
Creating Physically and emotionally resilient elders – Engaging older people in physical activity to prevent falls

Pam Dean, BAppSC(OT), MHIthSc(OT)

Project Coordinator

CALD Falls Prevention Project

Michele Sutherland, Project Officer, MDC

**Culturally & Linguistically Diverse
Communities Falls Prevention Project
auspiced by**

metropolitan
Domiciliary Care

Funded under a grant from the

**Australian Government Department of
Health and Ageing.**

SERCIS Telephone interview of 2619 people over 65, in SA (2000)

- 40% of those who had fallen, considered they were likely to fall again.
 - Falls prevention strategies likely to be taken up were:
 - medical check-up 23%
 - home modifications 19%
 - exercise 10%
 - education 4%
 - 57.6% not prepared to do anything
-

What do we know about our target group?

- Older people have the lowest rate of physical activity in the community.
- Plonczynski 2003 found that increased age, decreased income, lower educational attainment, and female gender were all consistently negatively associated with physical activity.
- These characteristics are also associated with high falls risk.



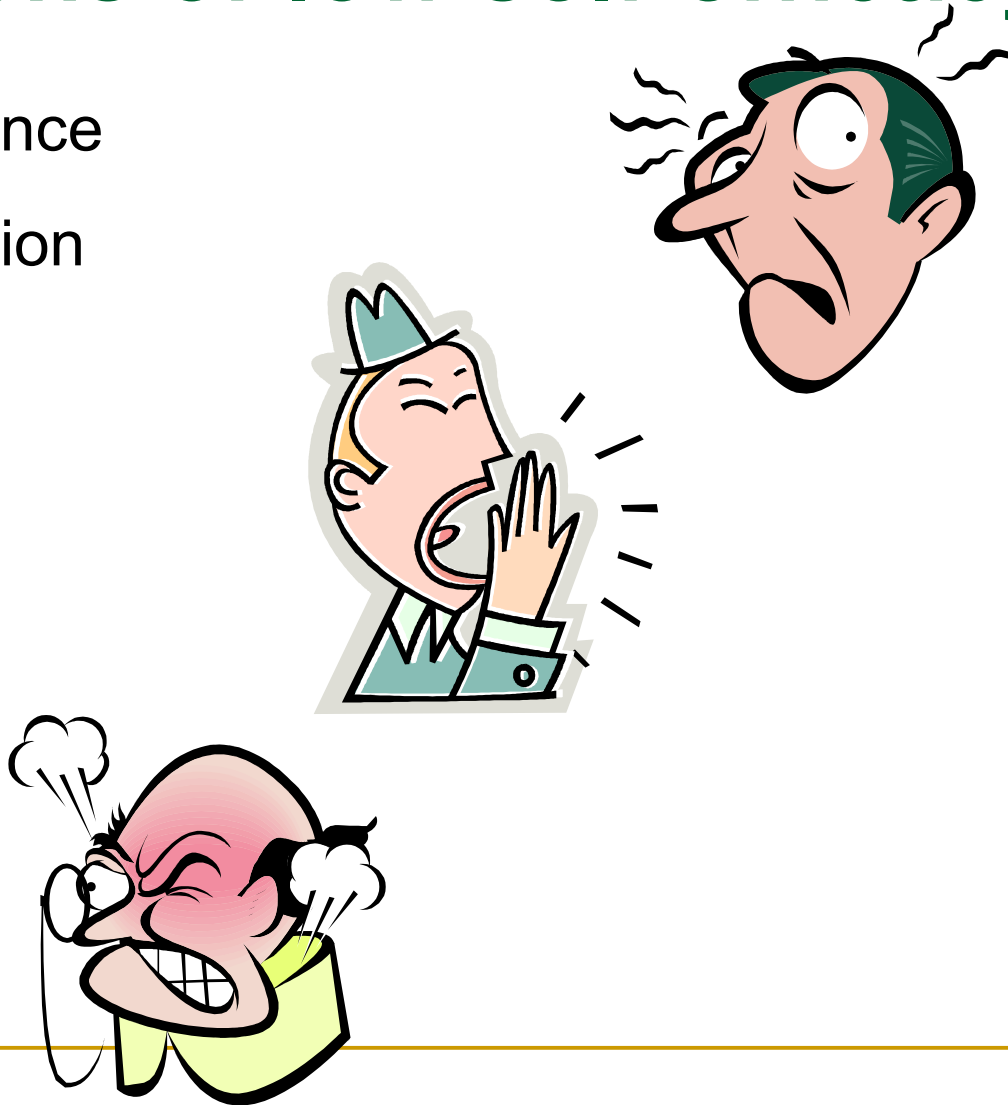
Self Efficacy

- “With older individuals, self-efficacy is a single prominent factor for determining participation in self-care activities. (Easom 2003)
- The greater the number of health problems the lower the self-efficacy. (Moore 1992)



Manifestations of low self efficacy

- Lacking in confidence
- Lacking in motivation
- Disinterested
- Obstinate
- Obstructive
- Aggressive/angry



Evidence from the literature - summary

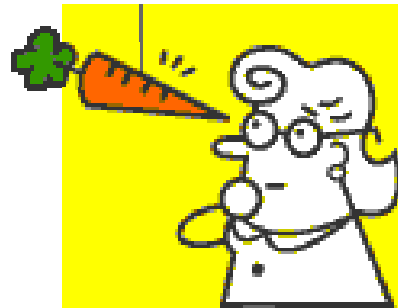
- Focus on all the determinants of health
- Minimize barriers to participation
- Incorporate features of successful programs
- Use cognitive behavioral strategies to promote behavior change
- Educate people on benefits of physical activity.
- Build self efficacy in target group



Chronic Disease self management principles can improve resilience

Embedded in the Stanford University Chronic Disease self management model are cognitive skills that can promote resilience, such as:

- Problem solving
- Goal setting
- Self monitoring
- Self motivation



Thank you for your attention

- For information on how to engage older people and how to increase self efficacy :
 - Active Ageing SA run training workshops for allied health and fitness professionals with Pam Dean (08 8232 9077)
 - Lindy Clemson, OT, NSW will be presenting at the 2005 Falls Forum on 25th November
-