

Taranaki In-Home and Community Strength and Balance Programme

Evaluation Summary 2019



Majority of participants are **NZ European females**

Consistent with ACC Dashboard of those most likely to suffer a fall or fall related fractures.



Survey information was collected from Waverley, Patea, Hawera, Opunake, Stratford, Inglewood, New Plymouth, Waitara and Urenui.

Word of mouth, followed by local newspaper and newsletter advertisements were the most common ways participants found out about the Community Strength and Balance Programme.



Focus groups with Māori suggested using social media and linking with existing kaumatua to increase Māori participation.



Patients rated the Programme excellent or above average.

The majority (8 out of 10) felt being on the programme has helped them manage their health situation better.

Participant Wellbeing

All **75** participants surveyed from the Community Strength and Balance Programme reported an **improvement in their physical health** through improving their **strength, balance or flexibility**.

The In-home Strength & Balance Programme showed that the **majority** of participants had either **been able to maintain their level of physical activity or had seen some improvements**.

A group of community participants received additional telephone support.

FIVE participants **joined a community Strength and Balance class**, whilst **SEVEN** continued the exercises sent to them.

NINE of the ten interviewed **enjoyed getting the phone call**.

Participant Knowledge

The findings suggest there is a continued need to look at ways to **improve older peoples' knowledge** of the risk and prevention of falls.

Community Strength and Balance class participants showed a greater level of knowledge than non-participants regarding causes of falls and ways to prevent them.

- No information on the knowledge of risk of falls was collected from In-Home Strength and Balance participants.

Key Programme Barriers

Current Strength and Balance Participants -

Difficulty accessing classes due to poor health, poor weather, looking after grandchildren and not being able to drive.

Non-Participants - Lack of transport, confidence and not wanting to join a group or do exercise contributed to participation decisions.

Referrers - The 30-minute falls assessment often a barrier to referral.

Community Strength and Balance Leaders - Need further assistance for promotion/advertising of classes.



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METHODOLOGY

The results in this infographic are based on data collected through the Strength and Balance Class Participation Survey overseen by the Taranaki District Health Board's DH Evaluator. The evaluation was completed in May 2019 using mixed methods to collect the information. The methods selected looked at the availability of existing data and what were the best ways to collect information from stakeholders, leaders, participants and non-participants.

