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):  