

Staying Active Staying Safe

Resource Information/ Training
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An Exercise Package to Reduce “intrinsic” falls risks factors



Comprising of simple chair and chair assisted exercises that can be done safely at home (including falls prevention information)

Formats

- Audio-tape
- Exercise booklet
- Video
- DVD



A resource for Frailer Aged at Home & in Residential Care Settings



The Basic Exercise Content

Components of the exercise program concentrate on Lower limb strength, General fitness

1. Warm up section
2. Sitting Section
3. Standing section
4. Cool down section

Arm work & Cool down Examples

- Weight transference
- Elbow raises
- Arm stretch across body
- Walking on the spot
- Posture check in sitting or standing



Side A - Sitting Exercises (mainly strengthening exercises)

Foot Section

- Toe Raises x 8
- Heel raises x 8
- Curling the toes x 8
- Inversion and eversion x 8
- Toes pointing up and down with the foot off the floor (thigh supported) x 8

Leg Section

- Strengthening the thigh muscles (straight leg raises) x 8
- Bottom raises x 4 (sit to stand practice)
- Marching on the spot
- Postural check in sitting



Side B - Standing Exercises (mainly strengthening exercises with some stretching with chair support)

Feet, Ankles & Calves Section

- Alternate calf stretch x 4
- Heel raising x 8
- Walk on the spot x 8

Leg & Hip Section

- Marching on the spot x 10
- Hamstring curl - Heel lift backwards x 8
- Knee lift x 8
- Leg Side lift x 8 (hip abduction)
- Postural check in standing



Exercise Examples



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* Safety / Precautions

Included at the front of booklet

- ✓ Always consider safety issues
- ✓ Build on the basics of safe exercise to develop good exercise form, technique, co-ordination with ongoing encouragement for people to continue
- ✓ Be aware of individual capabilities and limitations and don't push the boundaries to achieve quick results
- ✓ No two days are the same, so always participants to exercise at their own perceived level according to the day.
- ✓ Commence all exercises starting in a chair at the beginning and gradually progress the program from chair exercises to chair assisted

* Falls Tips / Information

- At back of booklet

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Criteria for Distribution of Stay Active - Stay Safe Resource

The following should be considered & adhered to as far as possible when providing a DVD to a patient or client.

- The patient / client must be over the age of 65 and have a DVD player
- The patient / client may have a fear of falling or have had a recent fall or the "provider" may have a concern that the patient / client is at risk of falling.
- The patient / client must be unable to participate in regular exercise (e.g. exercise group, walking etc.)

* Please note: this package is not suitable for people with significant physical or mental impairment

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Evaluation

Questions to be asked after 4 weeks following use / distribution

- Have you used the DVD package?
- How useful did you find the DVD package?
- How long ago did you start using the package?
- If you did not use it, why not?

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