



**South Eastern Sydney
Division of General Practice Ltd**

**UNSW
MEDICINE
Lifestyle
Clinic**

Strength Clinic Protocol: Evaluation of a strength and balance training program for residents of aged care facilities (RACF)

Investigators

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Institutions

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Rationale

This project seeks to develop an evidence-based multidisciplinary program option that supports a change in lifestyle of older people living in Residential Aged Care Facilities (RACF) by increasing the levels of physical activity and providing multidisciplinary health education. The 24 week program specifically targets people aged over 60 who have a recent diagnosis such as diabetes or obesity, or have experienced a first critical incident such as stroke or cardiac event.

Aim

The program aims to provide an option for clients that focus on the promotion of healthy lifestyle rather than disease management, treatment or control. In some cases this would prepare clients to participate in community based exercise programs or at the least be able to manage an individually tailored exercise program themselves at the RACF.

Methods

Each client will receive 24 tailored strength program appointments at the *Strength Clinic* located within the UNSW Medicine Lifestyle Clinic. The participants will receive a further 5 individual self-management program consultations over the second half of the 24 week program. Two group seminar education sessions will be provided during week 14 and 18 of the program.

Strength Clinic program at the Lifestyle Clinic

Enquiries or further information regarding the program may be directed to Chris Tzar (Lifestyle Clinic Director and Exercise Physiologist - 02 9385 3352).