

Collaborative Evaluation Unit (CEU)

Supporting Innovative Research and Evaluation



FRRR HEALTH AND WELLNESS PROGRAM

2019

EVALUATION SUMMARY REPORT



Collaborative Evaluation Unit

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CRICOS Provider No. 00103D | RTO Code 4909

Federation University Australia acknowledges the Traditional Custodians of the lands and waters where its campuses are located, and we pay our respects to Elders past and present, and extend our respect to all Aboriginal and Torres Strait Islander and First Nations Peoples.

SUMMARY OF THE FINDINGS OF LATROBE FRRR HEALTH & WELLNESS PROGRAM EVALUATION 2019

The primary focus of the Yinnar Health and Wellness Program was to improve the health and wellbeing of older adults in the Gippsland region by removing barriers to participation in facilitated health and wellbeing activities.

Funded by the Foundation for Rural and Regional Renewal (FRRR), results of the evaluation show that the program was successfully delivered throughout 2019 to a consistent number of participants and had some significant positive outcomes.





Yinnar Health & Wellness Program

The Yinnar Health and Wellness Program has been shown to improve the health and wellbeing of an ageing population in a regional community. There were benefits to mobility, confidence and independence along with a sense of social connectiveness that was evident among participants.



Tai Chi



Core engagement



Balance



Squats



Hand Weights



Ball Work



Falls Prevention



Posture

'That sense of **community** is wonderful. You can't put a **price** on that, it's **fantastic** stuff.'



100%

Of participants agreed that the program helped their fitness level



96%

Of participants agreed that the program improved their confidence

'I've found it's **improved** my **pain** level, I used to wake up early in the morning because I have a pain in my neck. That **doesn't bother** me any more.'

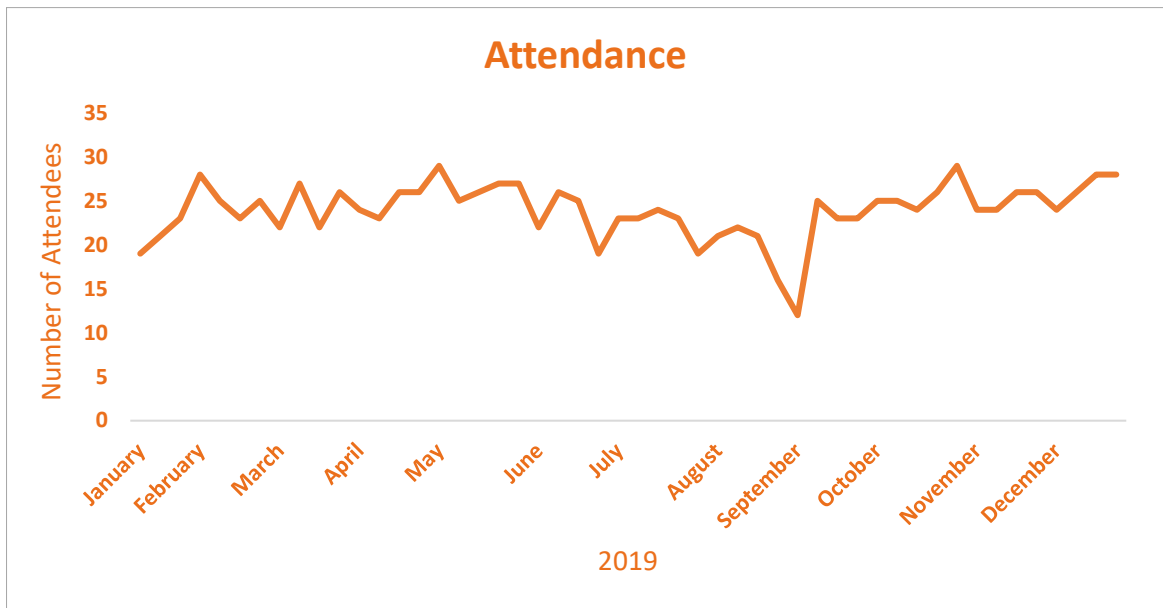
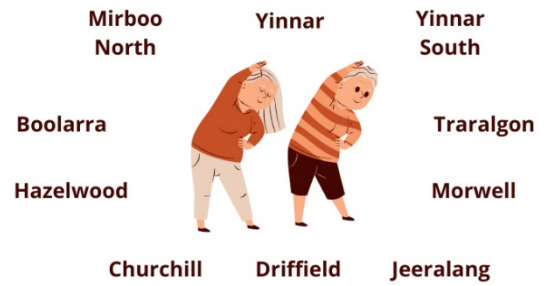


'This program concentrates on keeping us **well** rather than medicating the issues, it's **preventing** the **issues**.'

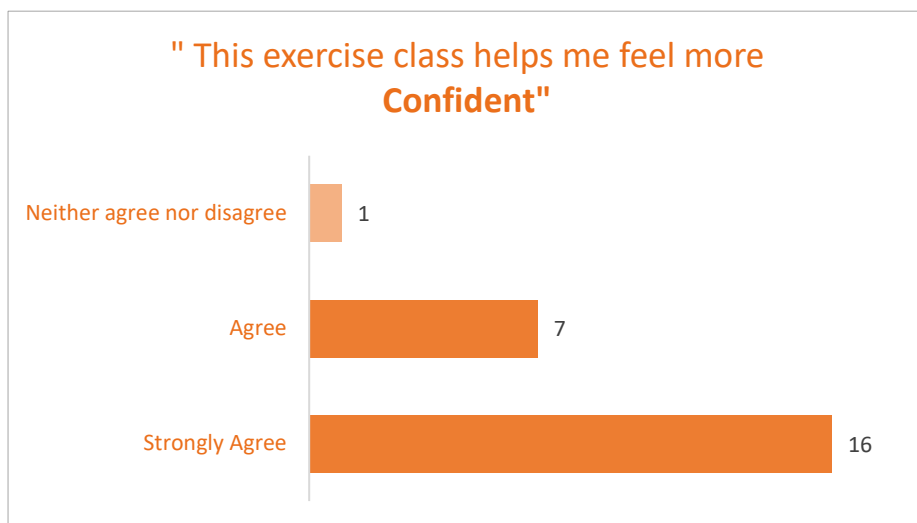


Participants came from across the Latrobe Valley with the project **successfully** reaching its **target** audience of **seniors** 60+ years of age

Over the 49 weeks of the program there was a total **attendance** of **1,168**, an average of 24 participants each week.



Attendance at classes was consistent throughout the year, which demonstrates the compliance and success of the program.



A total of 67% (n=16) of those surveyed strongly agreed that the Yinnar Exercise Program helped to improve confidence, with 29% (n=7) of respondents agreeing with this notion.

MEETING COMMUNITY NEEDS

Social connection amongst members was successfully encouraged with designated time at the end of each class for them to convene and engage in conversation. Participants were encouraged to have a cup of tea and meet other members of their community.

You could see the **differences** in the people. The mental attitude of them as well. The way they have **grown together** as a group and the **respect** they have for one another.

We needed somewhere where people could **come back** from having a serious illness or having an operation and be **able** to walk into the hall and to **feel comfortable**. To sit down amongst other people that were being faced with many of these issues.

Participants acknowledged the importance of the educational element to the Program, leading to functional gains outside of the Program and improvements in their ability to perform everyday tasks at home.

I find it better for me because she (exercise specialist) **explains** why we're doing these things, so we're more inclined to **remember** that when we're at home. I find that **more helpful** than any other class I have done.

BENEFITS TO HEALTH AND WELLBEING

Participants reported significant health benefits, specifically with improved mobility, balance and posture.

It's the only thing that's **kept me mobile** and it's kept me **out of a wheelchair**.

Pain management was another positive benefit that was identified by participants. They recorded increased physical endurance and functional gains from regularly attending the Program.

I went up to the Cape, the tip of Australia. I don't think I would have been able to get there if I hadn't been doing the **exercises**. It gave me **confidence** as well as **better balance**.

Participants described the energy and increased vitality they experience after a class, which they attributed to the addition of Tai Chi exercises.

I think the **exercises** are **very good** for you and just do what you can without pushing yourself too hard. I think you feel a lot **better** in **yourself**.

Stress management was also key, with participants describing the weekly exercise classes as a distraction to the everyday stresses in their lives.

The classes are an **escape** and it makes me feel good. When I leave here, I feel better.

They're **remaining independent** and they are staying in **their own homes**. Now, that's probably the **biggest thing of all**.





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