

An Active Service Model Including The Look good, Feel good Eat well Program



Murrindindi
Shire Council



Background

- ✦ In 2004 Murrindindi Shire Council received grant funding to implement a Well for Life project within its PAGES program.
- ✦ The successful Well for Life (W4L) project laid the foundation for the development of the ASM and the Look good, Feel good and Eat well Program.
- ✦ By 2006, W4L principles had become part of the culture of the Aged & Disability Unit guiding the delivery of the planned activity groups, with assessment staff continuing to refer clients to allied health to improve their functional capacity



AIM

- ✚ Improve client understanding of the benefits of physical activity and healthy eating
- ✚ Reshaping of service delivery
- ✚ Encourage home exercise program
- ✚ Provide new ways of doing daily activities
- ✚ Link clients back into the local community
- ✚ Improve social connectedness



ENABLERS

- ✚ staff enthusiasm
- ✚ Assessment staff knowledge of client base
- ✚ Volunteer resource centre
- ✚ Cooperation from providers/projects
- ✚ Established relationships with external agencies
- ✚ Volunteer's participation
- ✚ Allied health staff availability



OUTCOMES

- ✦ Participants
 - improved understanding
 - improved physical abilities
 - increase in confidence
 - Social connectedness

 - Link back to community
 - Social connectedness and volunteering



OUTCOMES (cont)

✦ Organisational

- improved partnerships
- commitment to an active service model by staff
- reshaping of service
- sustainable program –embedded in CHEVIOT Social Support Program
- philosophy of capacity building

✦ Policy

- Resources and education



LEARNINGS

- ✚ Availability of allied health staff
- ✚ Open and honest discussion about what is possible
- ✚ Formalised MOU with allied health
- ✚ Volunteer orientation/role clarification



IN THE BEGINNING

- ✿ Program one – 8 weeks
- ✿ Program two – 5 weeks

- ✿ Physical activity
 - physio education
 - home exercise plans
 - presentations from local activity groups



IN THE BEGINNING (cont)

- ✿ Nutrition component
 - dietician education
 - healthy afternoon teas
 - cooking demonstrations
 - food safety presentation
- ✿ Social connectedness
 - linking to activity groups
 - participation in the program
 - link to volunteers



IN THE BEGINNING (cont)

- ✦ Healthy Brain
 - Brain teasers
 - Sign posts presentation
 - Sudoku
 - Alzheimer's Australia information



Evaluation

- **Timed up and go test (TUG)**

- Program 1 clients were tested pre and post program and at the three months and six month reviews
- Program 2 clients were tested pre and post program and at the three month review no nine month results were available for Program 2, disappointingly no twelve month reviews were available for either program
- Program 1 all clients improved their TUG times with an average improvement of 7.97 seconds
- Program 2 eight of the thirteen clients improved their TUG times with an average improvement of 4.44 seconds

Evaluation_(cont)

- **Improved motivational levels**
- Program 1 clients were tested pre and post program and at three, six and twelve months, clients average score went from 2.88 to 4.33
- Program 2 clients were tested pre and post program and at three, nine and twelve months, clients average score went from 3.59 to 3.80
- **Improved Confidence levels**
- Program 1 clients average score went from 3.49 to 4.21
- Program 2 clients average score went from 3.78 to 4.68



OUTCOMES

- ✦ Participants
 - improved understanding
 - improved physical abilities
 - increase in confidence
 - Social connectedness
- Community
 - Social connectedness and volunteering



SUSTAINABILITY

- ✚ Frequency
- ✚ Responsibility
- ✚ Reshaping of services
- ✚ Client selection (for 6 week program)
- ✚ Content
- ✚ Staffing