

"Movement Matters"

Implementing the FITT Principle in Aged Care"

Overview:

This session will delve into the critical role of targeted exercise within aged care settings, emphasising the adaptation of the FITT principle (Frequency, Intensity, Time, and Type) to enhance older persons' quality of life. The presentation will outline the application of the FITT principle to develop exercise programs that address specific health outcomes, including strength, balance, coordination, and endurance, and how these contribute to improved clinical indicators relevant to the National Quality Indicators for Aged Care in Australia.

Key Topics:

Introduction to Movement and Exercise in Aged Care:

- Brief discussion on the general benefits of exercise for the elderly.
- Introduction to the concept of "not all movement matters" to highlight the importance of tailored exercise programs.

Understanding the FITT Principle:

- Explanation of the FITT principle and its components: Frequency, Intensity, Time, and Type.
- Discuss how each component can be adjusted to meet the varied capabilities and clinical needs of aged care residents.

Applying the FITT Principle in Aged Care:

- Strategies to implement the FITT principle effectively in aged care.
- Examples of exercise modifications and adaptations for elderly residents, considering common health conditions and mobility restrictions.

Evidence and Benefits for Specific Exercise Goals:

- Review current research and evidence supporting the FITT principle for developing strength, balance, coordination, and endurance in elderly populations.
- Discuss specific exercises and routines that can be implemented to target these areas.

Embedding Exercises into Daily Routines:

- Practical ways to integrate targeted exercises into daily activities, such as walking groups during social times or balance exercises during routine tasks, to enhance engagement without requiring additional staffing resources.

Impact of Correct Movements on Clinical Indicators:

- Link the improvement in exercise outcomes to the National Quality Indicators such as reduction in falls, improved mobility, better management of pain, and enhanced psychological well-being.
- Provide case studies or data showing improvements in clinical indicators through tailored exercise programs.

Discussion and Q&A:

- Open the floor for questions, encouraging sharing of experiences and strategies from various aged care facilities.
- Discuss potential challenges in implementing these programs and possible solutions.

Learning Outcomes:

Attendees will leave the session with:

- A deep understanding of how to apply the FITT principle to exercise programs in aged care.
- Practical knowledge of designing exercise routines that cater to the specific needs of aged residents.
- Insight into how targeted movement programs can influence positive outcomes in line with the National Quality Indicators.