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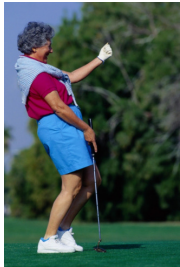
Barriers and Motivators to Physical Activity in Older Home Care Clients



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Presentation

- Background
- Purpose
- Methods
 - Quantitative
 - Qualitative
- Results




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Background

- Australian population aged 70 years + increasing
- 250,000 Australians receive home care services each year
- Functional independence is important







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Home Care Services

- 'Usual' home care services
- Restorative home care services
- Silver Chain:
 - Home Independence Program (HIP)
 - Personal Enablement Program (PEP)




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Physical Activity



- Research exploring physical activity for older community-dwelling people increasing
- Little published research on physical activity levels of home care clients
- Barriers and motivators important
- Maximising functional independence


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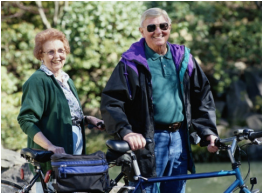
Objectives of the Study


- Investigate the current levels of physical activity being undertaken by individuals aged 70 years and over who have participated in HIP as compared to similar individuals who were referred for home care but received 'usual care'
- Identify the motivations for these older individuals undertaking physical activity
- Identify the barriers to physical activity perceived by these older individuals.


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Method

- Survey: 1500 (750 each group)
- Physical Activity Survey for the Elderly (PASE)
- Motivators
- Barriers
- Interviews: 20
- HIP: 5 active, 5 inactive
- 'Usual': 5 active, 5 inactive





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Results

- Response rate 33.96% (N=506)
- HIP: 42.5% (N=215)
- HACC: 57.5% (N=291)
- Mean Age: 82.18 years


Sex	HIP	HACC	Average (%)
Male	15.2	24.7	20.7
Female	84.8	75.3	79.3
Total N	211	287	498

Chi square = 6.222, df = 1, p = 0.013*






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Results: Location




Location	HIP	HACC	Average (%)
Metro Suburb	87.5	71.7	78.3
Country Town	8.7	26.2	18.8
Other Rural	3.8	2.1	2.9
Total %	100.0	100.0	100.0
Total N	208	286	494

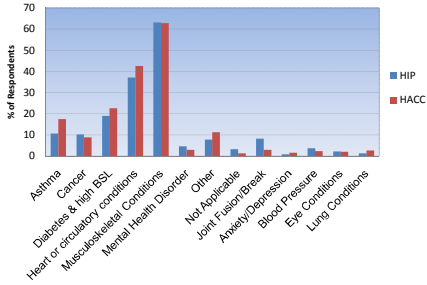
Chi square = 24.893, df = 2, p = 0.000*




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Results: Comparison of Chronic Illness



Chronic Illness	HIP (%)	HACC (%)
Asthma	~15	~10
Cancer	~10	~15
Diabetes & High BGL	~25	~20
Heart or circulatory conditions	~35	~45
Musculoskeletal Conditions	~60	~65
Mental Health Disorder	~10	~15
Other	~5	~10
Not Applicable	~5	~10
Joint Fracture/Break	~5	~10
Anxiety/Depression	~5	~10
Blood Pressure	~5	~10
Eye Conditions	~5	~10
Lung Conditions	~5	~10




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Physical Activity Scale for the Elderly

Home Care Service	N	Mean	SD
HIP	123	93.39	70.13
HACC	189	77.86	59.64
Total N	312	83.98	64.32

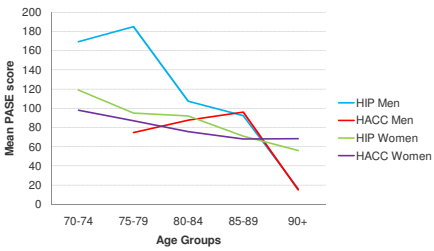
t = 2.096, df = 310, p = 0.037*




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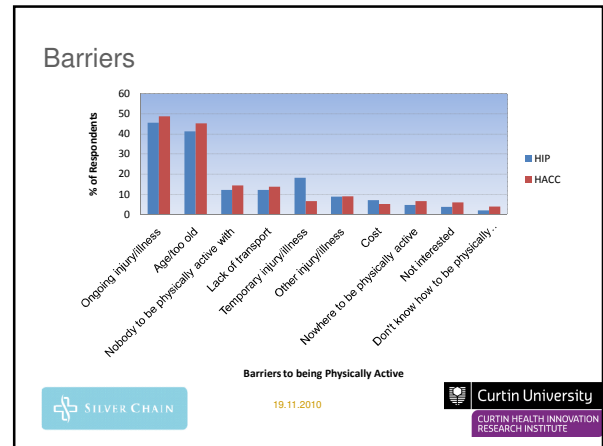
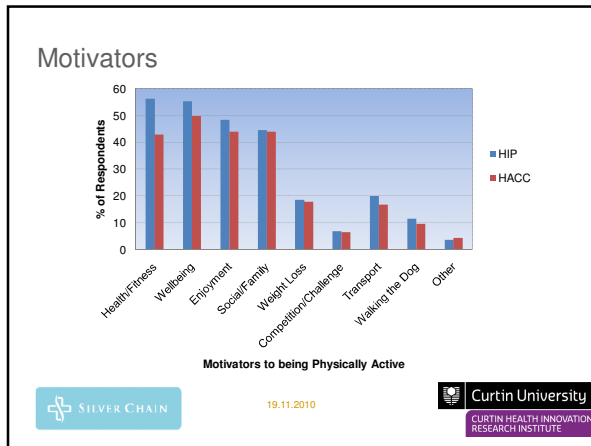
Mean PASE for Home Care Service by Gender and Age





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- ### Early Qualitative Results
- HIP Active like walking and incidental exercise
 - Illness and injury has a large effect on why they are not active
 - 'Use it or Lose it' (88 yr old lady)
 - 'I'm a doer not a thinker' (84 yr old male)
 - 'I feel so much better when I'm active than when I'm sitting around' (102 yr old lady living alone)
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Questions

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