



1st World Congress on Healthy Ageing, Kuala Lumpur, Malaysia

Abstract 255

Title: **Exercise approaches for the prevention of frailty**

Keith Hill. PhD, Grad Dip Physio, BAppSc(Physio)

Curtin University, Perth, Western Australia, and National Ageing Research Institute, Parkville, Victoria, Australia.

Exercise is a well established approach to improving and maintaining health for older people. From a health promotion perspective, for generally well older people, encouraging participation and sustained engagement in a wide range of physical activity or exercise options is a safe and feasible population approach to achieving good health outcomes. However, the research evidence is less clear particularly for older people transitioning towards frailty. There have been several studies that have shown that exercise approaches shown to be effective in other populations have had limited or no effect on improving health outcomes or reducing risk of progression towards frailty in this group, while other studies have shown some positive outcomes. This presentation will review results from some of these studies, and discuss some of the possible factors influencing success of exercise programs aiming to minimise risk of progression to frailty. This will include consideration of the type of exercise, the level of physical demand of the exercise relative to the physical capabilities of the participants, dosage of exercise, and factors contributing to higher levels of sustained participation in exercise programs. For those approaches shown to be effective, issues around successful translation into practice will also be discussed, with an example of results from a successful randomised trial of home exercise for people with mild balance impairment that was then rolled out through community health centres in Melbourne, Australia.

☐ **CERTIFICATION BY THE PRINCIPAL AUTHOR:** by submitting this abstract I further certify that the studies described in the abstract that involved human beings conformed to the principles of the Declaration of Helsinki World Medical Association (Clinical Research 1966:14:03) and met all the requirements governing informed consent of the country in which they were performed.

☐ I declare that this abstract meets all of the above requirements and that the authors named are familiar with the data presented and given their consent for submission to WCHA. On behalf of all the authors, I hereby transfer copyright to **WCHA**