

An evaluation of an older adult exercise programme: A focus on barriers and facilitators

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Statement of Problem

- The population of older adults in Ireland rose by 19.1% between the years 2011 and 2016 ⁽¹⁾
- It has been estimated that the number of deaths among elderly people resulting from a fall will escalate from roughly 250 in 2006 to 600+ in 2031 ⁽²⁾
- Projections also suggest that the cost of falls among older adults to the Irish State in 2030 will amount to approximately €1.5 billion ⁽²⁾

Objectives

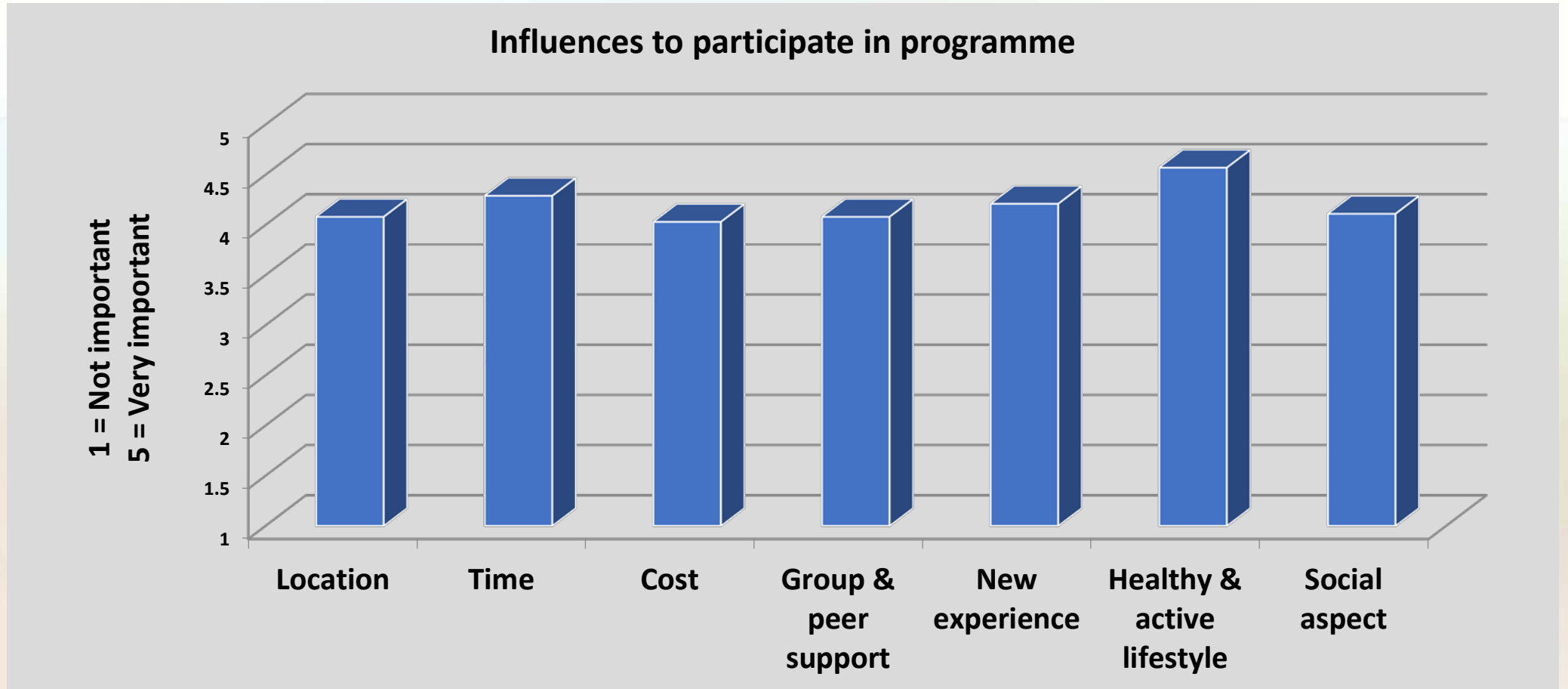
- *Objective 1:* To identify barriers and facilitators to exercise programme participation among a cohort of older adults
- *Objective 2:* To examine the effect of a balance-promoting exercise programme on walking ability, physical fitness, and confidence to participate in exercise among a cohort of older adults

Methodology

- Data was obtained from a cohort of older adults (n=87)
- Age 69.6 ± 6.6 years, min age = 53, max age = 86,
- Gender: 78 = female, 6 = male, 3 = not recorded

Data collected via:	Data collection time period:	Number of participants
Questionnaire	October 2017	87
Informal mid-way evaluation	November 2017	63
Questionnaire	December 2018	44
Scripted phone call	January 2018	27

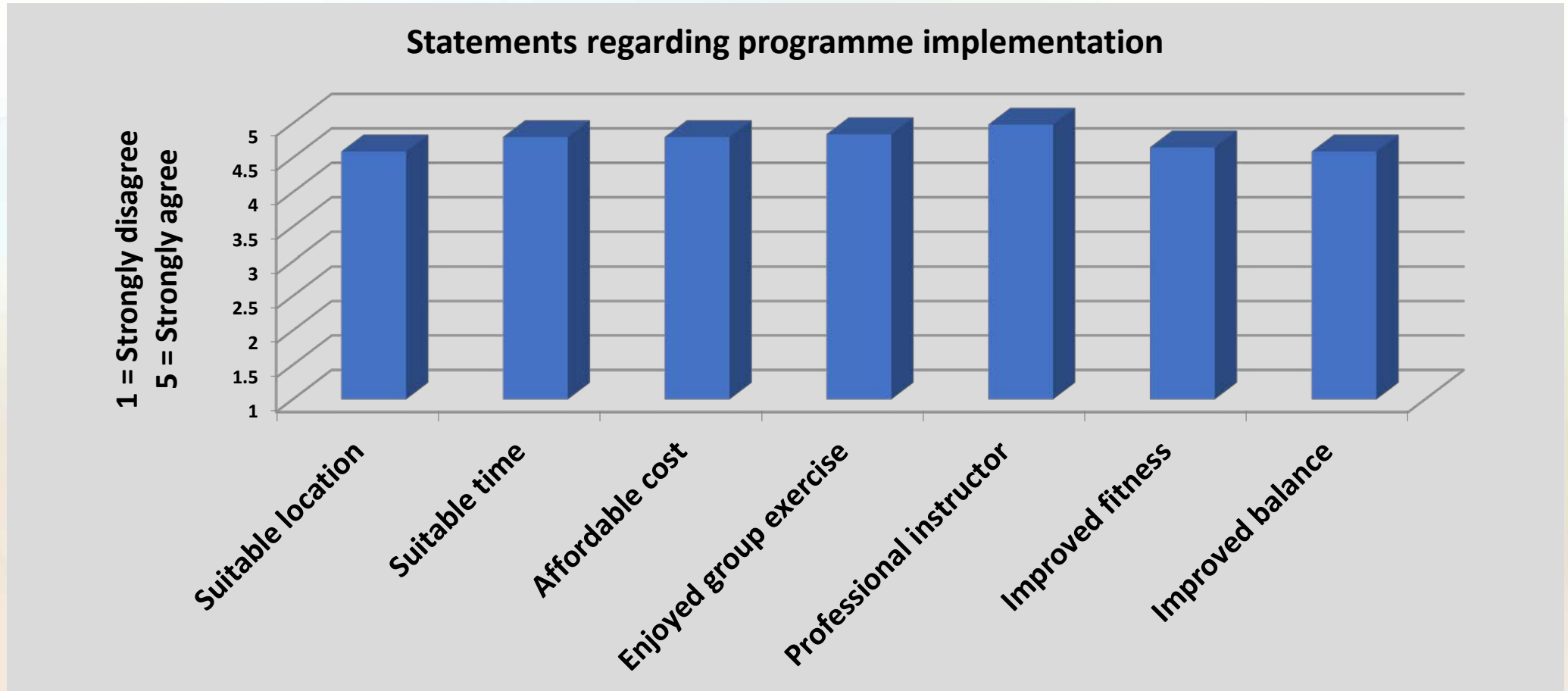
Results of Questionnaire 1



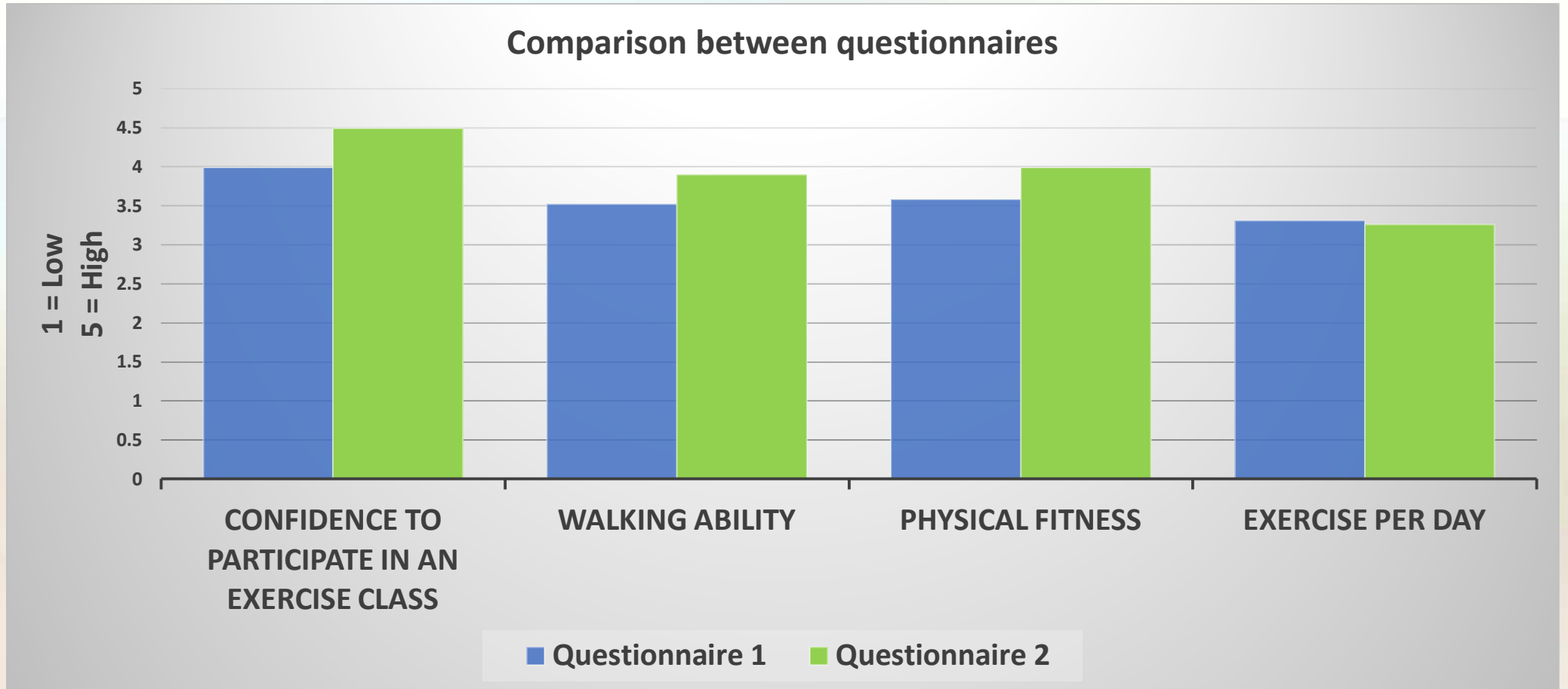
Results of informal mid-way focus group

- **Participants were asked what were the most positive aspects of the programme:**
 - the instructor*
 - the variety of exercises*
 - the cost*
 - the social aspect*
- **Participants were asked what aspects of the programme could be improved:**
 - addition of exercises for specific body parts*
 - educational content on the purpose of individual exercises*
 - the environment*
 - the promotion of the programme*

Results of Questionnaire 2



Comparison between Q1 and Q2



Results of scripted phone calls

- **Participants (n= 27) were asked what were the most positive aspects of the programme:**

the social aspect

the professionalism of the instructor

the increased levels of fitness / balance / energy

- **Participants reported that they were still feeling the benefits of the programme.**

- **Reasons for drop-out (n=5)**

Programme was too difficult

An illness / injury had prevented attendance

Other committments

References

- Central Statistics Office (2017) *Press Statement Census 2016 Results Profile 3 – An Age Profile of Ireland*, available: www.cso.ie/en/csolatestnews/pressreleases/2017pressreleases/presstatementcensus2016resultsprofile3-anageprofileofireland/ [accessed 20 October 2017].
- Health Service Executive (2008) *Strategy to Prevent Falls and Fractures in Ireland's Aging Population*, available: [http://www.hse.ie/eng/services/publications/olderpeople/Strategy to Prevent Falls and Fractures in Ireland%E2%80%99s Ageing Population - Full report.pdf](http://www.hse.ie/eng/services/publications/olderpeople/Strategy%20to%20Prevent%20Falls%20and%20Fractures%20in%20Ireland%E2%80%99s%20Ageing%20Population%20-%20Full%20report.pdf) [accessed 25 October 2017].