Home Support Exercise Program (HSEP):

Presented by: Clara Fitzgerald

Canadian Centre for Activity and Aging, London Ontario
<table>
<thead>
<tr>
<th>STRATEGIC PRIORITIES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>RESEARCH</strong></td>
</tr>
<tr>
<td>Investigate the interrelationships of physical activity and aging through basic and applied research</td>
</tr>
<tr>
<td><strong>EDUCATION</strong></td>
</tr>
<tr>
<td>Communicate research and evidence-based practices to empower communities and individuals to adopt healthy lifestyles in their environments.</td>
</tr>
<tr>
<td><strong>PROGRAMS</strong></td>
</tr>
<tr>
<td>Develop, implement, promote, evaluate and modify programs.</td>
</tr>
<tr>
<td><strong>FISCAL LONGEVITY</strong></td>
</tr>
<tr>
<td>Ensure the long-term financial viability of the CCAA through Grants, competent fundraising strategies and sustainable corporate sponsorship.</td>
</tr>
<tr>
<td><strong>ADVOCACY</strong></td>
</tr>
<tr>
<td>Provide guidelines to policy makers on physical activity and aging and enhance the reputation and image of CCAA.</td>
</tr>
</tbody>
</table>
Prior Models

- Recruitment
- Delivery (PT or OT)
- Equipment
- Transport
- Strength training
- No mechanism for sustainability
Rationale for our Home Support Exercise Program (HSEP)

Target Group: frail older adults in community
- at risk
- often homebound
- difficult to reach
- users of home support services
Home Support Exercise Program

- Simple, functional
- No equipment, transport or extra visits required
- Uses existing home support infrastructure for client recruitment, instruction, motivation
- Built-in mechanisms for monitoring & support
10 Simple Exercises

Get up from a chair

Leg lifts

Reaching
4 Hour HSEP Workshop

- View HSEP video
- Discussion
  - Frailty
  - Role of exercise
  - Case study
- Assessment
  - Timed Up & Go

- How to teach:
  - Demonstration
  - Practice in pairs
- Safety, progress
- Monitor, motivate
- Resource manual
Development and Formative Evaluation
of the Centre for Activity and Ageing’s
Home Support Exercise Program
for Frail Older Adults

Catrine Tudor-Locke, Anita M. Myers, C. Shanthi Jacob, Gareth Jones,
Darien-Alexis Lazowski, and Nancy A. Ecclestone
Outcome Evaluation of the Canadian Centre for Activity and Aging’s Home Support Exercise Program for Frail Older Adults

C. Shanthi Jacob Johnson, Anita M. Myers, Lynn M. Scholey, Elizabeth V. Cyarto and Nancy A. Ecclestone
Mean change - Functional Performance Measures

- TUG: -9.1
- 6-minute Walk: -46.1

Comparison

HSEP

- TUG: -1.3
- 6-minute Walk: 85.0
Mean change – Functional Performance Measures

Mean Change

- Sit-to-Stand1: 0.6
- Sit-to-Stand5: 0.7
- Functional Reach: -0.2, -0.3

Comparison

HSEP

Mean Change

-4 -3 -2 -1 0 1

Sit-to-Stand1  Sit-to-Stand5  Functional Reach
Mean change - Psychological measures

- VPS: Mean change 3.6
- FES: Mean change 6.7
- ABC: Mean change 8.4

Comparison: HSEP
Relative Cost of HSEP

- Gill (2002) 15 PT visits: $2,000/person
- PT $35-$100 vs PSW ~$12/hour
- HSEP costs:
  - workshop fee: $75/person ($400/group)
  - Half day for workshop attendance ($50)
  - 30 mins. paid time for client instruction
  - No client charges
  - Now tracking time/activity (cost analysis)
Implementation Cost Formulas

CM = \[(\text{rate/hr}) \times 2 \text{ hr}^*\] + \[(\text{rate/hr}) \times 0.5 \text{ hr}^{**}\] + 75 course fee

PSW = \[(\text{rate/hr}) \times 4 \text{ hr}^*\] + \[(\text{rate/hr}) \times 1.25 \text{ hr}^{**}\] + 75 course fee

Agency Facilitator = \[(\text{rate/hr}) \times 4 \text{ hr}^*\] + 75 course fee

Admin support = \[(\text{rate/hr}) \times 2 \text{hr per month}\]

Legend
* time required for training
** time required to implement

CM = Case Manager
PSW = Personal Support Worker
Stages of Planning & Development

Idea Development

- Needs Assessment
  - reactions to ideas

Development

- Formative Evaluation
  - reactions to draft materials
  - reactions to ideas

Implementation

- Partial
  - small-scale or pilot
  - reactions to draft delivery

- Full-scale
  - reactions to pilot delivery
  - preliminary process, outcome, cost eval

Routine Operation

- Training
- New Hires
- Identify Clients
- Budget
- Included
- In service Delivery model

Tillsonburg & District Multi Service Centre
Streamlined Process

Case Managers:
- Brief intro (10-15min)
- Leave package
- Written/verbal consent
- Authorize PSW through Community Support Agency
- Shorter Profile
- Follow-up

Role of Community Support Agency
- To match PSW to client / scheduling
- To have a fully trained staff compliment
- Orientation/ Refresher maintain current
- All field staff are HSEP facilitators (supervisors)

PSW’s:
- Encourage client
- Monitor, review
- Monthly reports
  -- 1st month report
  -- 6 mo. follow-up
4 Hour HSEP Workshop
PSW & Potential Trainers

- HSEP video
- Resource Manual
- Client Package
- Facilitator’s Guide

Training Package
($200 Can)
Dissemination beyond Ontario

e.g., Alberta Centre for Active Living (province wide)

e.g., Purdue University (8 counties in Illinois)
Other Dissemination Strategies

- Volunteer visitors
- Adult Day Care
- Respite services
- In-patient program
- Public health
- Falls prevention

LTC
Summary

• Feasible
• Acceptable
• Effective: can improve/maintain function
More Information

Email  ccaa@uwo.ca
Web  www.uwo.ca/actage
     www.ccaa-outreach.com
Tel  661-1603
Fax  1- 519 - 661 - 1612
Canadian Centre for Activity and Aging
1490 Richmond St.
London, ON. CANADA N6G 2M3