

Good practices in HEPA

NAME OF THE ACTIVITY

Active Age @home (ACTIEF@thuis)

LEADING ORGANISATION

Artevelde University of Applied Sciences

COUNTRY

 Belgium

HEPA-RELATED TOPIC

HEPA for active ageing including falls prevention

TYPE OF ACTIVITY

Training programme, coaching, behaviour change and motivation

TARGET GROUP

Frail elderly still living at home

OBJECTIVES

Active Age @home aims to reduce the vulnerability of people over 70, increase their functionality and self-reliance and bring about positive effects to their mental health. The functional exercise program Active Age @home focuses specifically on fragile people (living at home) over 70 years. The programme was started by a movement expert, and consists of individualised exercises that are based on daily activities. A train-the-trainer session is also provided so that informal caregivers/support staff can follow the exercise programme.

ACTIVITIES

Active Age @home has developed training for home-based exercises for frail elderly people, and has developed tools for informal care givers to help the elderly. The toolbox includes the following contents: adapted practice sheets for both participants and supervisors, instructional videos for clarification, logbook, follow-up calendar, motivation cards, promotional material.

RESULTS / EVALUATION

A total of 71 study subjects participated in Active Age @home, randomly divided between the exercise and control groups. The study found few significant effects in favour of the exercise programme in purely physical terms. There was no significant effect on self-reliance, such as self-care activities (eating, washing, etc.), household

activities (washing dishes, cooking etc.) and hobbies and relaxation. However, improvements were observed on rather subjective outcome measures such as participation rate and health-related quality of life. Anecdotal logs kept showed that the participants felt a positive effect on their fitness: they felt stronger, more stable, more agile, more confident, they reported less fear of falling and felt generally better about themselves after the exercise programme.



WEBSITE

www.arteveldehogeschool.be

RESOURCES

www.arteveldehogeschool.be/actiefthuis

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