



## Healthy Moves Program

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### History

Physical activity for older adults has tremendous benefits and is recognized as one of the most powerful health promotion interventions to improve seniors' ability to function and remain independent in the face of active health problems. Unfortunately, few, if any programs, have been developed and evaluated that apply important research findings to in-home physical activity for older adults living in the community, especially very frail seniors. Additionally, care management programs have generally not addressed physical activity as part of their formal assessment and care planning. This is largely because there have been no clear and safe prescriptions for the frail. Healthy Moves was developed for the geriatric care management setting because in-home providers are natural vehicles for distributing health tools to the most high-risk seniors. With the right training and tools, care managers can enhance their scope of work by teaching their clients the Healthy Moves exercises at their visits.

Healthy Moves was created by Partners in Care Foundation, Inc., along with other community partners in southern California, to help older frail adults maximize their independence by building strength, increasing flexibility, and helping to reduce the risk of falls

### Program Description

Healthy Moves is a simple and safe evidence-based physical activity program designed to enhance health outcomes for frail, high-risk, and diverse older adults receiving services in the home. The program utilizes care managers from community-based care management agencies to teach the program's exercises to their older clients in their home. At their regularly scheduled visits, Care Managers partner with volunteer motivational coaches from the community and/or local universities to enroll clients into the program by assessing their ability and readiness to participate safely and by using motivational interviewing techniques to engage each client in setting a goal. Only a 15 minute session is needed with each client to encourage their identification of personal goals needed to be motivated to incorporate the movements into their daily routines.

The Healthy Moves program is an integrated model consisting of two evidence-based components:

1. Physical Activity Component: modeled and adapted from the Senior Fitness Test work of Rikli and Jones (1999)
2. Behavior Change Component: lifestyle change counseling method called Brief Negotiation developed by Prochaska and DiClemente (1983)

Guidelines concerning the number of repetitions per movement are distributed to all participating clients and they are encouraged by their care managers and motivational phone coaches to do the movements three to five days per week, multiple times per day. Trained motivational phone coaches contact the clients weekly or bi-weekly for a three month period to reinforce new behavior change.

The program incorporates a pre-test and three month post-test using a physical fitness assessment and self-rated health questions measuring changes in the level of pain, depression, fear of falling, number of falls, fall injuries, and readiness to increase physical activity.

## Program Outcomes

Implementation research conducted on Healthy Moves for Aging Well has shown:

- That participants (n = 338) had statistically significant declines in the number of falls and level of pain. These declines were found among participants who improved their exercise performance (1)
  - Pain was reduced from an average of 5.5 at pre-test to 5.1 at post-test (p=.04)
  - Falls were significantly reduced (p<0.0001); 7% had more than one fall prior to baseline; 3% had more than one fall at post-test; 5% improvement in the number with no falls at all.
- A 76% client retention rate
- Significant improvement in both arm curls and step-in-place (p<.05)
- Decrease in depression (from n=484 to n=371)
- 78% of those who completed the study said they were very or somewhat likely to continue exercising without a motivational coach (2)

Results of a feasibility study showed most participants, including older adults, home care aides, and site directors had a positive perception and high satisfaction with the program. One hundred percent of older adult participants reported that they would recommend the program to others.

## Program References

1. Yan T1, Wilber KH, Wieckowski J, Simmons WJ. (2009) Results from the Healthy Moves for Aging Well program: changes of the health outcomes. Home Health Care Serv Q. 28(2-3):100-11.
2. Keogh K, Vázquez B, Zappella N. (2012) Let's Get Physical: Bringing Evidence-Based Exercise Programs to Homebound Older Adults. Healthy Aging DPG September 10, 2012 Webinar.

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**Program Contact:** Dianne Davis

**Email:** ddavis@picf.org

**Phone Number:** (818) 837-3775 (116)

**Website:** www.picf.org