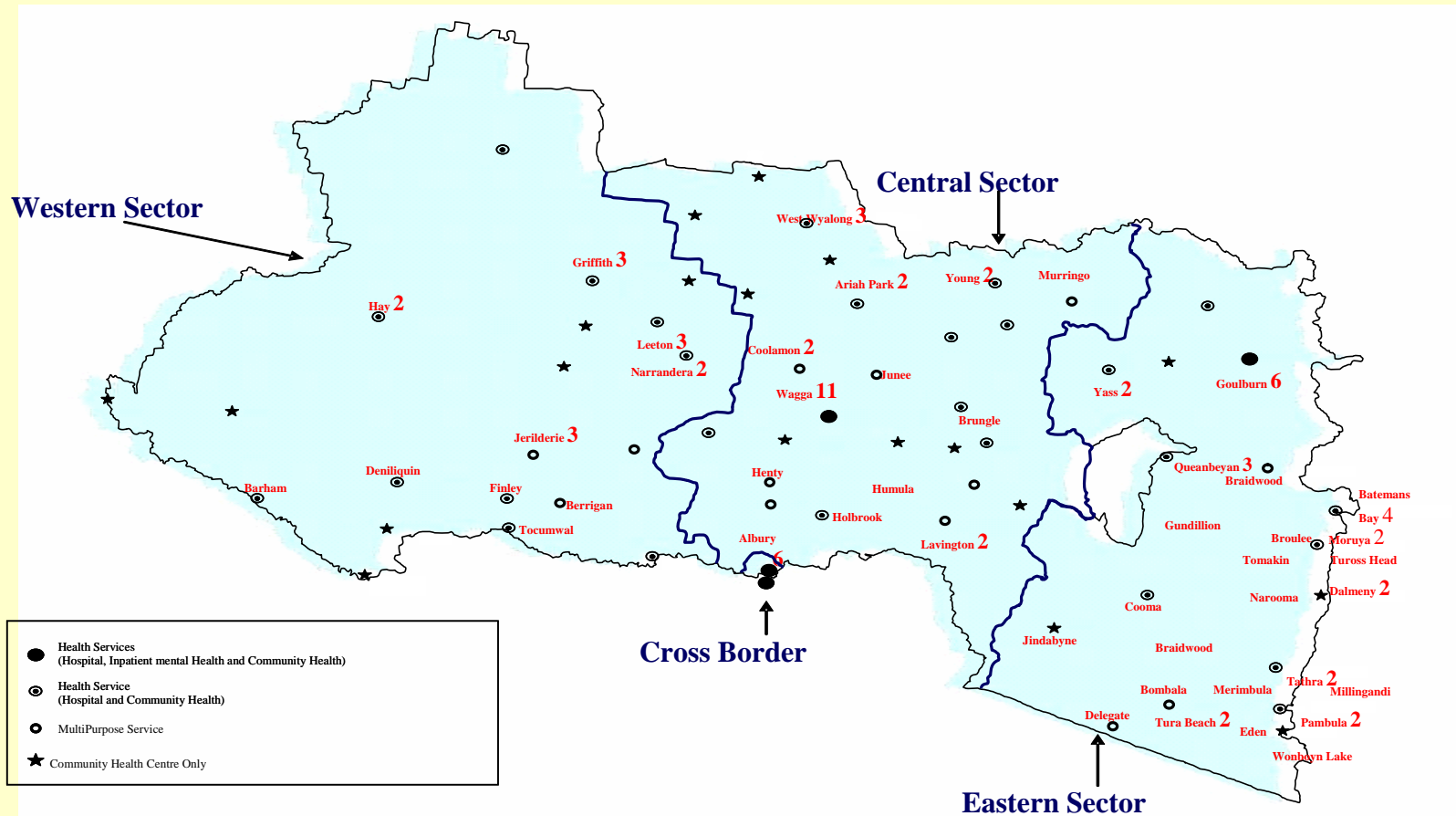


**Retention rate @ 6 months was 95% (n 83) and 74% (n 64) @ 12 months**

# Outcomes & Evaluation

Geographic reach

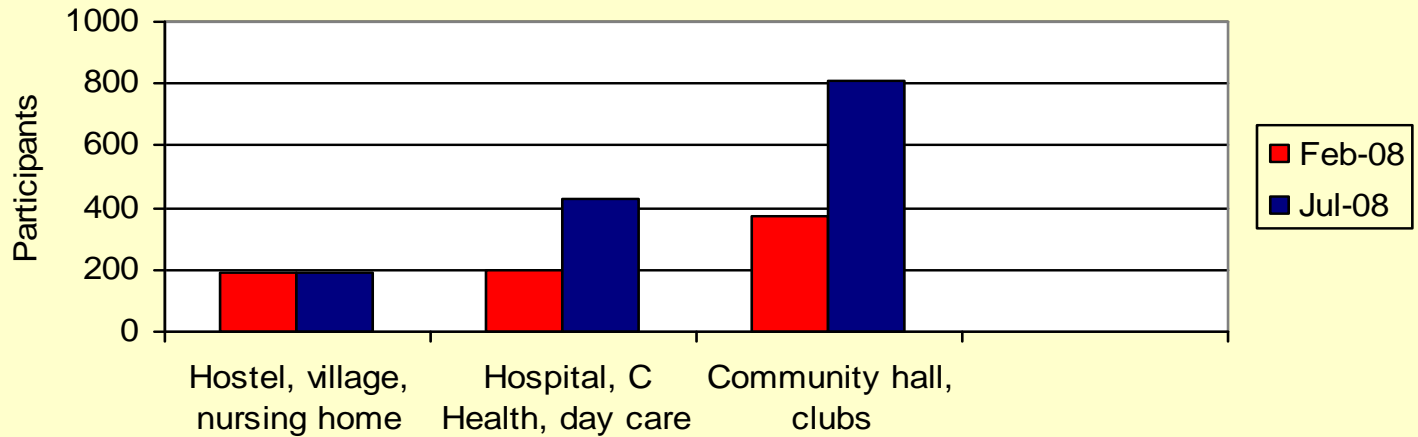
92 classes, 47 communities





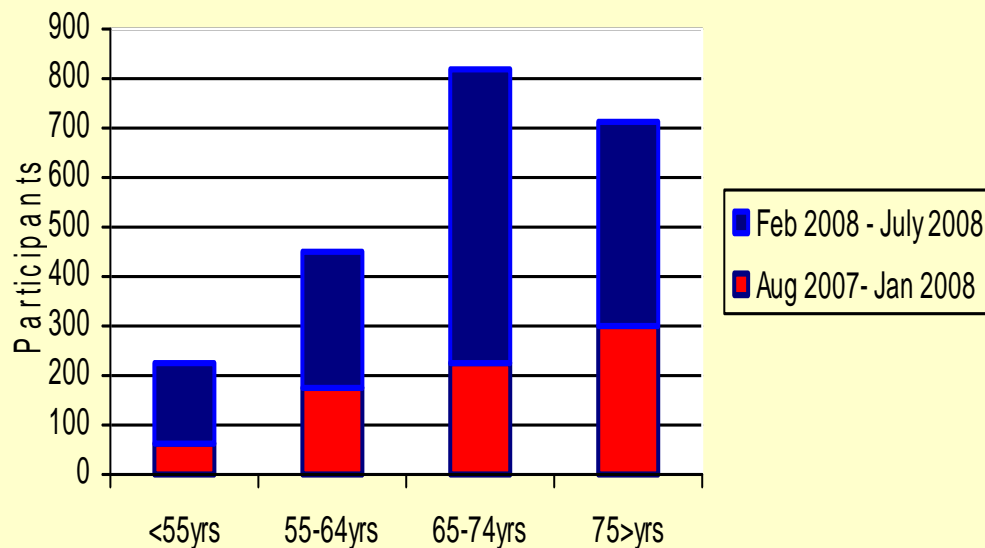
# Outcomes & Evaluation

## Total Participation at Venues





# Outcomes & Evaluation



## Participation rates & age ranges

- 760 participants @ 6 months attending a tai chi class on a regular basis.
- 1730 people attended a tai chi class @ 12 months.
- 1431 have attended more than three classes and are considered regular participants.



# Sustaining Change

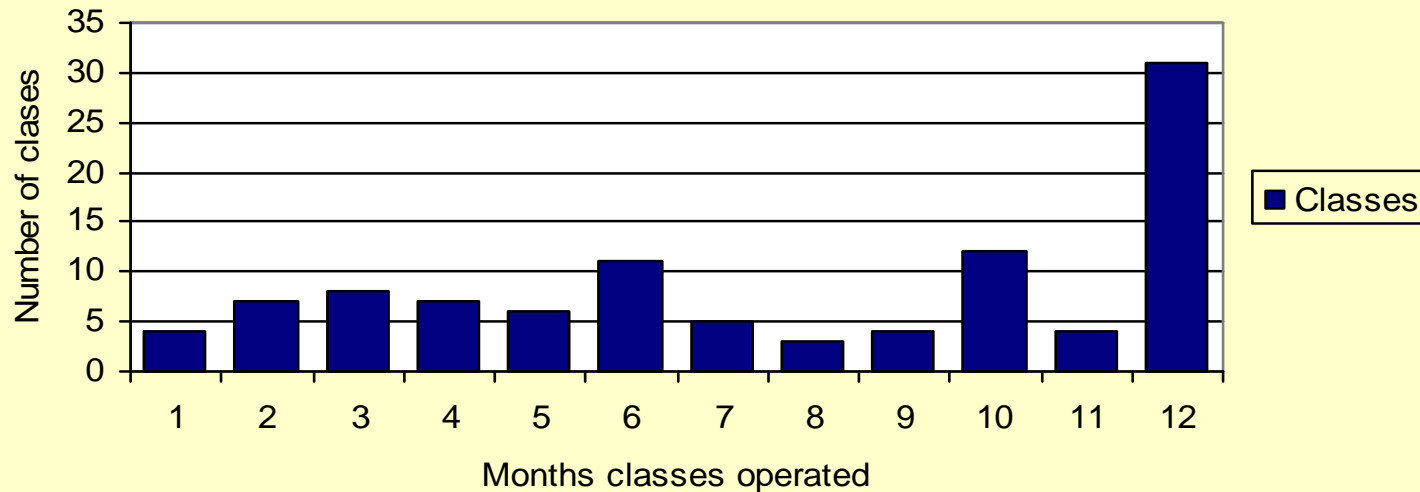
- Falls Project Team, disseminating resources, collecting information and offering new opportunities
- Working on aspects of the program to streamline systems e.g. communication processes, referral
- Proposed senior trainer model
- Building grass roots community capacity and skills in a large number of small rural communities
- Current data, the motivation of leaders and the communities acceptance of this project identifies broad based acceptance.





# Sustaining Change

Months classes have operated including classes that have ceased



# Lessons Learned

- Regular contact with leaders is essential
- Leaders need an opportunity to learn and practice their Tai Chi together
- The mutual obligation contract is a very important aspect of our program



# Future Scope



- 65 Community Exercise Leaders about to initiate classes across GSAHS
- Senior trainer model to be implemented in early 2009
- Update and Level 2 training early 2009 as a professional development and quality assurance measure.
- Falls Project team currently investigating opportunities to implement a community educator model into the network activities.

**With thanks to:**

