Fact sheet

Exercise Treatment Program

What is the Exercise Treatment Program?

This is a FREE 14-week exercise treatment program for older Tasmanians who are living with – or at risk of developing – a chronic (long-lasting) health condition.

Funded by the Australian Government through Primary Health Tasmania (Tasmania PHN), it is based on the Strength2Strength Tasmania program delivered between 2013 and 2016. Evaluation of that program showed significant improvements in the functional capacity, overall health and quality of life of participants.

The program is designed to improve activity levels and the quality of life for older people who have – or are at risk of – chronic health conditions.

What are the benefits?

Helping people increase their physical activity levels has been shown to:

- ✓ **Improve health outcomes**
- ✓ **Give people a better quality of life**
- ✓ **Help keep people out of hospital.**

Who is the program for?

The program is for people living in Tasmania who are:

- aged 55 and over, or
- Aboriginal and Torres Strait Islander people aged 45 and over.

It has been developed to support the prevention and management of chronic health conditions such as:

- **cardiovascular disease** (including people with a diagnosed heart disease and/or currently on heart-related medications)
- **pulmonary conditions** (including chronic obstructive pulmonary disease and other long-term conditions which cause shortness of breath)
- **diabetes** (including type 1 and type 2)
- **depression and other mental health conditions**
- **muscular and/or skeletal conditions** (including osteoporosis, arthritis and other functional impairments, specifically people with gait, mobility or balance problems that place them at an increased risk of falls).

Where is it available?

It is available in the following local government areas in Tasmania:

- Burnie
- Central Coast
- Circular Head
- Clarence
- Devonport
- Hobart
- Kentish
- Latrobe
- Launceston
- Meander Valley
- Northern Midlands
- Sorell
- Waratah-Wynyard
- West Coast
- West Tamar

Core principles

The following five core principles underpin the program:

- **Individualised** – each participant receives an exercise program that is specific to their needs, goals and condition(s) and follows current best practice guidelines.
- **Progressive** – participants are progressed through their programs to ensure they continue to see changes in their strength and fitness. Programs are regularly reviewed to ensure participants' exercise prescription remains appropriate and in line with current best practice guidelines.
- **Functional** – exercise prescription is of a functional, strength-based nature to assist participants better manage their daily activities.
- **Supportive** – participants are supported and educated in accordance with current best practice guidelines throughout the program to assist increase their confidence and ability to lead an active, healthy life.
- **Standardised** – the assessment and evaluation protocols are standardised across the program to ensure accurate and consistent data collection.

What does the program consist of?

The program goes for 14 weeks and features:

- individual assessments – one before you start, one when you finish
- education sessions
- tailored exercises.

Assessments

At the beginning of the program participants are individually assessed to determine their general health, program goals and functional capacity. Each participant is prescribed an exercise program based on their individual needs and goals.

The assessment is repeated at the end of the program to determine any changes in functional status. Participant goals and achievements as well as any ongoing activity options are also discussed.

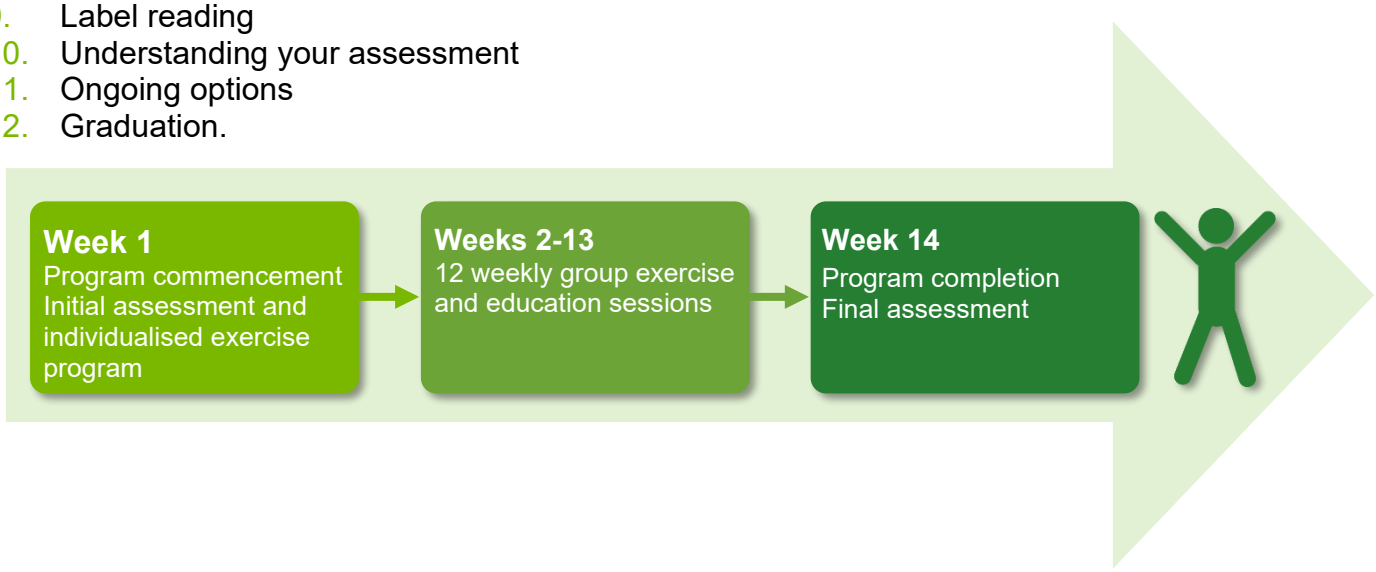
At the end of the program, participants are discharged. Information about the participant's progress and final assessment details is shared with the original referrer and the participant's nominated GP.

Group exercise and education sessions

Hour-long weekly exercise sessions are undertaken over 12 weeks. The program also involves 30-minute weekly group education sessions, which can be delivered either before or after the exercise session. The education sessions are delivered in an informal manner, with simple 'take home' messages.

Education topics are:

1. Understanding your exercise program
2. Breathing and posture
3. Benefits of exercise
4. Falls prevention
5. Balance
6. Incidental activity
7. Goal setting
8. Motivation and overcoming barriers
9. Label reading
10. Understanding your assessment
11. Ongoing options
12. Graduation.



How often can someone participate in the program?

Participants can only participate in the program once. They are discharged after completing the final assessment at week 14. Ongoing physical activity options are discussed during the program.

How many participants are in each group session?

Sessions generally have a ratio of 15 participants to one facilitator.

How can participants join the program?

Referrals are accepted from:

- community and primary healthcare providers (including GPs, nurses and allied health professionals)
- hospitals allied health providers and specialists
- private specialists
- Self-referrals (clearance from a health professional required).

Scan the QR code to make the referral or visit www.exercisetreatmentprogram.com.au/referral

Who delivers the program?

The program is delivered in Tasmania by Salveo Healthcare.

The Exercise Treatment Program is supported by Primary Health Tasmania (Tasmania PHN) under the Australian Government's Primary Health Networks Program