

Zoomers on the Go

A falls prevention exercise program
comprised of volunteer peer-led
exercise classes and health education
talks for the 50+ population



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du Nouveau-Brunswick

St. Joseph's
Community
Health Centre



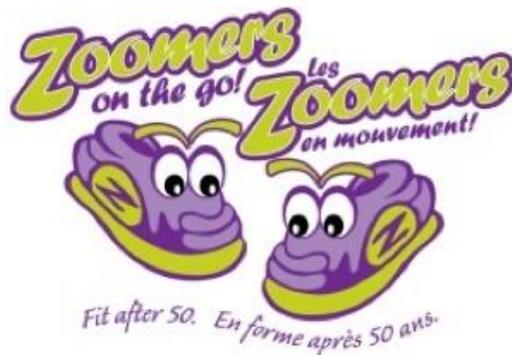
Centre de santé
communautaire
St. Joseph



Zoomers on the Go – How it all started?

The Zoomers on the Go program was created to reduce the risk of falling for seniors in the Greater Saint John area. Evidence shows that falls cause many problems for seniors and their ability to remain independent. In 2009, two Nurses and an Occupational Therapist from St Joseph's Community Health Centre surveyed seniors living in the Greater Saint John Area. A Falls Risk assessment survey was developed by St. Joseph's Community Health Centre in Saint John, NB and sent out to seniors living in the community to find out what they knew about falls and their risk of falling. Focus groups were also held with various groups and at older adult residential facilities. A larger planning group was formed with various community partners and stakeholders and the information collected was used to develop this comprehensive falls prevention program, with an aim to reduce falls in the older adult population of Greater Saint John. Some of the important points raised by seniors included:

- Older adults did not see themselves at risk to fall, although they answered yes to a number of risk factors.
- Many older adults did not demonstrate awareness that some risk factors for falling are preventable.
- Many older adults indicated a variety of barriers to exercising: transportation issues, financial barriers to pay for gym memberships, uncomfortable following instructions from people of a younger age.
- Most older adults want to be more physically active.



What is unique about Zoomers on the Go?

It is a peer-led exercise program

Research indicates that peer-led exercise programs are successful because peer leaders promote social connectedness¹. The similar age and experience of peer leaders allows participants to feel as though the leaders understand what may be happening in their lives, and they see their leader as a positive role model and resource.² In fact, the research continues to show that for peer-led, low-cost exercise programs were as effective as professionally led exercise programs.³

Research has found that peer-led exercise programs have the following benefits:

- Increase the self-confidence of the participants
- Increase the physical health of participants
- Improve feelings of well-being of the participants
- Provide opportunities to meet local people and develop new friendships
- Provide a reason to get out of the house

Uniform training for all leaders

The training received by the Zoomers on the Go leaders is an official certification given by Fitness New Brunswick. All instructors will receive the same training. This makes the program uniform throughout the province. In the past, the Seniors Fitness Instructors Course from Canadian Centre for Activity and Aging has been used.

¹ Waters, D.L., et al., *Evaluation of a peer-led falls prevention program for older adults*. Arch Phys Med Rehabil, 2011. **92**(10): p. 1581-6.

² Khong, L., et al., *"We are all one together": peer educators' views about falls prevention education for community-dwelling older adults--a qualitative study*. BMC Geriatr, 2015. **15**: p. 28.

³ Gillespie, L.D., et al., *Interventions for preventing falls in older people living in the community*. Cochrane Database Syst Rev, 2009(2): p. CD007146.

Research

The Zoomers on the Go program is currently being researched by UNB to show the physical, mental, and social benefits for participation. That means that this program will (or will not-- depending on the results) be shown to help older adults move better, think better, and socialize better.

Another objective to be researched in coming years is the long-term benefits of the Zoomers on the Go participants.

Currently, we know that Zoomers on the go has shown significant improvements in chair stands, arm curl, and the 6-minute walk test in those who complete the 12-week program in comparison to those who have not.



What Would Zoomers On the Go look like in your Community?

- Zoomers on the Go is an exercise program delivered in 12-week intervals. It's led by volunteer leaders 50+ years in your community (unless there's only someone younger than 50 years who is enthusiastic to volunteer), and therefore the times/days that the program is delivered is based on their availability. If the volunteer wants to deliver 12-week programs back to back, that's great. We encourage them to deliver at least one or two 12-week programs a year. The location of the Zoomers on the Go program is usually in-kind contribution as this is a free exercise program and led by volunteers. A maximum of 25 participants is suggested per class, however if the location can hold more than 25 participants, the leader is more than welcome to have more in their class. Every participant must be 50+ years and pre-screened by the Community Health Centre in their community. Participants must re-register for every 12-week program, to ensure others in the community have an opportunity to join.
- UNB has conducted an in-depth research project on the Zoomers on the Go program, and therefore there is no need for further physical assessment of the participants, as has been performed in the past. If the leader is interested in providing a baseline assessment and a post-assessment for participants (for motivational purposes), the leaders will be trained how to perform the 30-second chair stand and Timed-Up-and-Go test during the fitness leader training.

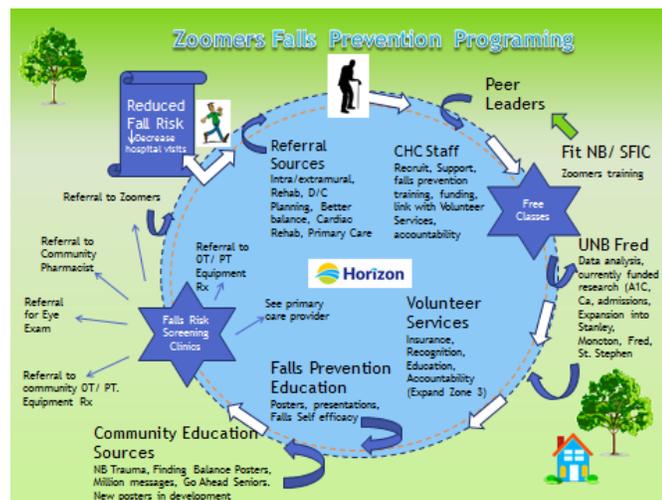


Diagram 1.0 – Zoomers On the Go Process. Demonstrating how a Client proceeds through the Falls Prevention Programming.

The above process integrates Horizons Intramural, Extramural and Volunteer Services at the community level. Zoomers may prevent admission to hospital as a result of a fall or can play a role in discharge planning to increase function, mobility, and build an awareness of fall prevention in the community.

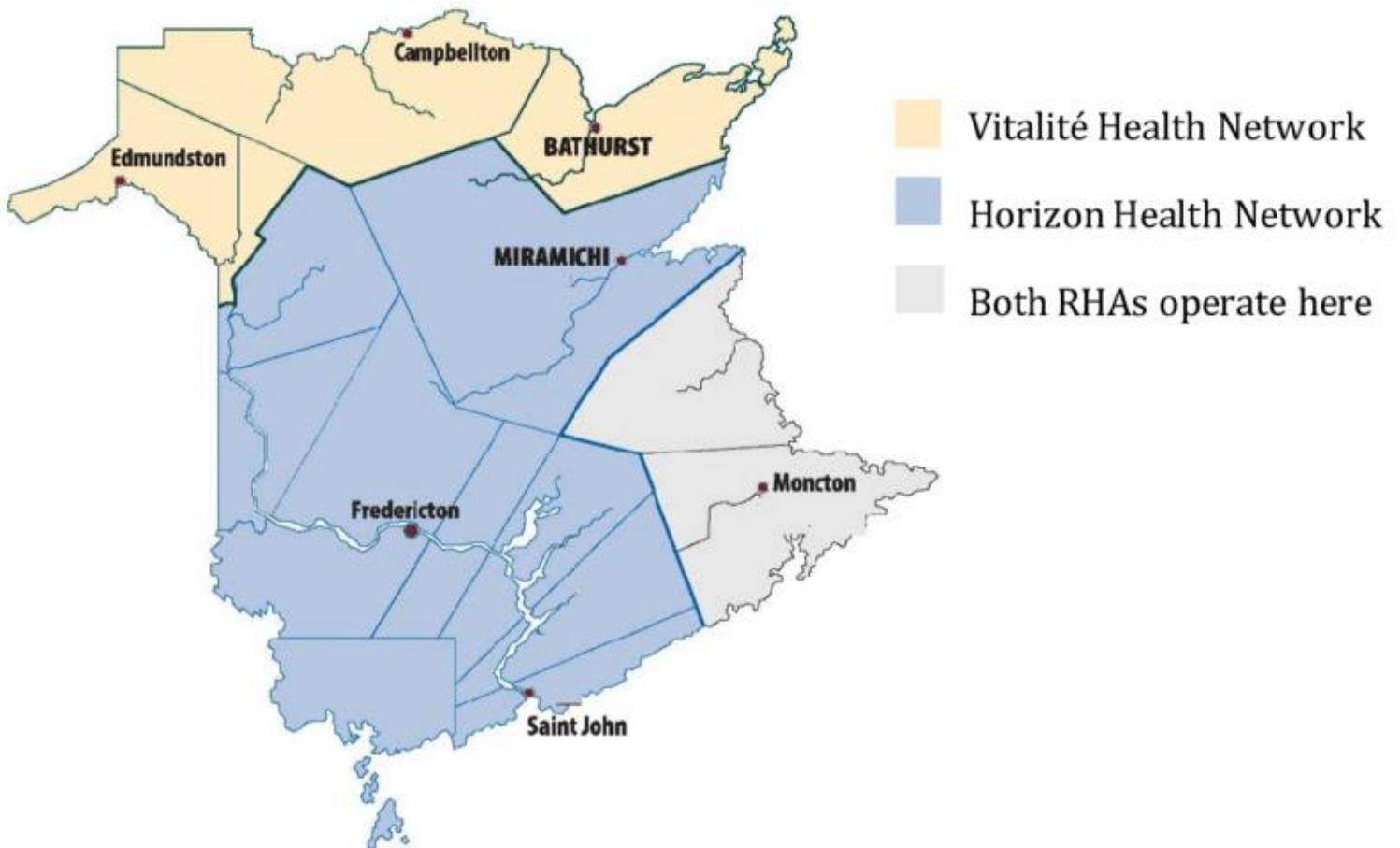
Example Case Study 1: Mr. Tripp recently retired from a full time demanding career that he loved. He made this decision after being diagnosed with high blood pressure, type 2 diabetes and a difficulty sleeping at night and felt at 66 years, it was time. About a month after retirement, he fell mowing the lawn resulted in an ankle fracture. After having a cast for 6 weeks, he was concerned it may happen again and hired someone to continue all of the lawn care and snow removal. He decided to give up golf. He began to feel older, something he hadn't felt while working. He never had time when working to join any clubs or activities so he didn't know of any groups in his community. His wife was busy in activities with other ladies in the community.

After a few months, Mrs Tripp noticed her husband wasn't himself and his mood had changed. She convinced him to come to a Zoomers class with other older adults. He completed the Zoomers pre-screening and attended the free classes, met others his age and decided to help out in the community garden. He liked the information in the falls prevention posters, especially the idea that a fear of falling can reduce involvement in life, resulting in a decrease in range of motion and strength and make one more susceptible to falling. He made some adjustments to his home and installed grab bars in the shower and put in a bath mat. Mr and Mrs Tripp decided to join some other older adults to go on a bus tour. He learned more about setting up a Power of Attorney and preventing fraud from the talks at Zoomers from the Go Ahead Senior representative and the Community Police Officer. On a follow-up visit to the Health Centre, Mr Tripp reported better sleep, his blood pressure was better controlled and his falls efficacy rate was improved. Overall he told his NP, "I am really enjoying retirement now. There is a lot of life left to live. I think I would enjoy leading a Zoomers class, is there training I can take?"



Community Health Centre Role

Community Health Centres are focused on improving the health of individuals living in their communities. Under this model, older adults can be supported to live longer, healthier and more productive lifestyles. Community Health Centre staff advocate for free community programming, support volunteerism and encourage healthier lifestyles in an upstream preventative approach. Zoomers on the Go is ideally supported in the Community Health Centre/ primary health care team model.



Responsibilities of Community Health Centre

- Organize the implementation and coordination of the Zoomers on the Go program in your community
 - To seek funding opportunities to support the cost of materials, supplies and education opportunities for leaders
 - Provide program and Zoomer leader support and guidance
 - Organize with the leader when the next Zoomers on the Go classes will take place
 - Book space locations for the program

- Liaison between Zoomer leaders and Horizon Health Volunteer Services
 - Ensuring all paperwork/interviews/training is complete by the leader and sending it to the Volunteer Services Office
 - Take a picture of the Zoomer leader against a white background and submit to Horizon Volunteer Services for the Horizon Volunteer ID badge.
 - Once badge is ready, distribute to the volunteer

- Registering participants
 - Screening participants with the Get Active questionnaire
 - Can be done over the phone or in person
 - Answering questions about the program
 - Creating an attendance sheet for the classes

- Printing Educational forms + organizing an educational talk in Week 11

Horizon Community Health Centre - Starting Zoomers on the Go in Your Community

1. Find volunteers to lead the Zoomers on the Go classes.

a. If there's one in your community:

- i. Go to Step 2.

b. If there's NOT one in your community:

- i. Advertise to recruit volunteers that can commit to 12-weeks
*****we recommend that there's at least two available leaders in your community so they can team teach, or one can be a substitute when the other can't make it, also can practice and plan classes together*****
 - SEE ADVERTISEMENT FOLDER FOR RESOURCES
- ii. Contact Fitness New Brunswick to see if there is a Zoomers on the Go leader training scheduled in the near future.
 - **Contact at FNB:**
Marilynn Georgas
(506) 453-1094
executivedirector@fitnessnb.ca
 - If no training is scheduled, contact a few other Horizon Health Centres that deliver the Zoomers on the Go program and see whether they would like to train more leaders from their region.
 - a. SEE LIST OF COMMUNITY HEALTH CENTRES INVOLVED



2. Financial Support

- a. Your Regional Wellness Consultant (<https://www.wellnessnb.ca/wp-content/uploads/2017/02/Regional-Wellness-Offices.pdf>) can show you what funding to get.
 - i. New Horizon's for Seniors (<https://www.canada.ca/en/employment-social-development/programs/new-horizons-seniors.html>)
 - ii. Recreation Funds (<https://www.recreationnb.ca/about>)

- b. SEE COST DOCUMENT FOR A BUDGET

- c. Ongoing costs:
 - i. CPR-Level A renewal for leaders
 - ii. Fitness NB membership renewal for leaders
 - iii. Criminal Record Check



3. Explain the criteria to become certified as a Zoomers on the Go Leaders to the potential volunteer leaders.

a. Fitness NB Certified:

- Attend the “Zoomers on the Go” Leader Training course with **100% attendance** at all sessions.
- Complete and pass a final open-book written test (on final day of the course).
- Successfully complete practical evaluation. This is observed by the trainer in person, Skype/Facetime or video-taped and sent to FNB for approval. *Must be completed within 6 months of receiving the training.*
- Receive your CPR-Level A certification

b. Horizon Health Volunteer:

- Interview with CHC staff
- Criminal Record Check
- 2 letters of reference (*from anyone other than a family member- form is given and they fill it out*)
- Completion of the Horizon Volunteer application form
- Attend 1-2 hour Horizon Health Volunteer Services training
 - a. This may become part of the two weekend Leader training by Fitness NB

4. Contact the Horizon Volunteer Services staff from your area

Zone 3: Tracey Fraser – tracey.fraser@horizonnb.ca

Fredericton and Upper River Valley (this covers areas such as Nackawic, Central Miramichi CHC/Boiestown HC, Harvey, Queens North CHC, Palster Rock CHC, Stanley, Penniac)

Zone 2: Julia Brooks – julia.brooks@horizonnb.ca

Saint John, Sussex and Charlotte county (St. Stephen would report to Julia)

Zone 1: Jennifer Young – Jennifer.young@horizonnb.ca

Moncton, Sackville and Miramichi.

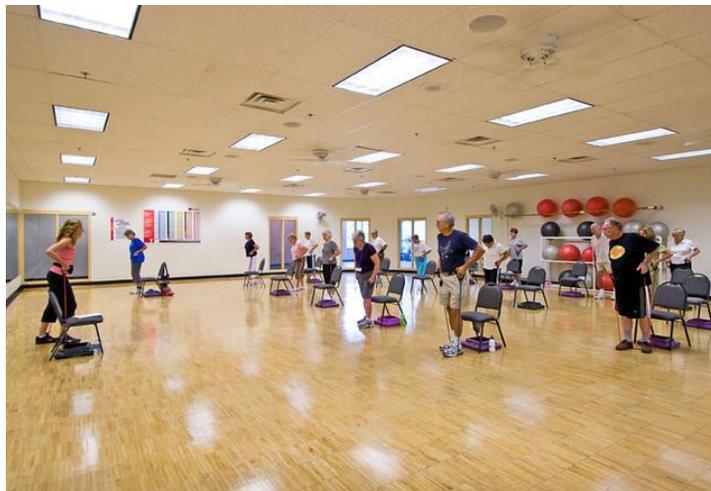
- a. Set date for Volunteer Training
 - i. If it's not already given during the Fitness NB training
- b. Interview the leaders
 - i. SEE INTERVIEW QUESTIONS DOCUMENT
- c. Give form to Zoomers on the Go leaders to get Criminal Record Check



- i. SEE ATTACHMENT "Horizon Criminal Reference Check to Show Leaders are Volunteers"
- d. Give application/reference forms to Zoomers on the Go leaders
 - i. SEE ATTACHMENT "Horizon- Full Volunteer application package"
- e. Collect Criminal Record Checks and application/references from Zoomer leader
-> Send to your designated Volunteer Services representative through inner office mail, scan or fax. Keep a copy for your records.
- f. At the end of each month, submit volunteer hours to your designated Volunteer Services Coordinator.
 - i. SEE ATTACHMENT "Horizon Volunteer Hours Sheet" for template leaders use

5. Securing a free location for the classes

- a. Does not have to be a gym. Needs to be an open space, free of barriers, accessible, no carpet
- b. Needs access to chairs for every participant + leader
- c. Should be free of charge
- d. Contact the location to see if equipment can be stored there for the leaders, ask about the availability of a stereo system
 - i. Communicate with leader to ensure that they know where to store equipment, who to contact about stereo system.
- e. Ensure leader knows street address, location of AED and phone in case of emergencies



6. Recruiting participants

- a. SEE ADVERTISEMENT DOCUMENT
- b. They call or stop by the Community Health Centre and need to go through a pre-screening questionnaire “Get Active” questionnaire
 - SEE THE SCRIPT DOCUMENT
 - ii. Take health records. Any conditions (e.g. knee replacement, arthritis, back pain, asthma) that stands out write it down and tell the leader



7. Equipment and Educational Materials to give leader before classes start

- a. Make attendance sheet
 - i. See attendance template
- b. Print waiver form for each participant
 - i. Must be signed before they start participating in the program
- c. Educational handouts
 - i. First page explains that it's a 12-week program. No classes on public holidays, or on snow days. If school is cancelled, classes are cancelled. Also state that week 11 is open topic week. A health care provider can attend from the CHC (dietary, nursing, occupational therapy, respiratory, pharmacy, physicians, etc) or you can request a topic from Go Ahead Senior Representative in your area who have a list of topics of have community connections.
 - SEE ATTACHMENT "Go Ahead Seniors Coordinators for Educational Session"
- d. Balls/bands/paper plates/CD player/Name tags/Permanent marker
- e. Give leader the incident report form
 - i. SEE ATTACHMENT "Accident Incident Report for Horizon"

Zoomers on the Go Equipment

UNB has been ordering resistance bands and exercise balls using the following company, Horizon might have a contract with specific companies that must be used for purchases.

In the past, FitWorks was used to purchase them

FitWorks Fredericton

(506) 459-2244

1299 Hanwell Rd, Fredericton, NB

E3C 1N3

Roy Hayter - roy@fitworks.ca

1. Resistance bands - Therabands
 - a. Cut them 2 meters each
 - i. One roll is 45 meters

The "orange" bands – second lowest resistance

- ii.
 - iii. The "green" bands – third lowest resistance
 - b. One band per participant

2. Balls
 - a. 9" Sponge balls

Can be blown up with a regular pump or with straw provided

- i.

Laundry bags with draw strings, to store and transport balls

3.
 - a. We purchased ours as



Walmart

4. Sound system (i.e. CD player)
If location doesn't have a stereo system



5. Name tags for participants

6. Microfiber clothes
Can cut one cloth in half so each foot of participant has one. Used for hamstring exercises.



7. Music

a. Fitness NB will provide the music (118-125 BPM songs)



8. T-shirt for Zoomer leader

a. Fitness NB will provide during training

Responsibilities of Fitness New Brunswick

- Help with recruitment of Zoomers on the Go volunteer leaders
 - Helping with advertisement
- Organizing and implementing of the Zoomers on the Go leader training program
 - Contacting Community Health Centres involved in the program when a new Zoomers on the Go leader training is taking place, to let them know
 - Planning the date of the training
 - Booking location for training/organizing catering/printing all materials needed for the weekend
- Providing CDs and Zoomers on the Go t-shirts to the leaders at one of the training days
 - The t-shirt should be given only after they pass the training and Horizon Volunteer Services training
- Following up with Zoomers on the Go leaders to ensure they meet all the criteria to become certified
 - CPR
 - Passed written and practical exam
- Checking in with leaders periodically once they begin teaching to ensure they feel supported/answer any questions they may have



Responsibility of Leaders

- Complete application and interview with Horizon CHC staff
 - Horizon application form
 - 2 letters of reference
 - Criminal record check
 - Interview with CHC staff person
 - Attend an ongoing Zoomers class (if possible)
 - Sign Horizon confidentiality forms and attend volunteer training session
- Pass all requirements to become a Fitness NB Zoomers on the Go leader
 - CPR-A (minimal)
 - Practical evaluation
 - Pass written test
- Ensure up to date certifications with funding through CHC, or UNB
 - Annual certification requirements
 - Each month, send volunteer hours sheet to your Community Health Centre rep (who will send it to Volunteer Services Coordinator)
- Communicate with the Horizon Health Centre to ensure space is booked for the classes
- Deliver a safe and beneficial Zoomers on the Go classes in your community
- Wear the Horizon Volunteer badge at all times when leading a class (liability is not in place if badge is not worn)
- Distribute educational sheets each week
- On the first day of classes, ensuring everyone signs the waiver form (provided by the Community Health Centre)
- Track weekly attendance
 - At the end of the program, send this to the Community Health Centre
- Maintain confidentiality throughout the program. Remember no photography/videography of participants in the group without consent through Horizon.