

**Title of Intervention:** Staying Active - Staying Safe

**Intervention Strategies:** Individual Education

**Purpose of the Intervention:** To increase physical activity, functional mobility and self-efficacy

**Population:** Individuals aged 65 years or older

**Setting:** Home-based

**Partners:** Northern Sydney Health Promotion, Ryde Safe Communities Falls Working Group, Ryde Hospital, University of Sydney, Ryde Hospital Aged Care and rehabilitation Service, Northern Sydney Home Nursing, Home and Community Care Services

**Intervention Description:**

- Individual Education: Staying Active-Staying Safe audiotapes and booklets were distributed to participants. Side A of the tape had seated, gentle exercises and Side B had chair-assisted, standing exercises. Each side of the tape took approximately 20 minutes to complete. The booklet illustrated the exercises in a diagrammatic form, which corresponded to the audiotape. The audiotape and booklet both included safety tips and information about risk factors for falls. One thousand tapes and booklets were distributed free of charge to community-dwelling residents in the Ryde and Hunter Hill local government areas.

**Theory:** Not mentioned

**Resources Required:**

- Staff/Volunteers: Not mentioned
- Training: Not mentioned
- Technology: Not mentioned
- Space: Not mentioned
- Budget: Not mentioned
- Intervention: Booklets, audiotapes, tape player
- Evaluation: Questionnaire

**Evaluation:**

- Design: Post-test only
- Methods and Measures: A questionnaire assessed self-reported changes in physical activity levels, confidence in functional mobility and confidence in self-care

**Outcomes:**

- Short Term Impact: Half of the participants reported increased levels of physical activity using the resources two to seven times a week. Most of the participants found the materials to be of the correct difficulty level. Confidence in functional mobility increased. Confidence in self-care increased.
- Long Term Impact: Not measured

**Maintenance:** Not mentioned

**Lessons Learned:** The material may have potential for remote and rural areas where the access to community-based gentle exercise programs is more limited than in metropolitan areas.

**Citation(s):**

Armstrong M, Bates A, Castell S, Krolik P. Staying Active -- Staying Safe: development of a physical activity and falls prevention resource for older people who dwell in the community. N S W Public Health Bull. Jan-Feb 2002;13(1-2):13-14.