Canadian Centre for Activity and Aging

Be Part….Raise the Bar…MAXimize Potential

Canadian Experience
Lessons Learned – Research, Education, Programs/Models, Community Engagement

Creating a Roadmap… Rome Statement

Clara Fitzgerald – Director CCAA
Western University
Friday October 17, 2014
Canadian Centre for Activity and Aging
CCAA Overview
Clara Fitzgerald
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Who We Are

A research and education centre within the Faculty of Health Sciences at Western University in London, Ontario, CA since 1989.
Our Mission

To develop, encourage and promote an active, healthy lifestyle for Canadian adults that will enhance the dignity of the aging process.

CCAA Director with Hanna Spencer – Long time CCAA participant (over 20 years) and soon to be 100 Dec 2013.
What We Do

- Research
- Knowledge Translation
- Advocacy
- Education and Training
- Model Physical Activity Programs
- Program delivery to older people
- Fitness Appraisals
- Student placements and internships
- Evaluation
- Social media strategies
The Faculty of Health Sciences (FHS) is dedicated to being a leader in health, health care, rehabilitation and physical activity, with the ultimate goal of improving human health in the community, the country and around the globe through teaching, research and service.

FHS delivers undergraduate programs in three areas and graduate programs in six disciplines, while offering a unique learning experience that enables students to develop a comprehensive understanding of health-related issues affecting people in all corners of the world.
National Research Centre

Living Laboratory in London Ontario at Western University

Research

Courses, Conferences, Consultations, Program Evaluations

Model Exercise Programs – COME VISIT US

Student placements and internships
Knowledge Mobilization

Research → Mobilization → Service – training and programs

Western
Canadian Centre for Activity and Aging
Canadian Centre for Activity and Aging
Leaders in Physical Activity Research and Program Development for Seniors

MAXimize POTENTIAL
Delay the onset of disease
### Age Statistics for CCAA Participants as of May 30, 2014

<table>
<thead>
<tr>
<th>Category</th>
<th>Females</th>
<th>Males</th>
<th>Total # Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average age females</td>
<td>321</td>
<td>154</td>
<td>475</td>
</tr>
<tr>
<td>Average age males</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Average age both sexes</td>
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<td></td>
<td>73 years</td>
</tr>
<tr>
<td>Females</td>
<td>321</td>
<td>154</td>
<td>475</td>
</tr>
<tr>
<td>Males</td>
<td>154</td>
<td></td>
<td>475</td>
</tr>
<tr>
<td>Total # Participants</td>
<td>475</td>
<td>100%</td>
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<tr>
<td>Female quinquagenarians</td>
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<td>5</td>
<td>16</td>
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<tr>
<td>Male quinquagenarians</td>
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<td>1%</td>
<td></td>
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<tr>
<td>Total in their 50's (people in their 50's)</td>
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<td>2%</td>
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<tr>
<td>Female sexagenarians</td>
<td>110</td>
<td>41</td>
<td>151</td>
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<tr>
<td>Male sexagenarians</td>
<td>41</td>
<td>9%</td>
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<tr>
<td>Total Sexagenarians (people in their 60's)</td>
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<td>32%</td>
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<tr>
<td>Female septuagenarians</td>
<td>133</td>
<td>66</td>
<td>199</td>
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<tr>
<td>Male septuagenarians</td>
<td>66</td>
<td>14%</td>
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<tr>
<td>Total Septuagenarians (people in their 70's)</td>
<td>199</td>
<td>42%</td>
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<tr>
<td>Female octogenarians</td>
<td>58</td>
<td>33</td>
<td>91</td>
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<td>Male octogenarians</td>
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<td>7%</td>
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<tr>
<td>Total Octogenarians (people in their 80's)</td>
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<tr>
<td>Female nonagenarians</td>
<td>5</td>
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<tr>
<td>Male nonagenarians</td>
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<tr>
<td>Total Nonagenarians (people in their 90's)</td>
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<td>2%</td>
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<tr>
<td>Female centenarians</td>
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<td>1</td>
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<tr>
<td>Male centenarians</td>
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<td>0%</td>
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<tr>
<td>Total Centenarians (people 100 - 110 years of age)</td>
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<td>0%</td>
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Recent / Current Applied Research & Community Outreach Projects
Current Research

- How older individuals differ from young people in their physiological responses to exercise
- Physiological limitations to exercise in older adults
- Physiological and biochemical causes of muscle fatigue
- Properties of muscle in the aged
- Cardiovascular function and muscle metabolism
- Adaptations with exercise training in older adults and physical activity guidelines
Recent/Current Projects (cont’d)

- Satellite PA program sites – London (Westminster College Foundation & Sifton Family Foundation)
- Addition of PA Programs to Best Practice Portal (Public Health Agency of Canada)
- Evaluation of the Get Fit for Active Living Program (Public Health Agency of Canada)
- Arthritis Webinars (Canadian Institutes of Health Research)
ACTIVE Practice Guidelines for Care Facilities

- Designed to provide activation professionals in care facilities guidelines on how to develop and implement evidence- and outcome-based PA programming.

- A – Assessment
- C – Care Planning
- T – Team Commitment
- I – Implementation
- V – Verify Approach
- E – Evaluate Outcomes
Functional Fitness for Falls Prevention

• Deliver training course to staff working in retirement residences in 4 regions of Ontario
• Project length – 2 years
• Goal to reduce fall rates
Canadian Best Practice Portal

- Project length – 6 months
- Literature search for successful physical activity interventions for older adults
- Selected programs posted on Portal
Get Fit for Active Living – Program Evaluation

- Project length – 3 years
  1. Process (barriers/facilitators, adherence, program uptake at community level) and outcome evaluation
  2. Determine functional fitness changes over 8-weeks and long-term changes (6-month & 1-year) in PA levels, functional fitness and quality of life;
  3. Compare GFAL outcomes to comparison group receiving “messaging” via Canada’s Physical Activity Guide to Healthy Active Living for Older Adults.
Musculoskeletal Health Webinar Project

• Six 40-minute presentations followed by Q & A’s
• Topics: Genetic link for developing osteoarthritis, PA, Aging & osteoarthritis, Exercise prescription for osteoporosis, Medications for osteoporosis, Exercise prescription for arthritis.
• Archived on CCAA website
  http://www.uwo.ca/actage/outreach/past_presentations.html
Recent/Current Projects

- National Dissemination & Evaluation of the Get Fit for Active Living *Diabetes* Program (Public Health Agency of Canada)
- ACTIVE Best Practice Guidelines for Care Facilities (Seniors Health Research Transfer Network)
- Functional Fitness for Falls Prevention (Ministry of Health Promotion)
Outcome Based Programming/Training

- What is it?
- What outcomes?
- How to measure?
- Why?
- FAM Functional Assessment Measures Course – CCAA -

Clara Fitzgerald – cfitzge4@uwo.ca
Follow Through Programming

• What is it?

• Why?

• Does it compete with or enhance adherence?
R2A

Knowledge translation is the practice of **closing the gap** between what we **know** and what we **do**.

“KT involves interaction between knowledge users and knowledge producers and results in mutual learning through the process of planning, producing, disseminating, and applying existing or new knowledge to enhance the health of Canadians.” (CIHR 2012)

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Exercise Leadership Training
Evidence Based Courses

- Functional Fitness for Older Adults (FFOA)
- Get Fit for Active Living (GFAL), GFAL- Facilitator Training
- Home Support Exercise Program (HSEP), HSEP Facilitator Training
- Restorative Care Education Training (RCET)
- Seniors Fitness Instructor Course (SFIC)
- Training for the Trainer

CCAA Course Suggestions Based on Work Environment

- Long-Term Care
- Community Programs
- Adult Day Programs
Evidence Based Workshops

- Balls for Strength, Balance, & Flexibility (Balls)
- Balls, Bands, & Balance (BBB)
- Functional Activity Measures (FAM)
- Functional Exercise for Dementia (FE4D)
- Functional Fitness for Adult Day Programs (FFADP)
- Functional Fitness for Falls Prevention (FFFP)
- Home Support Exercise Program Booster Session (HSEP Booster)
- Post-Rehab Exercise for Stroke (PRES)
- Restorative Care Refresher (RC Refresher)
- Senior Fitness Instructor Refresher (SFIC Refresher)
CCAA EVIDENCE BASED TRAINING
Leadership Training at the Canadian Centre for Activity and Aging (CCAA)

Nationally available, evidence-based education training courses for professionals in health care, health and fitness promotion, volunteers, or family members. CCAA leadership training programs promote accountable and effective functional mobility opportunities for older adults exercising in a variety of settings including community locations, long term care facilities, retirement living, adult day programs, and at home.
Restorative Care Education and Training Course (RCET):

• A four-day course designed for staff and those interested in working in long-term care facilities, to learn how to develop an effective and beneficial restorative care program with an emphasis on mobility, transfers, eating, and communication. **$508.50 Watch the video!**

[http://goo.gl/12CaY](http://goo.gl/12CaY)
Seniors’ Fitness Instructor Course (SFIC):

- A four-day course providing the knowledge to design and lead effective, outcome-based fitness classes for community-dwelling seniors. Certification available. $282.50 Fast Track available for those with a fitness background. Watch the video! [http://goo.gl/6wOvu](http://goo.gl/6wOvu)
Functional Fitness for Older Adults (FFOA) Workshop:

- A two-day workshop designed for staff working with seniors living in long-term care or retirement residences, this course teaches how to instruct appropriate physical activity programs for the frail older adult. Emphasis is on maintaining or improving balance, leg and arm strength, and mobility. $282.50 Fast track available for individuals with a health or fitness education background. Watch the video! [http://goo.gl/sCsf3](http://goo.gl/sCsf3)
Get Fit for Active Living (GFAL)

- An eight-week education and exercise program designed to introduce older adults to the types of exercise, the benefits of exercise and an active lifestyle. The program consists of cardiorespiratory exercise components, weight-training components and an education session each week. **Facilitator course available - pre requisite SFIC certification. $339.00**
Home Support Exercise Program (HSEP)

- An evidence-based in-home exercise program consisting of 10 simple, yet progressive exercises designed to enhance and maintain functional fitness, mobility, balance and independence. This half-day workshop is designed for front-line service providers, caregivers and family members in a position to help the frail, homebound older adult. $141.25

Facilitator session also available. $339.00

Watch the video! http://goo.gl/IXcnd
Balls, Bands & Balance Workshop

• A half-day workshop demonstrating how to use a small exercise ball for balance, strength and flexibility. Exercises can be adapted for clients across a wide range of functional levels. $84.75 Watch the video!  
http://goo.gl/IL3Ch
Functional Activity Measures (FAM) Workshop

- A one-day workshop focusing on measuring functional abilities of older adults and the special needs and considerations of this population. Participants gain skills and knowledge to conduct functional fitness assessments. $169.50
Functional Fitness for Adult Day Programs (FFADP)

- A one-day course focusing on the design and delivery of safe and effective exercise programs for day centre clients. Participants learn practical exercises that improve strength, balance, flexibility and posture. Important exercise principles and techniques for adopting a daily physical activity regimen are also covered. $226.00 Watch the video! http://goo.gl/XCaxT
Functional Fitness for Falls Prevention

- A one-day workshop designed to help retirement living staff improve their falls prevention programming. Topics include: safety, managing risks, gait and falls risk assessments, exercise guidelines, specific exercise suggestions, and program planning.

$226.00 Watch the video!

http://goo.gl/2TqAD
Post Rehab Exercise for Stroke (PRES)

• A one-day workshop designed to introduce and expand upon the Fitness and Mobility Exercise Program for stroke program: a community-based group exercise program for people living with stroke. Key components of functional mobility are covered during practical exercise sessions. **Recommended pre-requisites RCET, FFOA, FF ADP or SFIC. $169.50**
Flow Chart

CCAA Course Suggestions Based on Work Environment

Visit our education training website for complete course descriptions and upcoming course and annual conference dates, times and locations. www.ccaa-outreach.com
Canadian Physical Activity Guidelines

FOR OLDER ADULTS - 65 YEARS & OLDER

Guidelines

To achieve health benefits, and improve functional abilities, adults aged 65 years and older should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.

It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.

Those with poor mobility should perform physical activities to enhance balance and prevent falls.

More physical activity provides greater health benefits.

Let’s Talk Intensity!

Moderate-intensity physical activities will cause older adults to sweat a little and to breathe harder. Activities like:

- Brisk walking
- Bicycling

Vigorous-intensity physical activities will cause older adults to sweat and be ‘out of breath’. Activities like:

- Cross-country skiing
- Swimming

Being active for at least 150 minutes per week can help reduce the risk of:

- Chronic disease (such as high blood pressure and heart disease) and,
- Premature death

And also help to:

- Maintain functional independence
- Maintain mobility
- Improve fitness
- Improve or maintain body weight
- Maintain bone health and,
- Maintain mental health and feel better

Pick a time. Pick a place. Make a plan and move more!

- Join a community urban poling or mall walking group.
- Go for a brisk walk around the block after lunch.
- Take a dance class in the afternoon.
- Train for and participate in a run or walk for charity.
- Take up a favourite sport again.
- Be active with the family! Plan to have “active reunions”.
- Go for a nature hike on the weekend.
- Take the dog for a walk after dinner.

Now is the time.
Walk, run, or wheel, and embrace life.

www.csep.ca/guidelines
Implications for Practice
Canadian Society for Exercise Physiology
Toll-Free: 1-877-651-3755
E-mail - General Inquiries: info@csep.ca

http://www.csep.ca
CCAA Initiatives
IN-HOUSE PHYSICAL ACTIVITY CLASSES
Health Assessments

- Prior to beginning an exercise program at the CCAA individuals complete
  - A physician supervised treadmill stress test (optional)
  - A fitness appraisal
Physical Activity Classes

- Combined Fitness
- Strength Training Only
- Dynamic Balance Training
- Osteoporosis
- COLD Lung Health
- Stroke (as needed)
New Ex Class Initiatives

- HR project – review of Training Heart Rates, video
- Annual Fitness Appraisals for all CCAA members (Nov)
- Upright and recumbent stationary bikes
- Cardio only programs – WT only
- 8 week programs – Pole walking, learn to run, etc
23 and 1/2 hours: What is the single best thing we can do for our health?
Dr. Michael Evans
http://youtu.be/aUalnS6HIGo
What's Your Direction to Promote PA?

Minding Our Bodies Pooling Ideas: Healthy Eating and Physical Activity for Mental Health

Physical Activity Programs for Mental Health

Adventures in Recovery

Habits for Health

Passport to Health

Overview of Our Project!

Cycling Program

Increase Socialization

Healthy Habits, Tracing 10% Analysis

Know More to Unite Communities

Get Them Physically Active!

Increased Socialization

Something New to Have Fun?

Increased Socialization

Healthy Habits, Tracing 10%

Sharing the Word!

32 New Programs!

We Are Part of a Walking Program

Self Esteem Confidence!

Quality of Life Overall Improved!

Getting Whole Team Involved!

Hope for the Future!
• Heidelberg Guidelines – WHO 1996
• A Blueprint for Action – Moving through the Years 1999
• Canadian Physical Activity Guidelines for Adults and Older Adults – 2011
• Advocating for Physical Activity – 2013
• Physical Activity Promotion for Older Adults - 2013
A Blueprint for Action
for Active Living and Older Adults

Moving
Through the Years

Canadian Centre for Activity and Aging
Physical Activity Promotion for Older Adults

A Step-by-Step Guide
Advocating for Physical Activity

A guide to better understanding fitness and aging and becoming an advocate for older adult physical activity in your community

Developed in partnership with the Canadian Centre for Activity and Aging Community Outreach Staff and the Physical Activity Resource Centre

Western Canadian Centre for Activity and Aging
Some thoughts …

emerging themes

• It is recognized that movement is essential for daily living and a cornerstone of health and quality of life

• There is a need for positive attitudes towards aging, with realistic images that depict older adults as respected, valued, and physically active members of society

• Older adults should be encouraged to participate in decision-making and leadership positions, in all phases of program and service development and delivery
• Through coordination and collaboration, consistent messages and programs pertaining to movement can have a significant impact on society and lead to long-term, positive change.

• Issues, interests and needs of older adults in their community must be identified; and accessible, affordable and programs must be designed to meet those needs.
Some Priority Goals....

- Goal 1 – Increase public awareness of exercise benefits for older adults
- Goal 2 – develop competent leaders in exercise program delivery – various models
- Goal 3 – support and encourage OA’s to engage, ensure resources and social supports are in place for success
- Goal 4 – strengthen delivery systems and improve levels of cooperation among organizations
• Goal 5 – encourage and enable older adults to advocate for outcome based programming

• Goal 6 – identify, support and share research priorities and results – translate into practice and research to action

• Goal 7 - continually monitor and evaluate programs and services and outcomes to ensure that the functional needs of OA’s, interests and concerns are being met

• Goal 8 – create exercise guidelines based on evidence to support best practice
Thoughts and Discussion
For More Information:

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Twitter @westernuCCAA