

A photograph of an elderly woman, Rodney, sitting on a gym machine. She is wearing a teal t-shirt and glasses, and she is smiling. In the background, another person in a teal shirt is sitting on a machine, and a fitness instructor in a blue and white uniform is standing and holding a clipboard. The scene is set in a bright, modern gym.

Better for life

Rodney

*“I might have a few miles
on the clock, but there’s still
plenty of gas in my tank!”*



The four principles are:

Our Services: Embrace life

Our People: Value life

Our Environment: Enhances life

Our Governance: Promotes life.



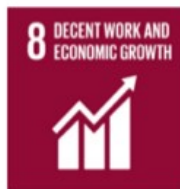
Why SCC has focused on making healthy normal?

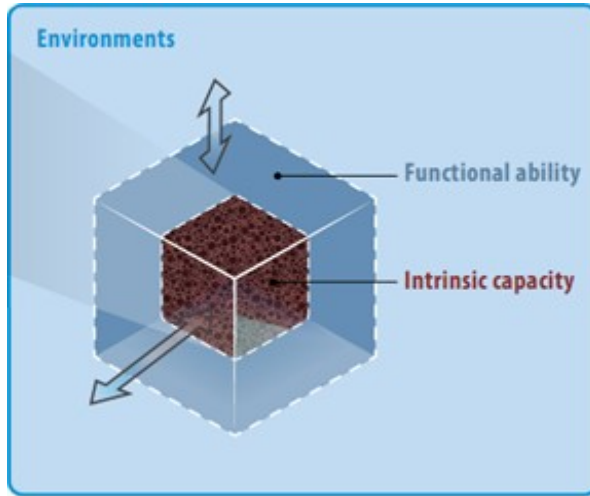




SUSTAINABLE DEVELOPMENT GOALS

3 GOOD HEALTH AND WELL-BEING





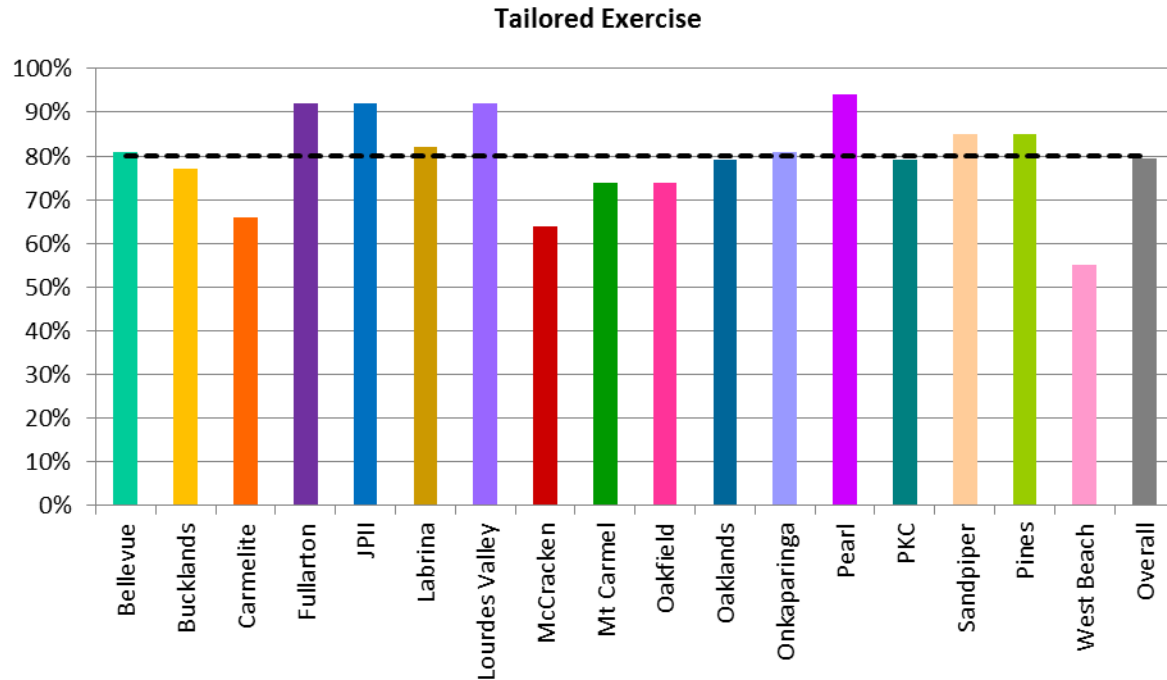
The World Report on Ageing and Health has been asking health care providers to adopt 3 key strategies for creating Healthy Ageing (WHO 2015)

1. Reduce the fitness gap,
2. Help individuals reach their potential
3. Prevent disability



Engagement in Tailored Exercise

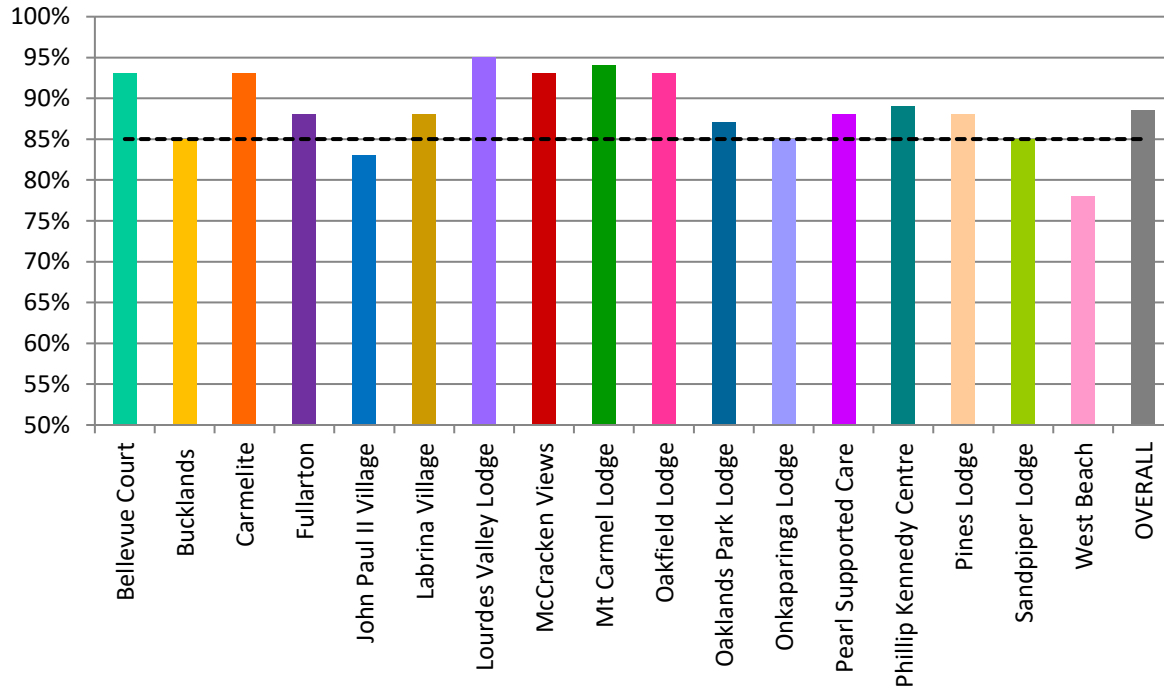
On average 80% of Southern Cross Care residents are engaged in weekly tailored exercises.





Weight Bearing/walking (85%)

15 homes are meeting the KPI compared to 14 in May 2020.

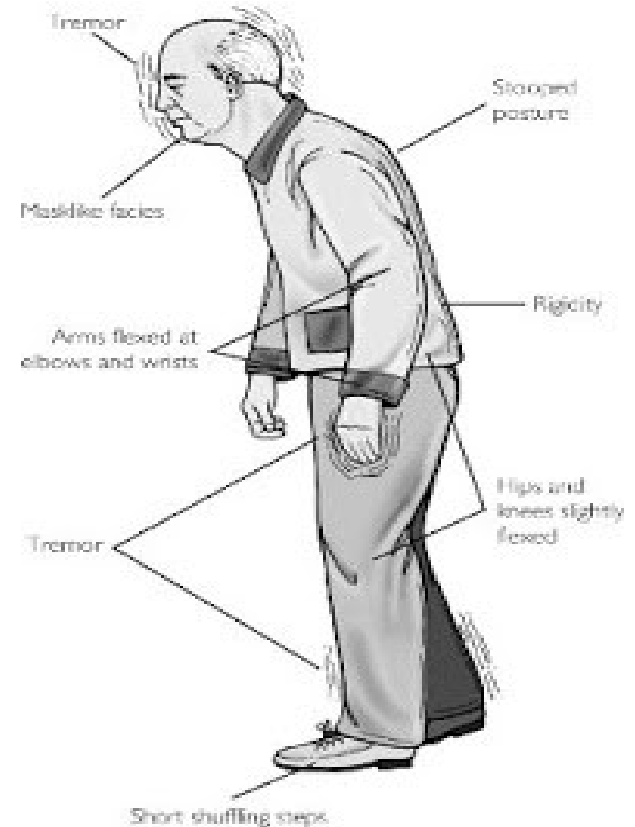




WHO definition underpins our vision:

Healthy Ageing

“Healthy Ageing as the process of developing and maintaining the functional ability that enables well-being in older age” WHO 2015





As providers we can

- prepare and upskill our workforce to put in place strategies to minimise resident/client risks, harm and poor health outcomes.
- strengthen the abilities of older people to thrive in their environment.



Gyms and
cafes in most
SCC homes



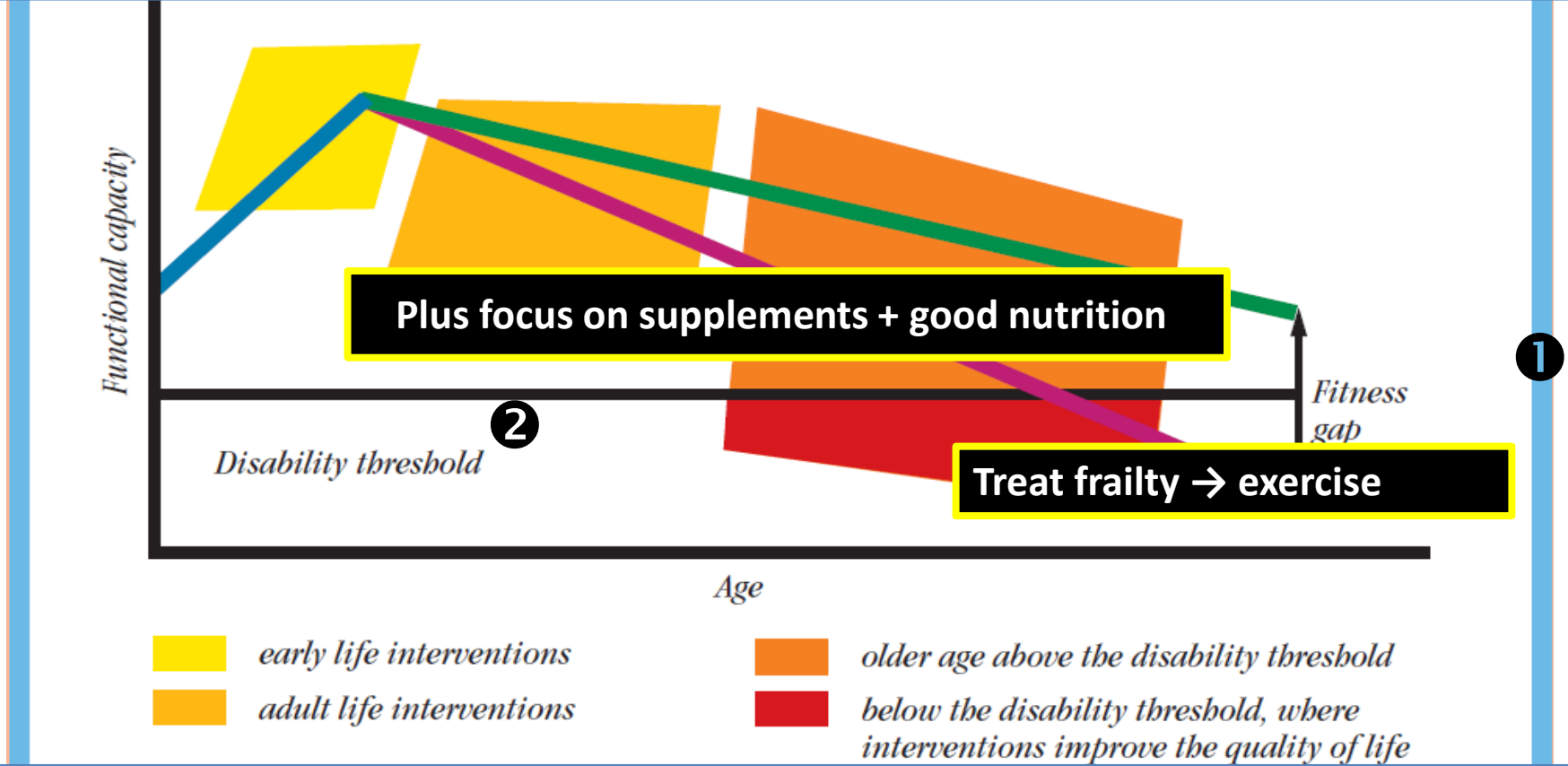


What constitutes an exercise session

- Tailored resistance & balance exercise
- At least 20-30min
- Personal trainers can have up to 4 residents for each session
- In-room visits - PT aims to see 2-3 residents at a time
- There will be some residents who have to have 1:1 group sessions
- A walk on its own is not enough

Steep decline in health, due to factors such as inactivity, can be reversed at any age. Our aim is to address the fitness gap of older people (see ❶ below) by encouraging and supporting them to participate in exercise based activity.

Source: Kalache and Kickbusch, 1997.



Exercise based activity can assist older people to remain above the disability threshold (see ❷).

Early Intervention





INTERDISCIPLINARY



What is Early Intervention?

The Early Intervention Program (EIP) involves a team of staff with a variety of skills working together to promote physical and social engagement to enhance resident quality of life and functional ability.

Roles in the EIWP

Staff member	Role
RSM/CM (meeting chair)	Facilitate root cause analysis (i.e. factors contributing to decline and/or lack of progress) and ensure that all team members are contributing to the discussion as per their responsibilities below
Allied Health (minute taker)	Update on <u>progression of Physical Recovery Plans</u> and overview of falls, contributing factors, new control strategies and their effectiveness
Lifestyle Coordinator	Update on <u>effectiveness of Social Recovery Plans</u> and provide quality of life information & activity attendance
Health & Wellness Promoter (HWP)	Update on <u>progressions achieved in the gym</u> (i.e. specific improvements that have been observed)

The Early Intervention Team

The leaders for health
promotion

Allied Health

4B's
Functional
Falls prevention
Risk & Safety
Keeping people
mobile / classes

The health promoters

Personal Trainers

Schedule everyone
into the
gym/exercise &
progressive
Falls Prevention
Motivate residents
& staff

Participation and social
engagement

Lifestyle Staff

Participation in
social & physical
activities
Exercises/falls
prevention classes
with Allied Health
Walk - Australia



Early Intervention KPIs

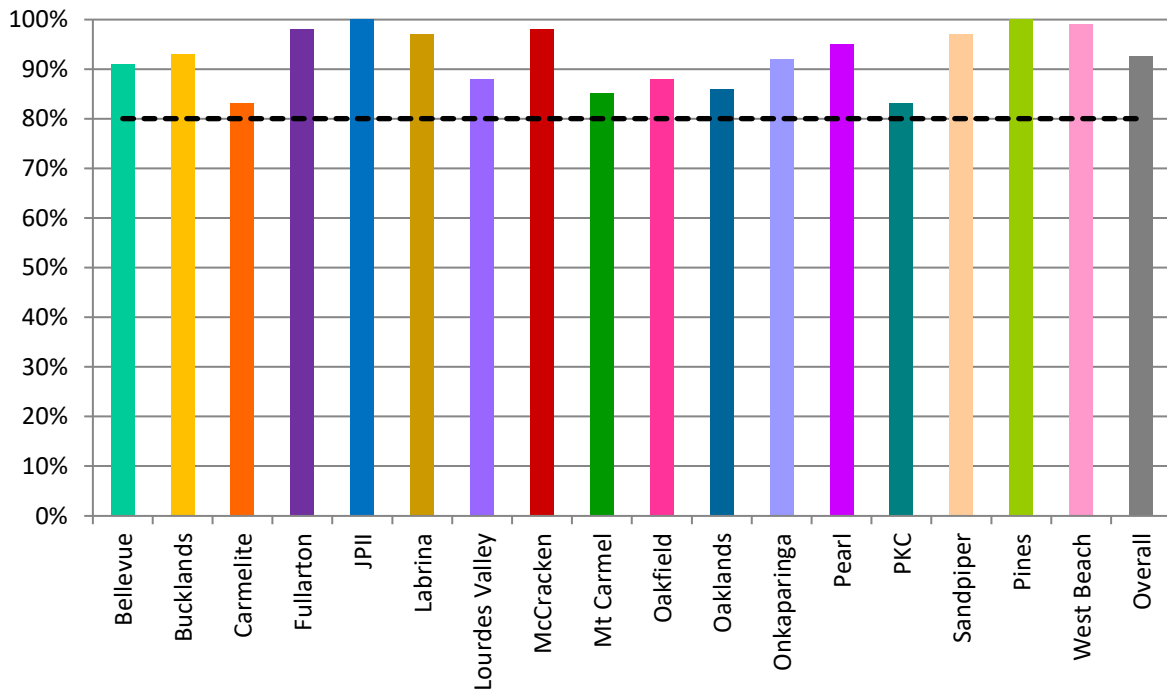
The whole team (management, nurses, allied health and wellness & lifestyle and carers) are responsible for:

- Reducing falls to below 10 per 1000 bed days
- Reducing immobility to below 15% of residents
- At least 80% experiencing good quality of life
- At least 80% engaged in regular tailored progressive exercises
- At least 80% attending at least 20 meaningful activities p/m



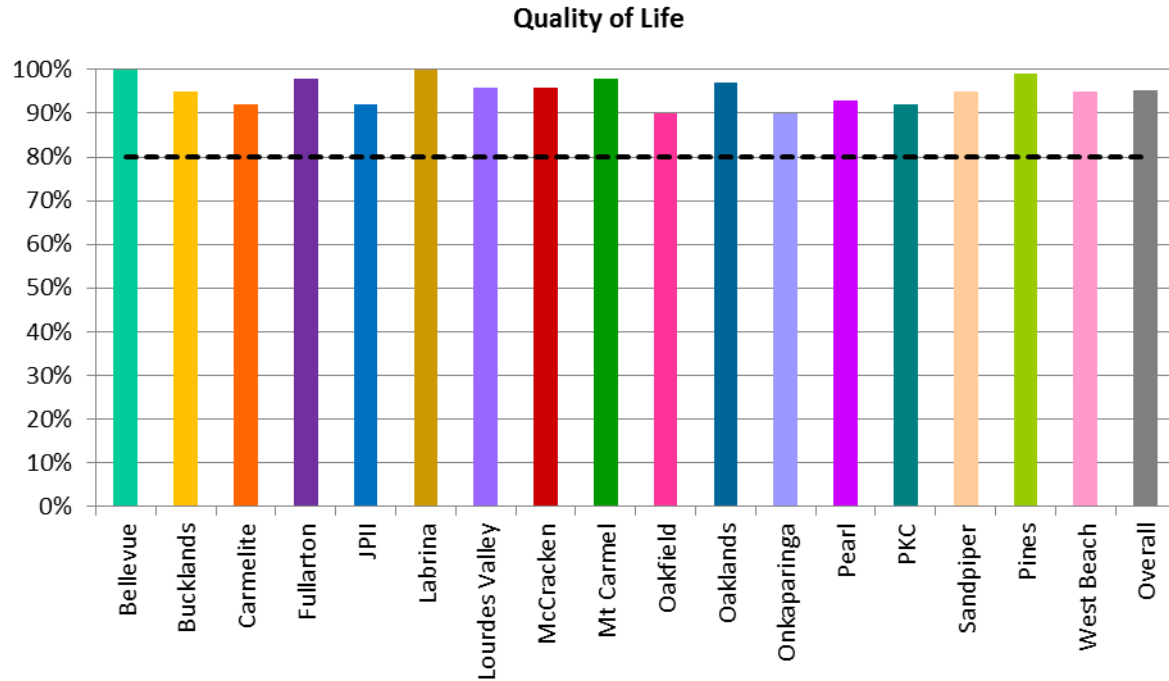
Engagement in meaningful activities (80% participating in 20+ activities per month)

All homes are meeting the KPI



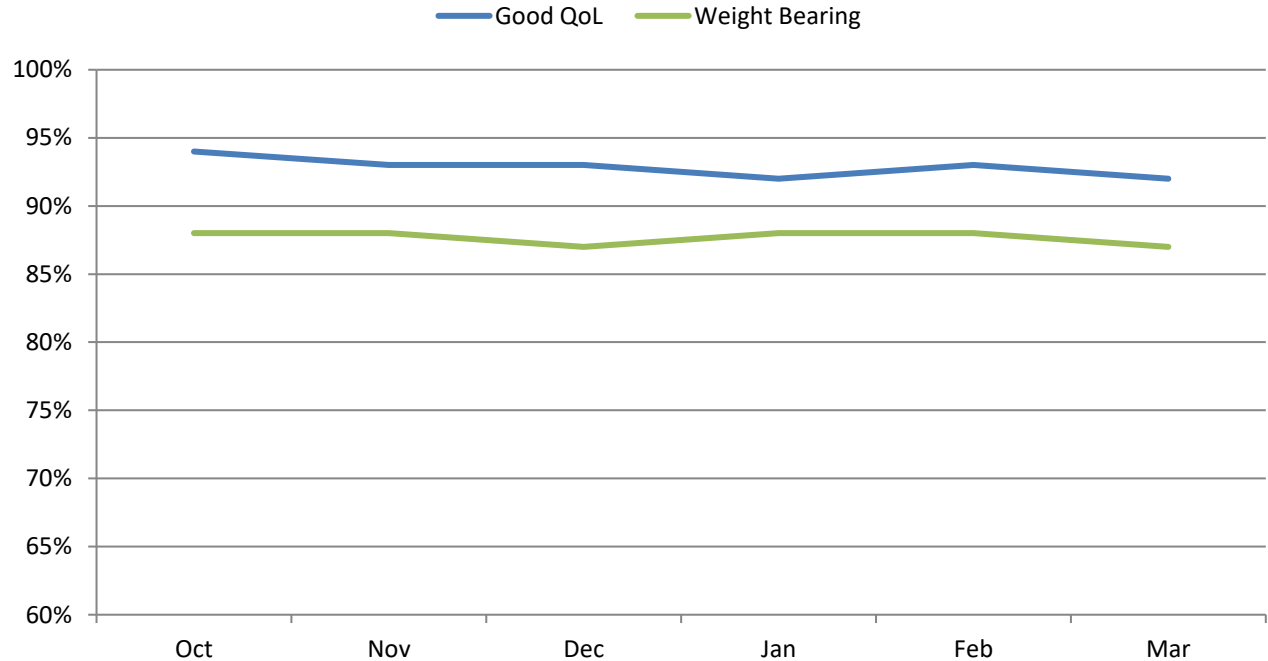


95% of Southern Cross Care **residents have good quality of life across all homes.** All homes are meeting the KPI. This speaks to the high quality programs particularly during the COVID-19 pandemic.





Percentage of Residents across all residential homes who are experiencing good quality of life and who are able to weight-bear

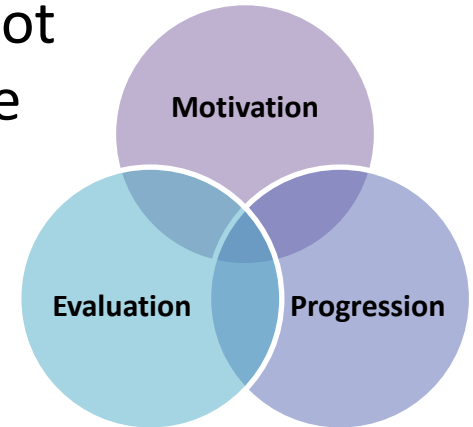


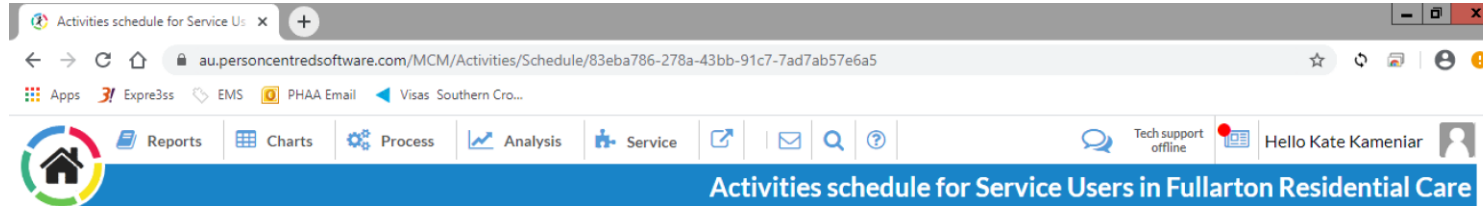


The keys to success

These KPIs will only be achieved if we:

- Tap into what is important to and for the resident
- Assess whether interventions are effective
- Change interventions if they are not working and continuously increase intensity/frequency





Schedule Activities in PCS (Person Centred Software)

Create new group activity [Print schedule](#) Print the schedule

Monday 03/08/2020	Tuesday 04/08/2020	Wednesday 05/08/2020	Thursday 06/08/2020	Friday 07/08/2020	Saturday 08/08/2020	Sunday 09/08/2020
			09:00 ☉ 120 - Massage /Beauty therapy (5)	09:06 ☉ 30 - Easy Moves exercises (10)		
Resident Care Plan Example on PCS Device			Example of alert functions on PCS Device			



09:43 ☉ 20 - Reminisce (11)						09:23 ☉ 30 - Dance class (7)
10:01 ☉ 30 - Health & Wellness Centre Visit (1)	10:01 ☉ 30 - Health & Wellness Centre Visit (1)	10:01 ☉ 30 - Health & Wellness Centre Visit (1)	10:01 ☉ 30 - Health & Wellness Centre Visit (2)	10:01 ☉ 30 - Health & Wellness Centre Visit (1)	10:01 ☉ 30 - Health & Wellness Centre Visit (1)	
10:01 ☉ 30 - Health & Wellness Centre Visit (1)	10:01 ☉ 30 - Health & Wellness Centre Visit (2)	10:01 ☉ 30 - Health & Wellness Centre Visit	10:01 ☉ 30 - Health & Wellness Centre Visit (1)	10:01 ☉ 30 - Health & Wellness Centre Visit		
10:03 ☉ 15 - Easy Moves exercises (8)	10:03 ☉ 90 - Bus trip (11)	10:03 ☉ 15 - Easy Moves exercises (8)				
10:09 ☉ 30 - Coffee club /group chat (11)		10:09 ☉ 30 - Coffee club /group chat (11)	10:09 ☉ 30 - Coffee club /group chat (11)	10:09 ☉ 30 - Coffee club /group chat (11)	10:09 ☉ 30 - Coffee club /group chat (11)	10:09 ☉ 30 - Coffee club /group chat (11)
10:31 ☉ 30 - Health & Wellness Centre Visit (1)	10:31 ☉ 10 - 1:1 Exercise Trolley (2)	10:31 ☉ 30 - Health & Wellness Centre Visit (1)	10:31 ☉ 60 - Dance class (10)	10:31 ☉ 10 - 1:1 Exercise Trolley (1)		



Culture is the way
you think, act, and
interact.



age well

Free Online Forum

Tuesday 20 October | Tune in from 10.30am (ACST)

Keynote Graeme Goodings | Arthritis SA | RSPCA | Learn about cognitive wellbeing |
Exercise demonstration | Interactive cooking demonstration | Live Q&A's