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WORLD
CONGRESS



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ON HEALTHY AGEING

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Malaysian Healthy Ageing Society

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Exercise for the over 50s



Implementation of the LLLS™
community strength training program
into a residential aged care
environment

Nathan Trengove, Active Ageing Project Manager



What is Living Longer Living Stronger™?

- Evidence based, community strength training program
- Developed & launched in 1999 by COTA Victoria & National Ageing Research Institute (NARI)
- Providers include: gyms, health & fitness centres, physiotherapists & exercise physiologists
- Funded by Department of Health under injury prevention (falls).

Partnership – Freemasons Homes WA

- Solomon's Rise – low-care aged facility & residential villas
- Proven exercise intervention sought
- KPI's – Falls prevention, gait, mobility, muscle strength and cardiovascular function
- 12 Week Pilot Program
- First program to bring together aged care & community dwelling participants

Program Outline – Part One

- Initial information session – recruitment
- Medical clearance & Pre & Post testing
- 12 Week Strength & Conditioning program – balance, cardiovascular, strength training, flexibility components
- Progressive overload – exercises advanced at 6 weeks
- Frequency – 2x per week, 30-60 minutes

Program Outline – Part Two

- Training Package developed
- Attended by ALL Physiotherapy Assistants
- Anatomy & Physiology, fitness leader, supervision, exercise prescription, testing
- 3 full days of theory
- 2-4 weeks of practical with Exercise Physiologist

Participants

- n = 15 commenced, n = 11 finished (75% attendance)
- Included very frail, hypertension, heart disease, rehabilitation, chronic illness, Parkinson's' (Diagnosed & Onset)
- Very de-conditioned (previous exercise 10+ years ago)

Exercise Prescription - Overview

- Equipment – dumbbells, exercise tubing, ankle & wrist weights, Steps, weight benches, exercise bike, all areas railing
- Upper body – chest press, seated row
- Lower Body – Sit to stand, Leg Curl/Extension
- Balance – Assisted One leg, Balance disk
- Flexibility – Static & Dynamic Stretching
- Cardio – Exercise Bike, Step Ups, Walking

Results

- **91%** improvement in **Balance** (Berg Balance)
- **82%** improvement in **Flexibility** (Sit & Reach Test)
- **55%** improvement in **Leg Strength/Power** (StSx5)
- **45%** improvement in **Cardio Function** (6minWalk)
- Notes were made Pre & Post EVERY session & these showed improvements in mood, sleep habits, energy, posture & social engagement

Inspiring Stories

“I just returned from seeing my neurologist for my yearly visit. He said I haven’t deteriorated and have actually improved in some areas! All thanks to exercise & strength work!” Marg, 63, Early Onset Parkinsons Diagnosis.

“My daughter asked me if I’ve been taking steroids! She says I am so much stronger and instead of falling over curbs in the street I’m jumping over them!!” Joan, 85, Frail, High Level falls risk

(NOT ANYMORE!)

Contact Details

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