

Health & Wellness

The power of exercise in maintaining best health

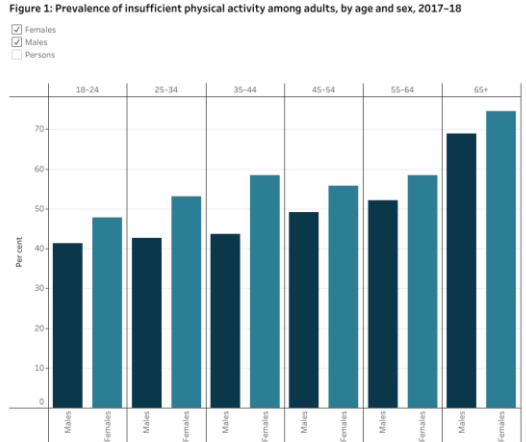
Dr Tim Henwood
 Group Manager, Research & Development
 Southern Cross Care (SA, NT & Vic)



1

Population ageing - Health

Figure 1: Prevalence of insufficient physical activity among adults, by age and sex, 2017-18



- 25% of the Pop over 65 Yr by 2047
- 900,000 adults with dementia by 2050
- 50% of older Australians with 5 or more comorbidities
- 100% greater hospital admission than adults under 65 yr
- Public health expenditure \$3250/person and rising
- Sustainable impacts to:
 - Increasing comorbidities & the number of young old with lifestyle related diseases
 - Doubling in health expenditure
 - Slowdown in labour productive
 - Staffing stress
 - Unsustainable impact due to rising health cost

Primary causes:

- Insufficiently physically active (~72%)
- Poor diet (~92%)
- Treatment NOT prevention:
 - 124 mil & inc GP attendance Medicare claims

<https://www.aihw.gov.au>



2



Figure 1: Fall injury hospitalisations and deaths, by sex and year
<https://www.aihw.gov.au/reports/injury/falls#Trends>

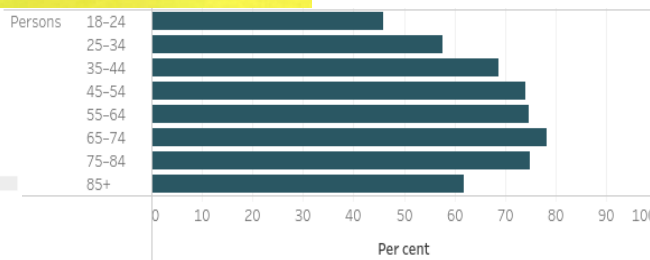
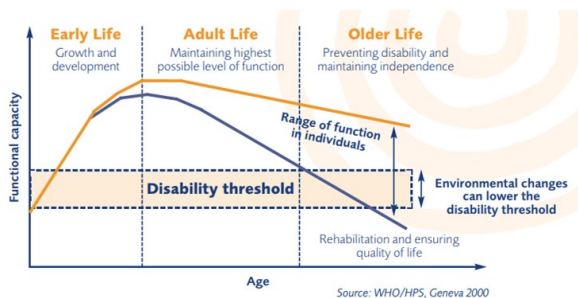


Figure 2: Proportion of Australian adults living with overweight and obesity, 2017-18
<https://www.aihw.gov.au/reports/overweight-obesity/overweight-and-obesity/contents/overweight-and-obesity>



3

Disability impact of ageing



With increasing age

- ↑ Sedentary behaviour (>8 hrs/day)
- ↓ Muscle mass
- 50% ↓ in muscle strength across the lifespan
- 75% ↓ in muscle power across the lifespan

Which influences:

- ↓ aerobic capacity
- ↓ metabolic rate/↑ body fat
- ↓ total blood volume
- ↓ bone mineral density
- ↓ quality of life

Which leads too:

- Post-surgery complications
- ↑ Risk of dementia
- ↑ Incidence of falls/↓ balance confidence
- ↓ functional ability
- Frailty/Sarcopenia

⇒ **Compromised independence**

⇒ **Dependent care needs**



4

Evidence for the value of exercise among older adults is irrefutable

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RESULTS BY YEAR

1968 2023

International Exercise Recommendations in Older Adults (ICFSR): Expert Consensus Guidelines.

Cite Izquierdo M, Merchant RA, Morley JE, Anker SD, Aprahamian I, Arai H, Aubertin-Leheudre M, Bernabei R, Cadore EL, Cesari M, Chen LK, de Souto Barreto P, Duque G, Ferrucci L, Fielding RA, Garcia-Hermoso A, Gutiérrez-Robledo LM, Harridge SDR, Kirk B, Kritchevsky S, Landi F, Lazarus N, Martin FC, Marzetti E, Pahor M, Ramírez-Vélez R, Rodríguez-Mañas L, Rolland Y, Ruiz JG, Theou O, Villareal DT, Waters DL, Won

- Knowledge for 50 yrs
- 1530 supporting the cost benefit
- 519 supporting exercise in frail adults
- 60 supporting the cost benefit in frail adults

Data retrieved 16.06.23

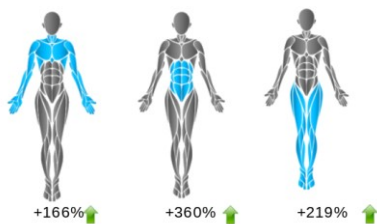


5

Evidence for the value of exercise among older adults



<https://www.burniebrae.org.au/blog/muscling-up-against-disability/>



<https://www.health.gov.au/resources/videos/allied-health-professional-instructional-video-for-group-therapy-in-residential-aged-care-facilities>

55% Reduction in falls when compared to usual care



6

Providers are not focused exercise pathways

Stewart Brown & Dept Health 2020 Home Care Provider Data survey Report

Table 27. Summary of average hours of service per package per fortnight by service type for FY 2018-19

	2018-19 Financial Year				
	All Average	Level 1	Level 2	Level 3	Level 4
Total number of packages	54,823	3,222	27,234	9,973	14,394
Total number of subsidised days	19,999,171	1,174,852	9,935,652	3,638,668	5,249,998
Care management	1.23	0.65	0.82	1.43	2.01
Nursing care - registered nurse	0.11	0.02	0.03	0.14	0.26
Nursing care - enrolled nurse or other licensed nurse	0.03	0.01	0.01	0.03	0.08
Personal care	2.58	0.50	1.10	2.64	5.82
Cleaning and household tasks	2.04	0.98	1.67	2.13	2.92
Social support, shopping services, community access	1.05	0.45	1.05	1.87	2.89
Light gardening	0.18	0.12	0.15	0.22	0.24
In-home respite (day-time)	0.46	0.07	0.13	0.45	1.19
In-home respite (overnight)	0.06	0.00	0.01	0.04	0.16
Transport services	0.45	0.16	0.30	0.54	0.73
Allied health professional (practitioner)	0.13	0.03	0.07	0.14	0.25
Other services provided to the home care recipient	0.53	0.12	0.33	0.58	0.97
Total Hours of Service Provision	9.46	3.10	5.68	10.20	17.52

For clarity in relation to the measurements in the tables relating to hours - 9.46 hrs is equivalent to 9 hours 28 minutes

- Home Care Package services
 - 2.58 hr/FN Personal Care
 - 2.04 hr/FN Domestic Assistance
 - 0.13 hr/FN Allied Health
- Described AH as “Specialty Service”

<https://www.health.gov.au/sites/default/files/documents/2020/06/home-care-provider-survey-analysis-of-data-collected.pdf>



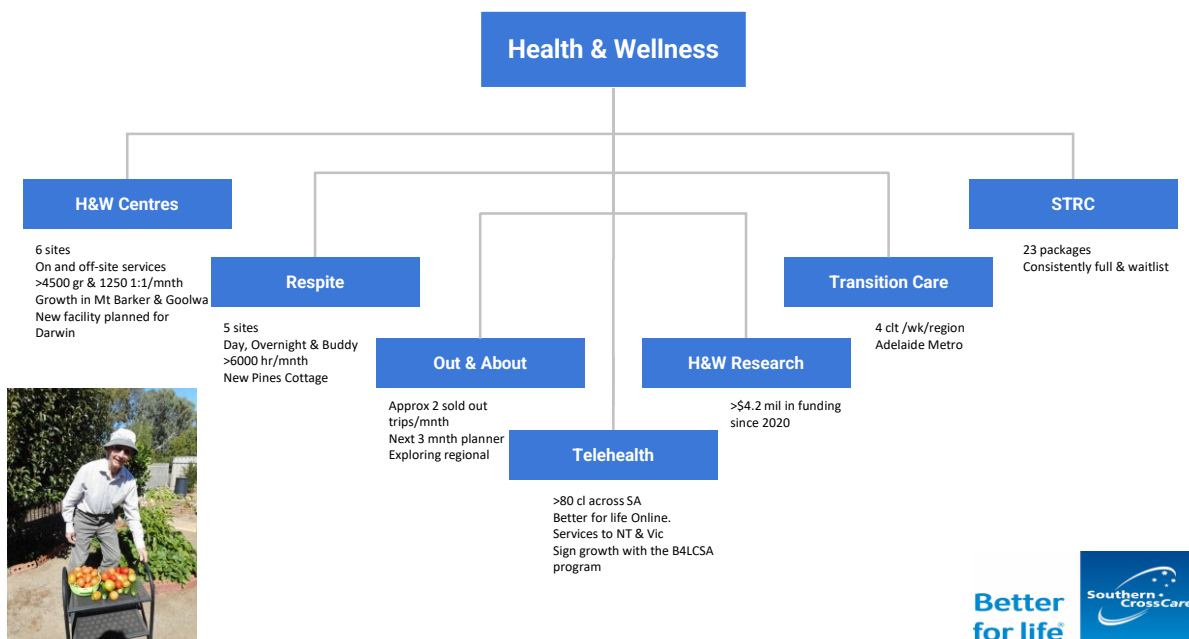
7

Southern Cross Care (SA, NT & Vic) - Health & Wellness service

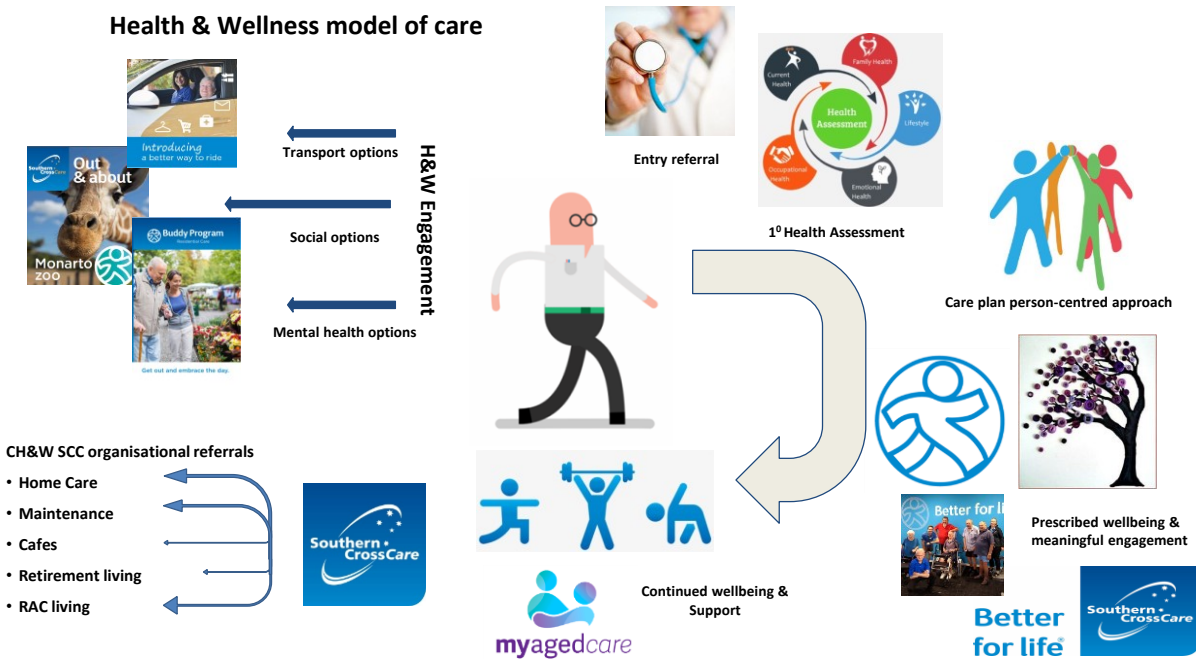
- Are a community facing, prevention, reablement and restorative services
- Have the **primary goal to keep people living in their own home longer**
- Employ:
 - **An evidence-based, person-centred, best practice model of care**
 - **Holistic, interdisciplinary, case by case, planning of client health pathways**
- Incorporate meaningful physical, social and mental health engagement into all client care plans
- >3000 cts across SA & NT, average - 79.6yrs
- /Mnth: >4500 exercise group presentations, >1250 Allied Health & Therapy 1:1's and >6000 Respite hrs.



8

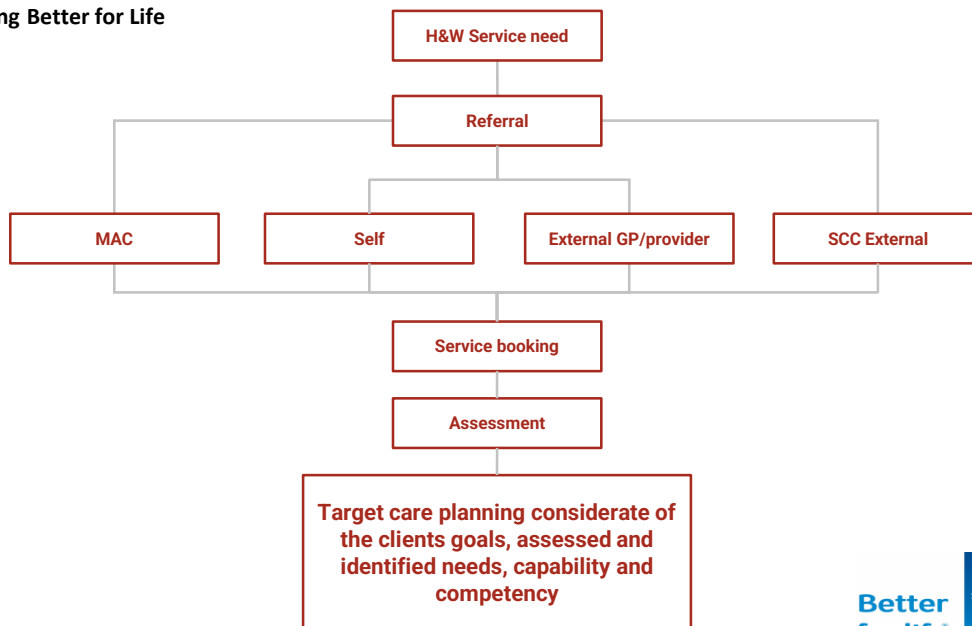


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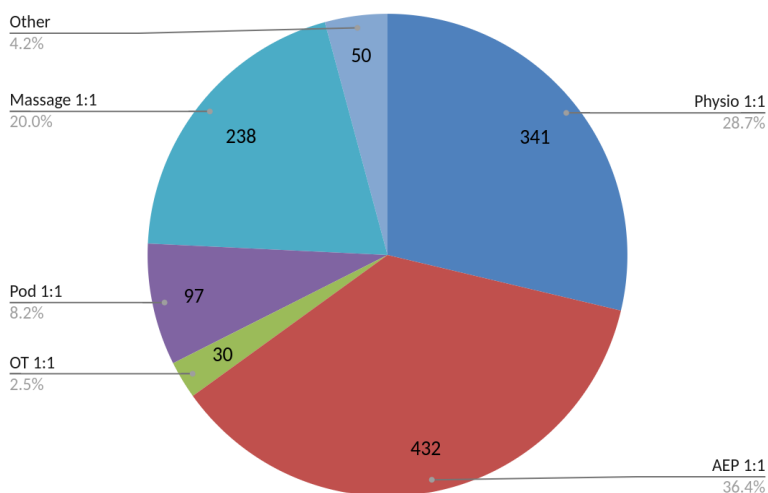
Activating Better for Life



11

Health and Wellness model and utilization

- August 2023 data



- In home and in clinic 1:1 services
- No matter which front door exercise participation is always the end game



12

Resistance training: the King of independence!

- ↑ Muscle mass & strength
- ↑ Muscle power
- ↑ Bone mineral density
- ↑ Sleep profile
- ↑ Capacity in ADL's

↓ Symptoms of disease

- Physical
- Mental

↓ Falls risk

- Residual impact of training

=> ↓ dependant care needs

Plus

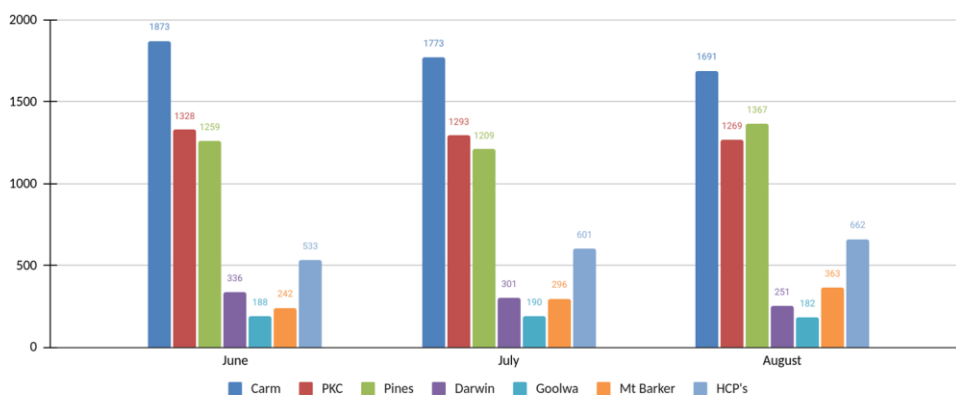
- Increase Heart & Lung capacity
- Improve endurance
- Reduce body fat
- Increase flexibility
- Increase balance
- Reduce hospitalisation and stay duration



13

Health and Wellness model and utilization

- August 2023 data

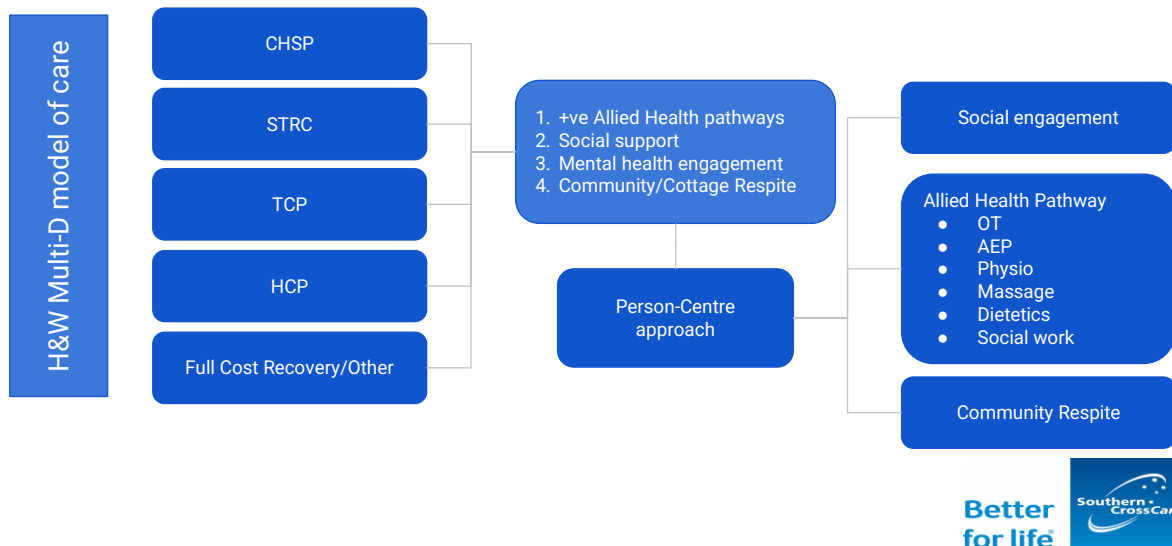


- Group classes



14

Health literacy education leads to improved meaningful service utilisation



15

Out & About

- Social engagement
- New experiences
- Meet new people
- Release 3 monthly schedule

Minimum walking

Moderate walking

Maximum walking

<p>Friday 29 September</p> <p>A DAY ON THE COPPER COAST +</p>	<p>Saturday 14 October</p> <p>ANLABY SPRING FESTIVAL +</p>	<p>Saturday 21 October</p> <p>SOUTH COAST JAZZ FESTIVAL +</p>
<p>Friday 27 October</p> <p>MT LOFTY BOTANIC GARDEN GUIDED BUS TOUR +</p>	<p>Friday 03 November</p> <p>CAMPBELLTOWN MOONLIGHT MARKETS +</p>	<p>Saturday 11 November</p> <p>WILLUNGA MARKETS +</p>
<p>Friday 17 November</p> <p>A DAY IN HAHNDORF +</p>	<p>Friday 24 November</p> <p>FOUR KNOTS MURRAY RIVER CRUISE +</p>	<p>Friday 1 December</p> <p>MONARTO SAFARI PARK +</p>

16

Southern Cross Care Health & Wellness Service

Some facts:

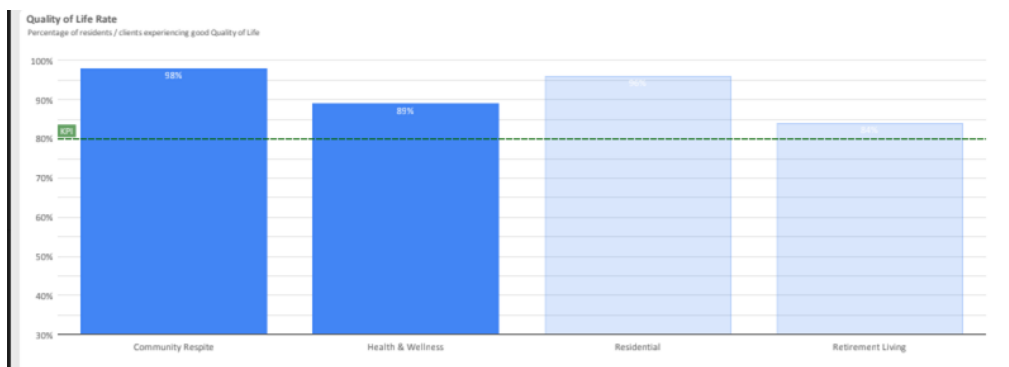
- Health & Wellness (H&W) clients have a higher life expectancy than the average Australians
- Clients are on average 47% more functionally able after our programs
- Physical benefits are accompanied by mental health and social wellbeing benefits
- SCC Community Transition Care Program has the lowest incidence and return to hospital rates among SA providers
- H&W are focused on the creation of best practice evidence
- H&W Centre engage in weekly Multi-D case conferencing to maximise the client health journey
- Community Respite client carers report reduced behavioural issues and better sleep patterns after a client service
- H&W clients self-rate their quality of life at 91%



17

Self rated quality of life (WHO5)

Health & Wellness Centre average Quality of Life - @ 91% from 462 surveyed clients



18

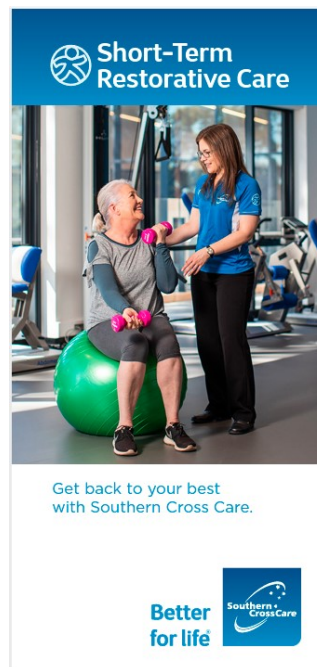
Health & Wellness model of care



19

SCC Short-Term Restorative Care (STRC)

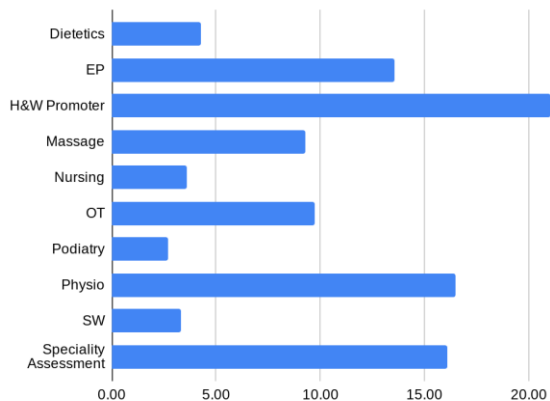
- 8 week Government funded initiative
- 23 packages - 18 in SA & 5 in NT
- Clinician led model
- Comprehensive assessment
 - High/low functioning
- Service Focus:
 - Allied Health & Therapy: 1st 4 weeks
 - Social engagement: week 1 - 8
 - Exercise: week 1 - 8 with increasing frequency week 4 - 8
- Clients receive an average of 5 service per week (4-7)
- Supported discharge planning into ongoing services
- Waitlist managed with CHSP AH&T



20

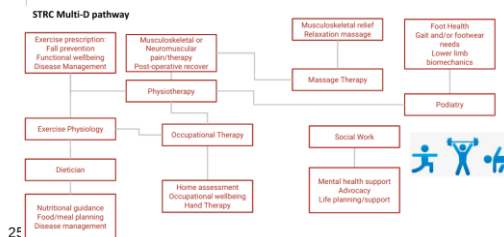
STRC service breakdown (%)

- Based on 12 months of data
- Allied Service delivery



EP - Exercise Physiology
 OT - Occupational Therapy
 SW - Social Work
 H&W Promoter

- Health & Wellness Promoter
- Exercise and social support.
- To clinic transport
- In- home and clinic exercise delivery



21

Short-Term Restorative Care

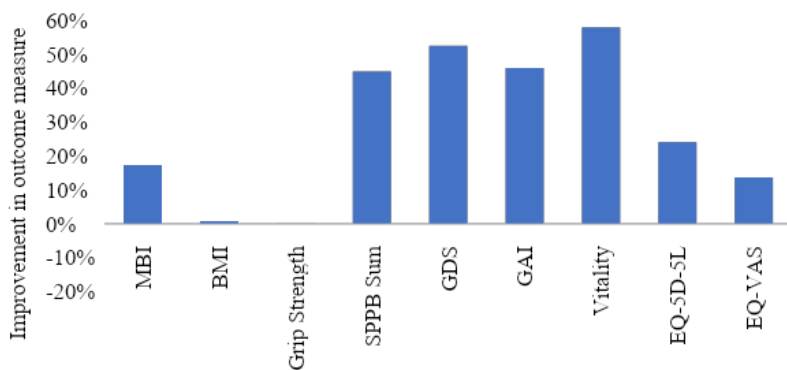


Figure. Improvements in outcome measures from baseline to discharge (8 wks) in low functioning clients (N=157, 80.2 yrs, 73% female)

Abbreviations. MBI, Modified Barthel Index; BMI, body mass index; SPPB Sum, Senior Physical Performance Battery summary score; GDS, Geriatric Depression Scale; GAI, Geriatric Anxiety Inventory; EQ-VAS, EQ Visual Analogue Scale.



22

SCC STRC Research

- Publication -
 - Australian Journal on Ageing Jan/Feb 22
 - Restoring independence, Falland, Henwood,
 - **Prioritising restorative care programs in light of current age care reform.** AJA 2024
 - Falland, Henwood, Keogh and A Davison
- ARIA Grant - *Wrapping up*
 - **Better discharge pathways for community-dwelling aged care clients following short-term restorative programs**
 - SCC, Bond Uni and Robert Gordon Uni
- Project - DoH&AC
 - Defining the service frequency and type equation for a clinically meaningful outcomes among older adults
- Accolades
 - **2019 InnovAgeing Finalists - Realising Wellness and Reablement**



Prioritising restorative care programs in light of current age care reform

Laura Falland^{L2} | Tim Henwood^{L3} | Justin W. L. Keogh^{4,5,6,7} | Kade Davison²



23

Benefits of SCC Health & Wellness participation

Evidence:

- Allied health and exercise therapy offer a proven countermeasure
- Strength, conditioning and balanced focused prescription
- SCC Health & Wellness use multi-disciplinary pathways that prescribe meaningful physical, social and mental health engagement and support health literacy education

Working health and wellness model:

- Group exercise participation has grown 350%/yr since 2010
- Participation is for an average of 23 months, with the impact of prolonging independence and extending life expectancy
- 50% of participation is via aged care funding
- Participation leads to large, positive changes in functional and mental health wellbeing
- Not rockets science - but all components are needed for the model to work

Benefit:

- Prolonged independence
- Cost-effectiveness
- Happy Clients



24

Exercise is the only answer to prolonging independence

Irrefutable amount of positive evidence

However, older adults need support to engage in these pathways

- Improved health literacy
- Appropriate allied health to support their needs
- Financial support to commence and stay engaged

Twice weekly group exercise cost \$20/wk and can help older adults prevent deleterious health change

Allied health **must** be part of all care plan if clients are to prevent decline and/or be reabled and remain independent living

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National Center for Biotechnology Information

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RESULTS BY YEAR

Benefits of Exercise in the Older Population

Galbraith J, Castello B, Michewicz R
Phys Med Rehabil Clin N Am. 2017 Nov;20(6):659-669. doi: 10.1016/j.pmr.2017.06.001.
PMID: 29331103 Review

Physiologic changes of aging that limit function and general quality of life occur at a faster rate as we get older. There is high quality evidence that exercise works to reverse these benefits for older adults. The older exercised pr...

+168% +360% +219%

Better for life Southern Cross Care

25

Thank You

For more information contact

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26