

# Let's Get Physical: Bringing Exercise to Homebound Older Adults

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Chicago, Illinois



**Partners in Care**  
**FOUNDATION**  
*changing the shape of health care*

# Session Objectives

- Learn the program components of Healthy Moves
- Learn the final evaluation outcomes
- Discuss how organizations can adopt Healthy Moves
- Identify various venues through which Healthy Moves can be implemented

# Partners in Care Foundation

- Non-profit
- Focuses on aging issues
- Changes the way healthcare services are delivered
- Develops and promotes innovative programs to improve care for everyone
  - Healthy Moves for Aging Well
  - Variety of other evidence-based programs



# California Evidence-Based Initiative

- California Departments of Aging and Public Health awarded 4-year grant from U.S. Administration on Aging
- Brings evidence-based programming to community-based organizations
- Partners in Care is the state program office, *California Health Innovation Center (CHIC)*



# Evidence-Based Programs



- Supported by extensive research and have been proven to work
- Clear, structured, detailed description of the program
- Have measurable outcomes
- Easier to market the program and engage partners
- Increases effective use of resources to enhance programming

# AoA Approved Evidence-Based Programs

View more at [www.healthyagingprograms.org](http://www.healthyagingprograms.org)

- *Healthy Moves for Aging Well*
- Medication Management Improvement System
- Chronic Disease Self-Management Program
- A Matter of Balance
- Enhance Wellness
- Enhance Fitness
- Healthy IDEAS or PEARLS



# Introducing

## *Healthy Moves for Aging Well*

- Simple and safe evidence-based exercise program designed for frail, high-risk older adults receiving services in the home
- In-home providers teach exercises to their older clients in their homes during scheduled visits



# Healthy Moves for Aging Well

- 1<sup>st</sup> Generation Funders: John A. Hartford Foundation  
National Council on Aging
- 2<sup>nd</sup> Generation Funders: Archstone Foundation  
The California Endowment  
UniHealth Foundation
- Guided by: National Council on Aging
- Evaluated by: USC Andrus Gerontology Center

# Healthy Moves: Three Components

1. EXERCISE COMPONENT: modeled and adapted from Senior Fitness Test (Rikli and Jones, 1999)
2. BRIEF NEGOTIATION COMPONENT: modeled after Motivational Interviewing counseling method (Prochaska and DiClemente, 1983)
3. MOTIVATIONAL PHONE COACHING COMPONENT: supports the new behavior change of each client



# Older Adults Need to Keep Moving!



- Few older persons engage in regular physical activity
  - 31% of aged 65-74
  - 23% of aged 75+
- Average decline in physical functioning of 10% each decade between ages 60 & 90
- Active adults experience 1/2 as much loss in physical functioning
- Physical activity can extend life expectancy 28% for frail elderly



# Barriers to Exercise for Older Adults

- Belief that inactivity is a natural part of aging
- Exercise is harmful for older people
- Exercise “at my age” is embarrassing
- Time constraints
- Overprotective relatives & friends
- No interest or motivation
- Don’t know how to exercise



# Healthy Moves – 1<sup>st</sup> Generation Exercises

- Chair Stand Rising from floor or chair
- Arm Curl Pouring milk; lifting groceries
- Two-Minute Step in Place Shopping; walking distances
- Chair Sit and Reach Shoe tying; falls prevention
- Up and Go! Getting to the toilet in time
- Scratch Test Washing back; reaching for items on a high shelf

# Healthy Moves – 2<sup>nd</sup> Generation Exercises

- **Chair Stand** Rising from floor or chair
- **Arm Curl** Pouring milk; lifting groceries
- **Seated Step-In-Place** Walking in the home; getting the mail
- **Standing Step-In-Place** Walking outside; shopping for groceries
- **Ankle Point & Flex** Lifting toes to avoid tripping on rugs, steps, and curbs



# Snapshot of Healthy Moves Protocol

- **Care Manager** teaches exercises on regularly scheduled visit
- **Motivational Coach** motivates client, monitors progress, and reinforces the change by phone
- **Care Manager** follows-up with client during monthly phone calls and quarterly home visits



# Why Use Care Managers?

- Already doing most of what it takes
- Know and care about their clients
- Focused on maintaining health and delaying institutionalization
- CM programs represent a significant investment of public funds
- Thousands of sedentary seniors receive services in their home
- Distributing new health tools to high-risk older adults is compatible with the current goals of care management



# The “Teachable Moment”

## Not only a care management model

- Designed to accommodate the special needs of frail elderly safely in most any setting
  - Care Managers (public or private)
  - In Home Supportive Services
  - Meals on Wheels
  - Physician Offices
  - Senior Centers
  - Adult Day Health Care Centers
  - Health Plans
  - Congregate Housing



# Brief Negotiation Component

- Evidence-based counseling style that increases intrinsic motivation for making and sustaining health behavior change
- Modeled after the Stages of Change Model (Prochaska & DiClemente 1983)
  - Precontemplation (client has no interest in starting to exercise)
  - Contemplation (client is thinking about starting, but plans not made)
  - Preparation (client is planning to exercise)
  - Action (client starts exercising)
  - Maintenance (client sustains new behavior)



# Motivational Interviewing

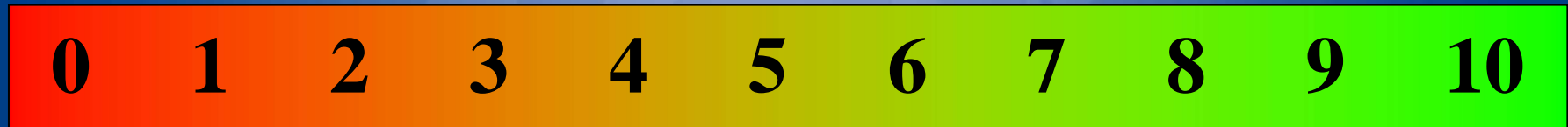
- *Introduction & Ask Permission.* “As part of our visit today, I was hoping to introduce you to some movements you can do at home to increase your strength, flexibility, and balance. It will only take a few minutes.
- Is it OK if I ask you a few questions?”



# Readiness Ruler - A Simple Tool



How ready are you to consider increasing your physical activity?



**Not Ready**

**Thinking About It**

**Ready**

## Assess Readiness

Why a 5 and not a 2?

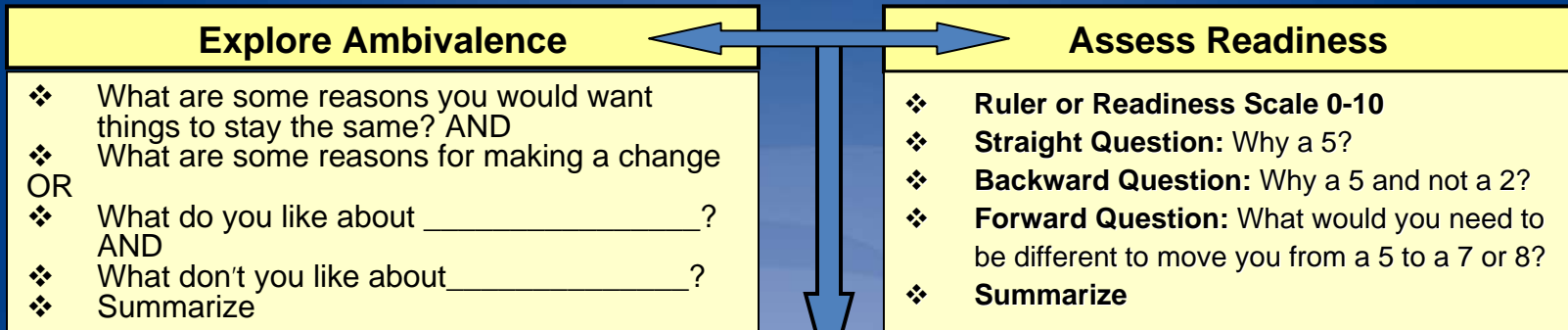
What would help you move you from a 5 to a 7?

What are some reasons for making a change?

What barriers might you encounter when making this change?



# Brief Negotiation Roadmap



| Tailor the Intervention   |   |
|---|---|
| <p>Not Ready 0 - 3</p> <ul style="list-style-type: none"> <li>❖ <b>Raise Awareness</b></li> <li>❖ Elicit Change Talk</li> <li>❖ Advise &amp; Encourage</li> </ul> | <ul style="list-style-type: none"> <li>❖ What would need to happen for you to think about changing?</li> <li>❖ How can I help?</li> <li>❖ Would you be interested in knowing more about _____?</li> <li>❖ What might need to be different for you to consider making a change in the future?</li> <li>❖ Summarize as appropriate</li> </ul>   |
| <p>Unsure 4 – 6</p> <ul style="list-style-type: none"> <li>❖ <b>Evaluate Ambivalence</b></li> <li>❖ Elicit Change Talk</li> <li>❖ Build Readiness</li> </ul>      | <ul style="list-style-type: none"> <li>❖ Where does that leave you now?</li> <li>❖ What do you see as your next steps?</li> <li>❖ What are you thinking / feeling at this point?</li> <li>❖ Where does _____ fit into your future?</li> <li>❖ Summarize as appropriate</li> </ul>   |
| <p>Ready 7 - 10</p> <ul style="list-style-type: none"> <li>❖ <b>Strengthen Commitment</b></li> <li>❖ Elicit Change Talk</li> <li>❖ Negotiate a Plan</li> </ul>    | <ul style="list-style-type: none"> <li>❖ What are your main reasons for _____? / Why is this important to you?</li> <li>❖ What are your ideas for ____? / How might you do it?</li> <li>❖ How might your life be different when you make this change?</li> <li>❖ What barriers might you encounter when making this change?</li> <li>❖ Summarize as appropriate</li> <li>❖ How might you work around the barriers?</li> </ul> |

“Below are several goals related to your physical health. Which goal stands out for you?”



Many people have tried these movements and within 3 months improved their health.

My hope is that doing these movements 3-5 times a week will help you reach your goal of \_\_\_\_\_.

# Healthy Moves for Aging Well

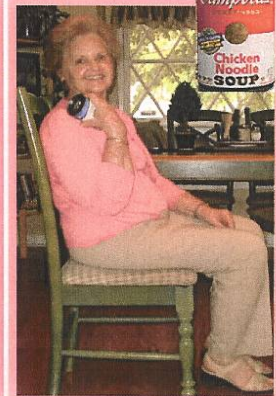
Remember that **SAFETY** is always your first priority!

Stop if you feel unsteady, dizzy, or uncomfortable.

Read the “Red Flags” on the back for more information.

## 1. ARM CURLS

Sit in a comfortable position. Place a 1-pound weight (soup can, water bottle) in your right hand. Resting your elbow at your hip, bend at the elbow and touch the soup can to your shoulder. Slowly lower the weight, returning the hand to its starting position. Repeat with your left arm. **Work up to 15 to 20 arm curls two times a day.**

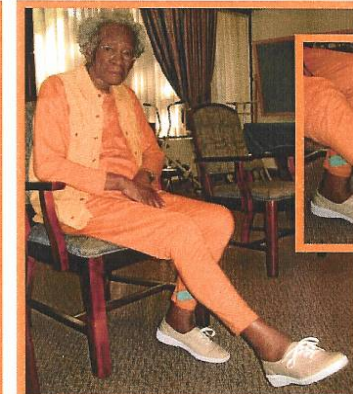


## 2. ANKLE POINT & FLEX

Sit in a comfortable position. Lift and extend right leg. Point your toes to the ground, then flex your toes to the roof. Repeat on left leg.

For variety, try doing Toe Taps. Put your feet on the floor and tap your feet, lifting the toes as high as possible while keeping your heel on the floor.

**Work up to 30 seconds on each foot three times a day.**



## 3. SEATED STEP-IN-PLACE

Sit in a stable chair and move your legs by slowly marching them in place. You only have to lift them an inch off the ground.

**Work up to 1 minute once a day.**



# Healthy Moves for Aging Well

## *Advanced Movements*

**Remember that SAFETY is always your FIRST PRIORITY!**

**These movements are more challenging.**

**Stop if you feel unsteady, dizzy, or uncomfortable.**

**Read the “Red Flags” on the back for more information.**

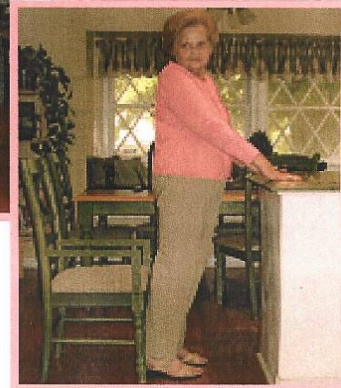
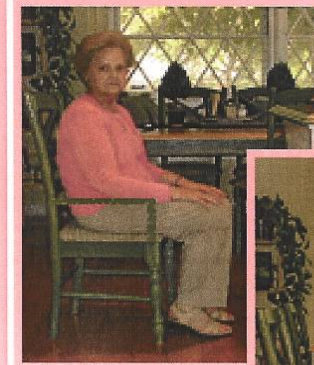
*Ask about the  
next step.*

“How do you see  
yourself  
incorporating these  
movements into  
your daily life?”  
(When & Where?)

### **1. CHAIR STAND**

Sit tall on a stable chair with arm rests. Slowly stand up from the chair to a full stand using your hands to help you push off the chair if needed. Make sure this is performed with a stationary countertop in front of you or something that won't move if you need to use it for support. Return to a seated position.

**Work up to 10 chair stands a day.**



### **2. STANDING STEP-IN-PLACE**

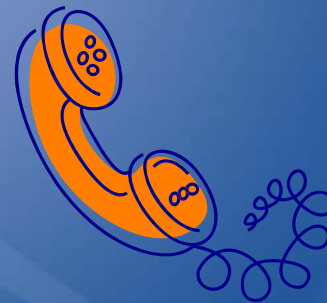
Start by holding onto the back of a stable chair, wall or countertop to maintain your balance. Begin stepping in place lifting your feet only a few inches off the floor.

**Try stepping-in-place 15 to 30 seconds two times a day.**



# Motivational Phone Coaching

- “Are you comfortable having a motivational coach call you to check in on your progress and provide support to you as you try these new movements?”
- If yes, inform client that a coach will call next week.



# Motivational Phone Coaching

- Offers personal support and encouragement
- Engages client in goal-setting discussions
- Problem solves with client
- Instills confidence in client's ability to exercise
- Frequency of calls (3 months)
  - Weekly for first 4 weeks
  - Weekly or bi-weekly for next 8 weeks
- Coaches complete phone logs to track client progress



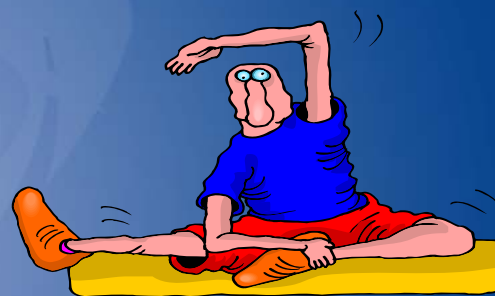
# Motivational Phone Coaching

- How have your physical activities been going?
  - How often? How long?
- Any new aches or pains out of the ordinary?
- Any challenges that made it difficult to move?
- Any recent falls?



# Pilot Results – Healthy Moves 1<sup>st</sup> Generation

- 4 Care Management Sites
- Number of Clients = 49
- 76% Client Retention Rate
- Average Age = 78 years
- Living Status =
  - 65.3% Living Alone
  - 30.6% Living with Family
  - 4.1% Living with Family & Caregiver



# What We Accomplished



- Success of Healthy Moves Pilot
  - Engaged care managers in the planning stage, promoting program investment and ownership
  - Translated evidence-based work into a community setting
  - Established a new practice standard for care management
- Verified Need to Expand Program Dissemination
  - Funding secured to expand demonstration project (Healthy Moves – 2<sup>nd</sup> Generation)
    - Addressed care manager's concerns regarding safety of exercises for more frail clients
- Toolkit Available on NCOA Website
  - [www.healthyagingprograms.org](http://www.healthyagingprograms.org)

# Healthy Moves 2<sup>nd</sup> Generation - Target Population

- 865 participants
- 4 sites
- Age range: 65 to 103
- Mean age: 80
- 84% female
- Willing to participate
- Cognitively capable to follow instructions
- If no caregiver available, must be able to stand unassisted to exercise alone safely



# Ethnic Diversity

- 40.5% Latino
- 25.5% Caucasian
- 22.2% African-American
- 3.7% Asian
- 8.1% Other

# Languages

English

Spanish

Russian

Korean

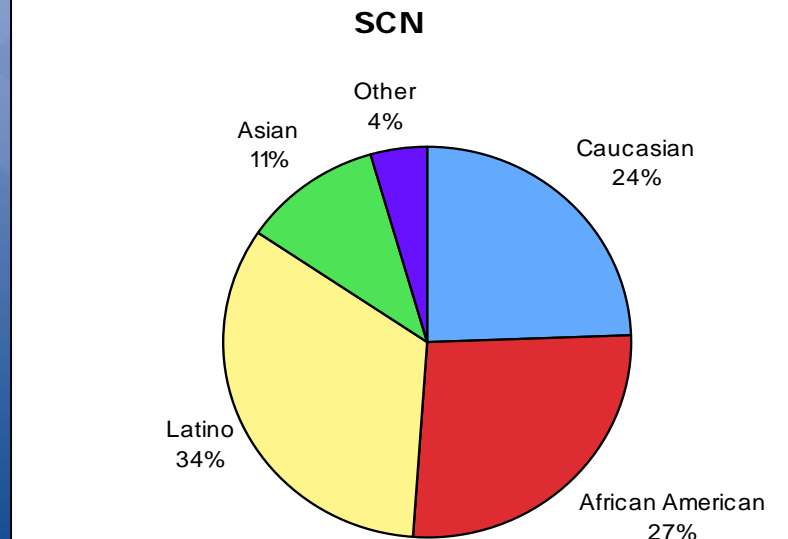
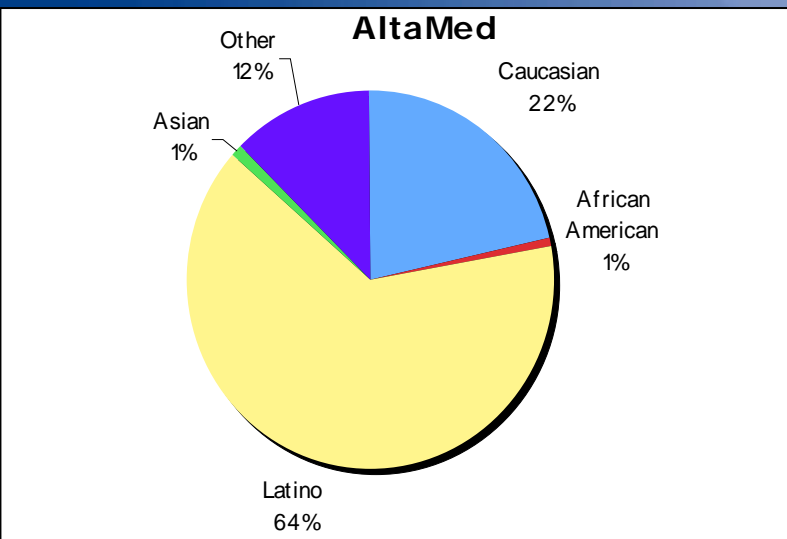
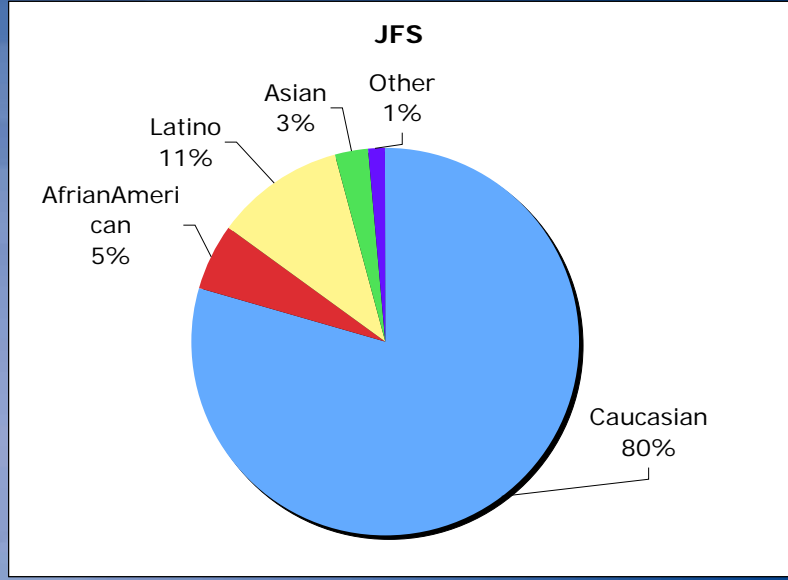
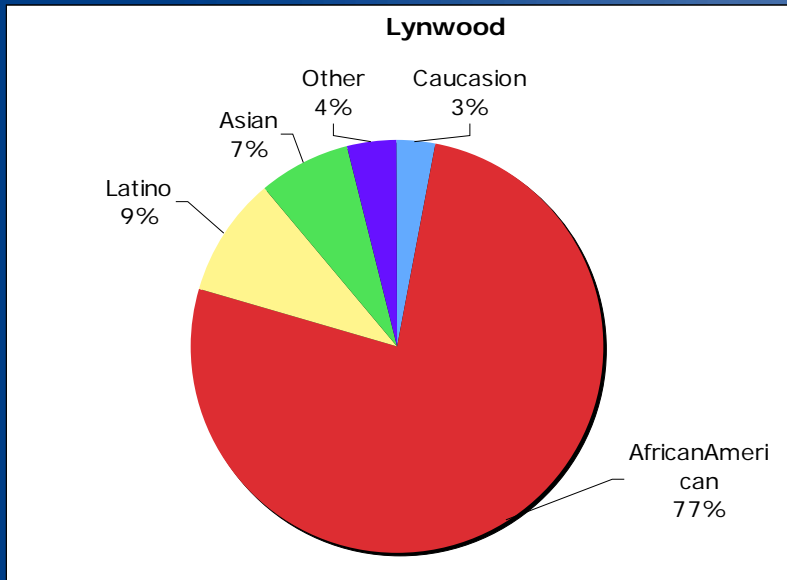
Chinese

Armenian

Farsi



# Diversity per Care Management Site



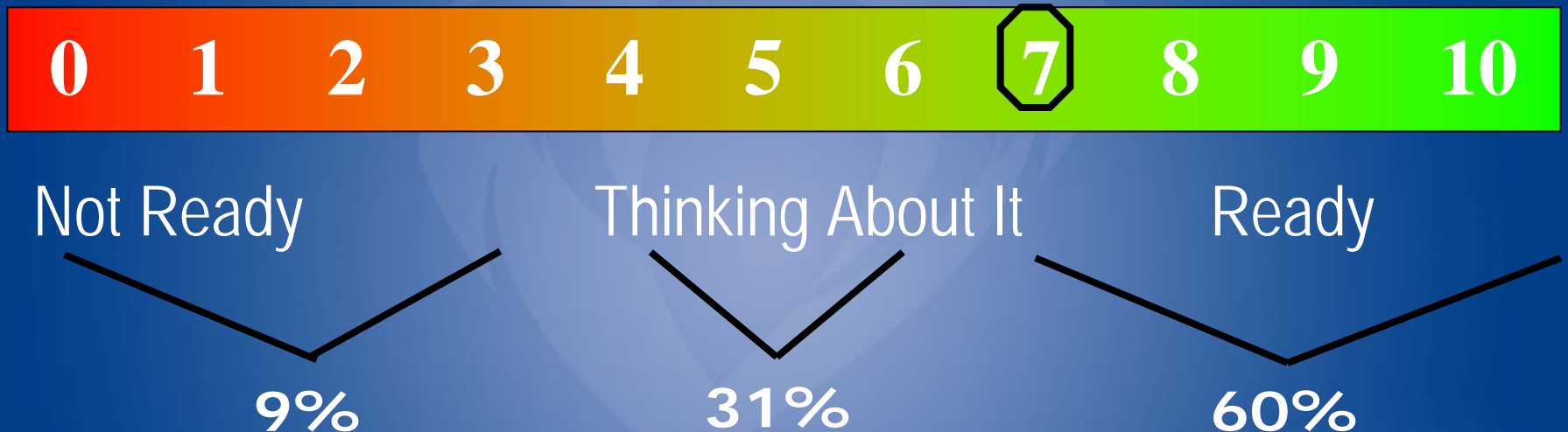
# Functional Assessment at Baseline

- Highly impaired population
  - ADLs (dressing, eating, bathing, toileting, transferring, grooming)
    - 67% needed help in 5 or 6 ADLs
  - IADLs (telephone, laundry, transportation, shopping, preparing meals, housekeeping, taking medications, handling finances)
    - 70% needed help in 7 or 8 IADLs



# Readiness of Participants at Baseline

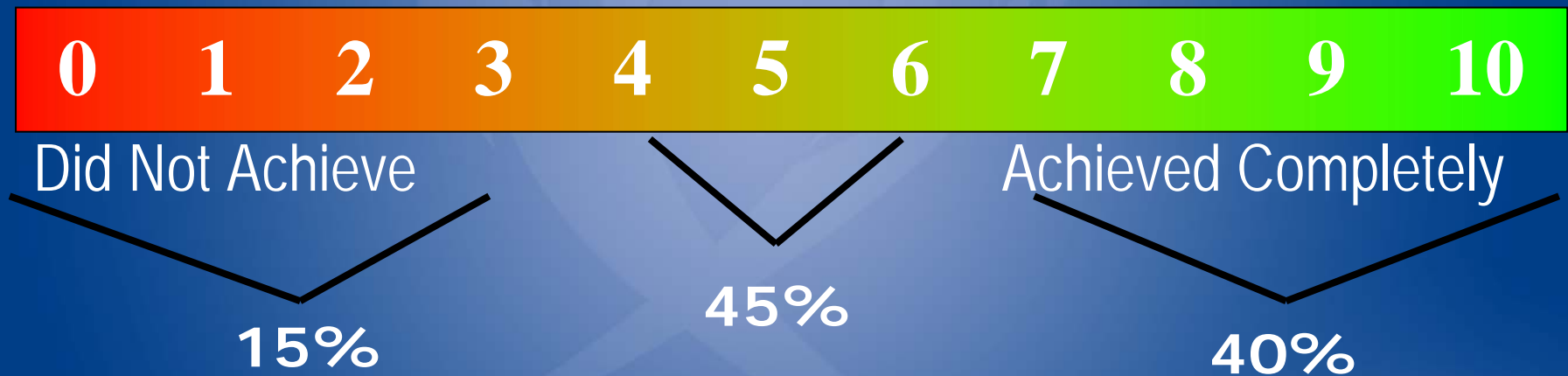
- How ready are you to consider increasing your physical activity?



- 23% reported a 10

# Goal Attainment at 3 Month Follow-up

- At enrollment, your goal was \_\_\_\_\_
- How close are you to achieving your goal?



- 85% reported a score between 4 to 10

# Outcomes – 3 Month Follow-up

- Significant improvement in both arm curls and step-in-place ( $p < .05$ )
- Improvement was associated with being female (arm curl only) and type of coaching (face-to-face rather than phone)
- Decrease in depression (from  $n=484$  to  $n=371$ )



# Outcomes – 3 Month Follow-up

- Pain was reduced from an average of 5.5 at pre-test to 5.1 at post-test ( $p=.04$ )



**0**

No Pain

**1**

**2**

**3**

**4**

**5**

**6**

**7**

**8**

**9**

**10**

Excruciating Pain



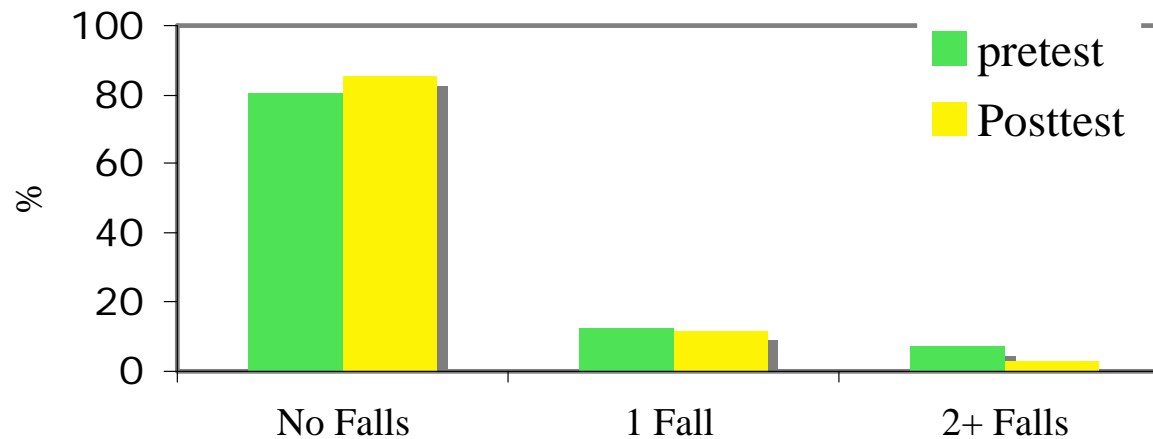
# Outcomes – 3 Month Follow-up

- Statistically significant reduction in number of falls ( $p < 0.01$ ), ( $n = 328$ )
  - 12.5% of participants fell once during 3 months prior to completing baseline
    - 11.6% reported one fall at post-test
  - 7% had more than one fall prior to baseline
    - 3% had more than one fall at post-test



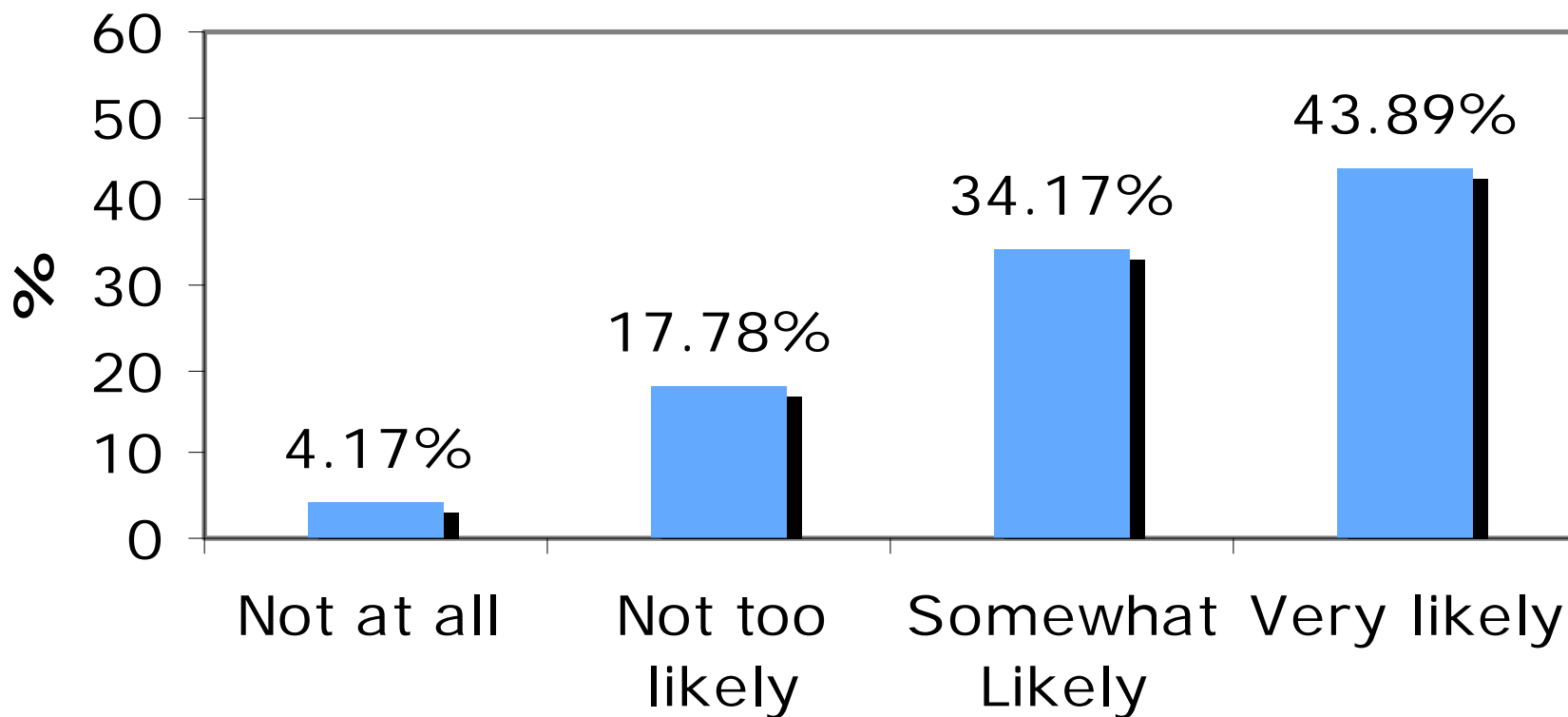
# Significant Reduction in Falls!

**Changes in the Number of Falls During the Past Three Months**



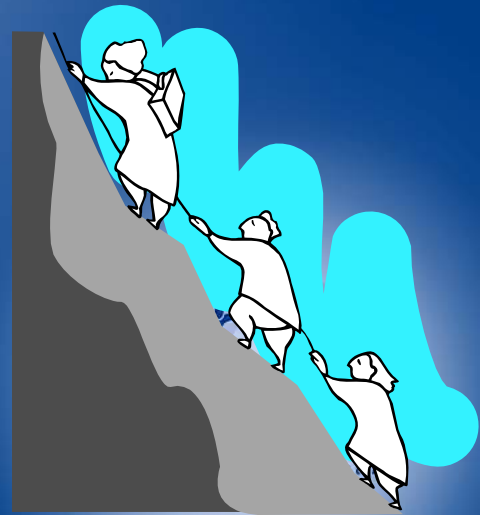
# 78% Very or Somewhat Likely to Continue without a Motivational Coach (3 Month Follow-up)

**Figure 5: Likely to Continue the Exercises Without a Coach**



# Lessons Learned

- Organization must be ready to adopt a new innovation
- There must be underlying stability
  - Resources viewed as adequate
  - Staff turnover minimal
  - Recovery time since last big change



# Lessons Learned

- There must be a “felt need”
  - Client testimonials generate enthusiasm for adoption
  - *Fewer injuries & less decline = less work over time*
- There must be a champion
  - Ensure supervisors are engaged
  - Involve staff in the decision process



# Strategies for Success

- Designate a passionate care manager to be the champion
  - Internal program “cheerleader” for the agency
  - Encourages and reminds co-workers to enroll clients
  - Sets up an internal quality control system to assure that data is complete and collected in a timely manner



# Strategies for Success

- Introduce Healthy Moves program in advance by phone when scheduling the next home visit
- Enroll clients in the spring and summer to avoid arthritic pains impacted by the colder months



# States Currently Offering Program

- California
  - Fresno/Madera Counties Area Agency on Aging
  - Beach Cities Health District, Redondo Beach
- Colorado
  - State Unit on Aging (piloting in Denver area)
- Illinois
  - University of Illinois piloted with home care aides
  - Seeking funding for RCT



# States Currently Offering Program

- Ohio
  - Wood County Committee on Aging, Bowling Green
- Minnesota
  - Wilder Home Health Agency, St. Paul
- Missouri
  - Care Connection for Aging Services, Warrensburg



# Healthy Moves DVD – Now Available!

## Healthy Moves for Aging Well

Get your *Moves* on now!

"Healthy Moves has helped my clients increase their independence and confidence, improve their disposition and quality of life."  
~Nancy, Care Manager

A proven program that improves the health status among older adults. Ideal for:


- Care management programs
- Home care agencies
- In-home supportive services
- Senior centers
- Congregate housing
- Healthcare providers

- Safe & simple.
- Meets the special needs of the frail elderly.
- Low-cost, minimal care management time.
- Succeeds in a wide variety of settings.
- Available in multiple languages.

Supporting Materials available in:  
English Spanish Chinese Farsi  
Russian Armenian Korean

"The Healthy Moves program has helped me both mentally and physically, and I'm only getting better every day."  
~Janette, 80 year old

Please consult your physician before engaging in the Healthy Moves exercises. Partners in Care is not responsible for any discomfort or injury as a result of these exercises.

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This video was made possible by the generous contribution of The California Endowment.

Healthy Moves for Aging Well  
Lead your clients toward more mobility, more independence...

### CARE MANAGER SPECIAL EDITION

Partners in Care and its  
California Health Innovation Center™  
Present:

## Healthy Moves for Aging Well



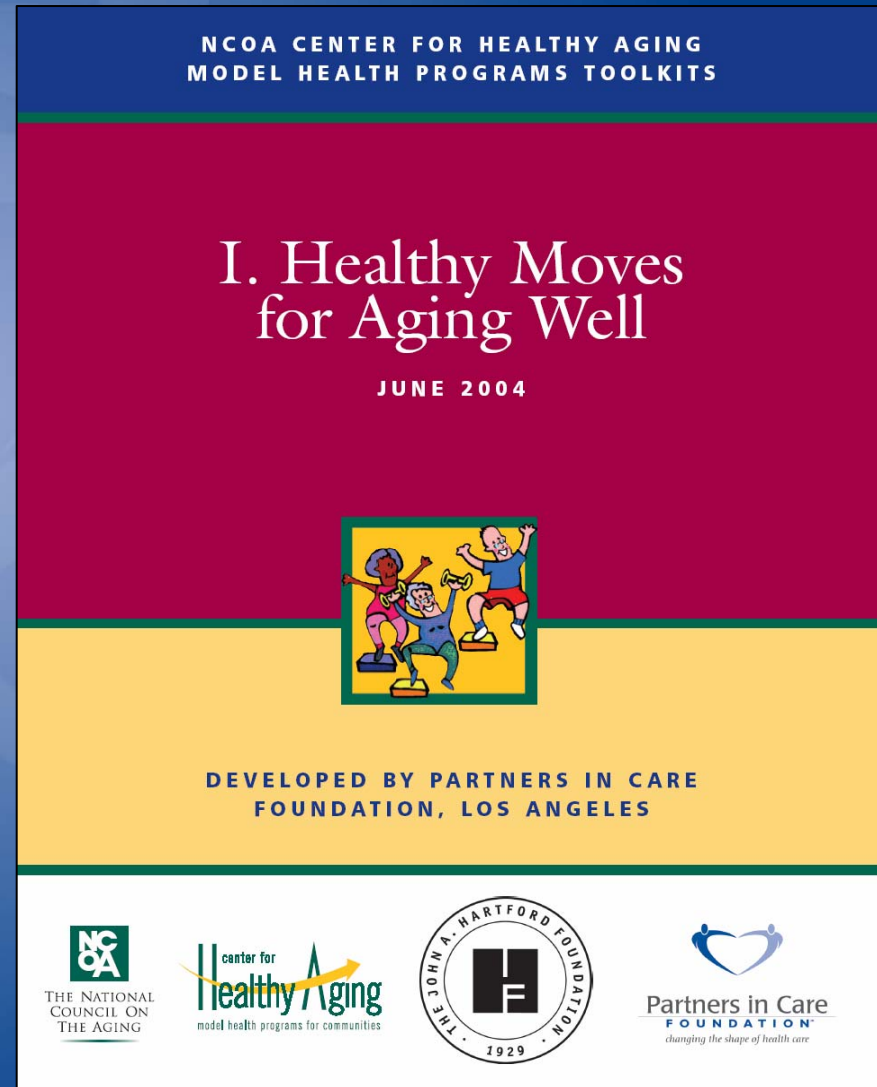
Healthy Moves for Aging Well gives you the power to lead your clients toward more mobility, more independence, and a more healthy approach to daily life.

- Safe & proven techniques clearly demonstrated
- Ready for replication in care management agencies across the country

- Instructional Video Covering:
  - Brief Negotiation method
  - Healthy Moves exercises

# Adopt the Healthy Moves Program!

- Kristie Patton
- (818) 837-3775, ext. 159
- Website: [www.picf.org](http://www.picf.org)
- Resources
- Training DVD
- Multiple Languages:
- English, Spanish, Russian, Korean, Chinese, Armenian & Farsi



# Conference Presentations Online

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- Select EVENTS>PRESENTATIONS