How the Project Developed?

- Consultation and Research = define the community need and target population.
- Brain storming with key stakeholders
- Identified current successful initiatives
- Build on existing partnerships and initiatives
Overcoming Barriers to Participation

Transport: Unable to physically attend a program due to lack of transport
- Promote public transport and have funds available for public transport when group pick up service should no other means be appropriate

Disability/Support Workers: Unable to attend due to a disability or lack of support worker
- Provide a support worker for people with a disability or with high support needs

Child Care: Unable to attend due to lack of childcare
- Provide childcare services where appropriate

Cultural: Don’t attend due to lack of Cultural sensitivity
- Ensure programs are culturally appropriate and employ appropriate facilitators

Motivation: Don’t attend due to lack of motivation
- Provide fruit and vegetable boxes as a reward for course attendance at selected courses (fortnightly)

Finances: Unable to access programs due to cost
- Promote Financial Assistance Programs to subsidise participation fees for internal activities
- Ensure programs delivered by LGA have a low or no participation fee

Awareness: Not being aware of programs available
- Use Lifestyle Directory/holding all lifestyle activities by interest to increase awareness

Color Code:
- Engagement/recruitment
- Health Care Challenges
- Service Delivery
- Data Collection Points
- Overcoming Barriers
- Capacity Building Activities

Life Change Programs (Intensive)
- Best It
- Lifeskills Program
- Healthy Family Program
- Aboriginal Specific Programs
- Aboriginal Health Camps
- The Joys of Eating BMI/Diabetes

Program Completed/Maintenance Plan
- Consider interests, available community activities and barriers to continued participation.

Maintenance Programs (Less Intensive)
- HeartMoves
- Heart Foundation Walking
- Aboriginal Specific Programs
- Aboriginal Women’s Exercise Group
- Aboriginal Men’s Exercise Group

Initial Assessment and Program Recommendation (Life script)
- Initial assessment to judge suitability for the program and collect necessary data
- Assessment will include blood pressure, history of medical conditions, BMI, waist circumference and body fat weight ratio.

Yes
- GP Clearance Required
- Risk factors identified?
- No GP Clearance Required

No
- GP Clearance Required

Recommend less intensive program for:
- 1) People new to exercise
- 2) When needs indicate less intensive programs are more appropriate
- 3) If there is a waiting list for Life Change Programs, once appropriate refer to Life Change Programs.

3 Month follow up
- Effective?
- Yes
- Graduate

9 Month follow up

18 Month follow up
Feedback on why this was successful

- Based on research and consultation
- Focus on Aboriginal Health
- Aboriginal Health Program will be made available to people in neighboring LGA’s
- Partnerships with key stakeholders on program delivery
- Focus on overcoming barriers to participation
- Building flexibility into the program for users
Tips

• Start early
• Use stakeholders in your community – they are a wealth of knowledge
• Understand your community and their needs
• Build on the successful initiatives and resources you already have
• Partner with other organisations where you can, provided that the partnership will lead to greater outcomes