

FH Fall Prevention Carefit Program for Older Adults

1. Background

Exercise should normally be part of activities for seniors. Yet, many of the exercise programs currently offered are not designed to safely manage frail seniors. This is mainly due to lack of expertise from staff providing the exercise program. Therefore, this program aims to fill a current gap by teaching FHA and contracted staff a specialized exercise program with a focus on delivering safe exercises for frail seniors.

Carefit is an activity program that was *adapted for frail seniors* (based on the Osteofit program that takes place in community centres). Osteofit is a medically endorsed exercise program developed in consultation with BC Women's Hospital & Health Centre's Osteoporosis Program and based on published research. The falls prevention focus, education components, and the safety and credibility of Osteofit lend itself perfectly to providing a safe and effective program for the frail seniors attending facility exercise classes. The *adapted* program (originally known as Modified Osteofit) is *now called* **Carefit**.

2. OBJECTIVES for Carefit for Older Adults

To educate FHA and contracted staff to deliver Carefit as safe, effective physical exercise program to clients.

- The staff will be trained to provide a Carefit program.
- The training will be provided by the Osteofit Master trainer and mentoring opportunities will be available. The staff will be required to do a Carefit Competency Evaluation in order to receive the Carefit Facilitator certificate.

3. Course Outline and Timeline

In order to do the Carefit course you must:

- ✓ Complete the **Basics of Physical Activity for Seniors- Online Course**.
(If you have completed a similar course previously, please talk to Ronda Field)
- ✓ Complete **TWO** full days of training **AND** additional classes
- ✓ Conduct Pre Testing with your participants
- ✓ Lead a 10 week Carefit class at your facility
- ✓ Successfully complete the Facilitator Competency Examination
- ✓ Submit Post-Tests and Facilitator and Participant feedback

IMPORTANT

You must successfully complete the theory course in order to attend the Carefit sessions. Please complete the theory course by **September 16, 2022.**

a. Pre Requisite Module “Basics of Physical Activity for Seniors”

✓ To register, copy and paste this link into your browser

<https://www.jccgv.com/fitness-and-wellness/instructor-training>

✓ Click on **Basics of Physical Activity for Seniors- Online** and **Register** and the registration page opens. The course code is **8293**.

✓ Cost: \$100.00 + HST

For more information, see attached document. If you have problems registering, please email Melanie@growingstrong.ca

Melanie will work with you by email to complete the course. A certificate will be issued upon completion. This course has 5 sections and takes about 20 hours to do.

b. Learning sessions – Sep 26 and Oct 3 In-Person

<u>Day 1- Monday Sep 26, 2022</u> Carefit Session – part 1	1 day	Central City Office Tower (4th Floor - Birch Room) 13450- 102nd Ave, Surrey, BC
<u>Day 2- Monday Oct 3, 2022</u> Carefit Session – part 2	1 day	Central City Office Tower (4th Floor – Arbutus room)
<u>Recommended Review Session - Mon Nov 7</u>	4 hrs	<u>Strongly recommended review and networking session with current facilitators</u>
<u>Additional sessions/ coursework- TBA</u>	varies	Online small group sessions

c. Observation of a sample class and Pre and Post testing – Part of Day 1

You will be observing a video of a Carefit class to see how the class is conducted and the exercises done. You will also be learning how to do pre and post testing with your participants in order to measure progress

d. Provide a physical activity session based on Carefit at your site

- ✓ Do pre checks on clients prior to beginning first class
- ✓ Conduct a 10 week program at your site within 4 months of training.
- ✓ Mentors will be provided for you while you are conducting your activity program. The mentor is present to provide support, encouragement and correction of your program. Mentoring may be conducted virtually.
- ✓ Conduct post tests and collect feedback from participants.

e. Complete the Facilitator Competency Examination

- ✓ Once you near completion of the 10 week program, contact Debbie Cheong to arrange the exam. When you pass the exam, you will receive your Facilitator certificate of participation.

FH Fall Prevention/ Carefit Program for Older Adults

TO REGISTER, please:

- Read and **complete** the form below or **online** at <https://forms.gle/YxQmHgR1zEkWtCJDA>
- If completing paper form, please **Fax it** to Ronda Field at 604-520-2154 or **e-mail** to ronda.field@fraserhealth.ca by **19 Sep 2022**

Registration (PLEASE PRINT – so I can get your e-mail correctly)

- AL DPOA
 LTC OTHER

Facility's name: _____

Staff's name: _____ **Cell number:** _____

Staff's personal e-mail for updates: _____

Staff's current certificate or qualification: _____

I have contacted Melanie Galloway to enrolled in prerequisite course "Basics of Physical Activity for Seniors- Online Course" – Attach confirmation email
Please note there is an additional fee for this course (\$100.00 plus HST).

I am able to attend all learning sessions.

Cost of classroom instruction and mentors

No cost for FIRST staff member of FHA Assisted Living facility

A **\$250** fee will apply for FHA contracted DPOA and Long Term Care facilities

A **\$500** fee will apply to staff from Private facilities or those outside of FHA

I have received approval from my manager to attend

(Manager's Name / Designate)

(Manager's Signature)

**For more info contact: Ronda Field, Physiotherapist, Falls & Injury Prevention
Suite 400, Central City Tower, 13450-102nd Avenue, Surrey, B.C. V3T 0H1
ronda.field@fraserhealth.ca ph: 604-897-0189**