

Sustaining the *Stepping On* Program: Major Influences and Critical Factors

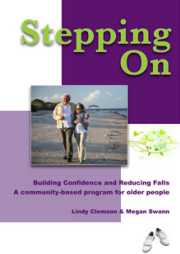
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FACULTY OF HEALTH SCIENCES

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Stepping On



- *Stepping On* – falls prevention program for older people living in the community, RCT by Clemson et al. (2004) demonstrated a 31% reduction in falls, increase in confidence and use of protective behaviours.
- Small group program over 7 weekly 2-hour sessions, home visit and booster at 3 months
- Emphasis on balance, strength, cognitive-behavioural approach to falls risk reduction, use of expert presenters

Research Aim

To develop a theory for how the *Stepping On* program can be sustained in the community

Methodology & Participants

Qualitative Research Methodology

Grounded theory approach. Theory based on data collected from study participants (Cresswell, 2007). Ethical approval received.

34 Participants

- 17 Program Leaders
- 8 Program Leaders & Coordinators
- 2 Program Coordinators
- 4 Service Managers
- 3 Program Experts/Supporters

Organisations (n=15)

13 organisations

- 11 intending to implement program
- 2 already implementing the program

2 organisations supporting the program

- Population Health Unit
- University

Characteristics of 13 organisations intending to/implementing program

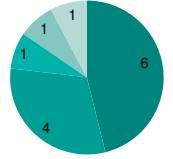
Location

- Urban (10)
- Semi-rural (3)

Cultural communities

- Turkish (2)
- Arabic (1)
- Polish (1)
- Indian (1)

Services



- Welfare (6)
- Comm Health (4)
- Local Council (1)
- Food Services (1)
- Aged Day care (1)

UNIVERSITY OF SYDNEY **Data Collection & Analysis**

Data Collection

- 42 interviews (25 initial, 17 follow up), 69 field notes, other context relevant materials.
- Data collected from Feb 2007 – Nov 2009

Data Analysis

- Systematic approach - processes described by Charmaz (2006)
- Coding (initial then focused) to identify key categories
- Memo writing (early then advanced) to develop key categories
- Sorting and integration of memos to form the theory
- NVivo software to assist coding and analysis

UNIVERSITY OF SYDNEY **Research Rigour**

Qualitative Research

- Triangulation of data sources (people, organisations)
- Triangulation of methods (interviews, observations)
- Range of data types (interview transcripts, field notes, other)
- Member checking (with participants)
- Peer debriefing (with supervisors)
- Audit trail, journal, data analysis plan
- Procedures to ensure coding consistency & integrity
- Prolonged exposure in the field (2.5 years)

Grounded Theory

- Theoretical sampling
- Constant comparison technique
- Process to establish theoretical saturation and sufficiency

UNIVERSITY OF SYDNEY **Program Sustainability**

Early 2007
13 organisations implementing or intending to implement the program

Late 2009
12 organisations implemented a total of 52 programs from 2005 – 2009

2010
5 organisations intending to keep the program going in 2010

UNIVERSITY OF SYDNEY **Five Organisations Sustaining Program**

Services
Community Health (2), Council (1), Welfare (1), Food services (1)

Location
Urban (3), Semi-rural (2)

Cultural Communities
Primarily English Speaking (4), Indian (1)

Type
Non-Govt Health (2), Not for profit (2), Local Govt (1)

Primary Funding Source for Organisation
Government (4), Donations (1)

UNIVERSITY OF SYDNEY **Major Influences**

Diverse and Changing Organisations

- Each organisation affected by different conditions at different times affecting program implementation
- Organisations may need to use different strategies or methods for each program implemented
- Programs may be implemented, postponed, cancelled, sustained or cease
- Program sustainability depends on the motivation and capacity of the organisation to keep the program going

UNIVERSITY OF SYDNEY **Major Influences**

Needing Motivation & Capacity

| | |
|--|--|
| <p>Program Continuing</p> <ul style="list-style-type: none"> ✓ Program meets community need ✓ Multiple program benefits ✓ Trained program leaders ✓ Enthusiastic and proactive ✓ Varied support ✓ Expert presenters ✓ Management, time ✓ Older people ✓ Program experts, training ✓ Community Partners ✓ Funding, resources, venues <p>Program sustained: currently have the motivation and capacity to do so</p> | <p>Program Not Continuing</p> <ul style="list-style-type: none"> ✓ Program meets client need ✓ Multiple program benefits ✓ Trained program leaders ✓ Belief & confidence ✓ Varied support ✓ Older people ✓ Training ✓ Time ✓ Funding & resources ✓ Contact with other program leaders ✓ Transport & venues <p>Program not sustained: they have the motivation but not the capacity to do so</p> |
|--|--|

Critical Factor 1
Program Benefits and Value

- The program must offer benefits
- Benefits must continue for program to continue

Because we come across people who have had falls in their home. Our volunteers come across people who have had a fall... I've actually left this office sometimes and gone down when someone's rung in and they've had a fall. We've gone straight down and got the ambulance. We come across it enough to know it's a priority for us to get some education out there

I saw the change from the beginning to the end. I saw the change in the clients, I saw the... not self esteem...the confidence they had and that would be it, the change in the clients I saw.

Service Manager

Critical Factor 2
Skilled and Motivated People

- Motivated, proactive, enthusiastic, positive, persistent, belief in program
- Trained, supported and available

There's a task in front of me. Nurses traditionally are verbs. And by that I mean they're little doing words. And ah if there's a task there it's got to be done, well just bite the bullet, get it done, another obstacle, well climb over it and keep on going, which is precisely what we do.

Program Co-ordinator

It's going to need somebody who has the confidence and doesn't mind making a goose of themselves, you know. Yeah... having a bit of fun with it.

Program Co-ordinator & Leader

Critical Factor 3
Tailored and Timely Support

- Matches the needs of the organisation at the time that they need it
- Working in partnerships

Meryl (interviewer)

So did you have to pay for any expert presenters?

Shirley

Council paid... Council paid for those, we couldn't... we couldn't have done that. We wouldn't have had the funding for that.

Potential Mechanism of Support
Program Network

- Support from program experts
- Support from program providers
- Program updates (evidence)
- Program locations (referrals)
- Program partners
- Sources of funding, resources
- Training and mentoring

To enhance the motivation & capacity of organisations to sustain the program

Gail

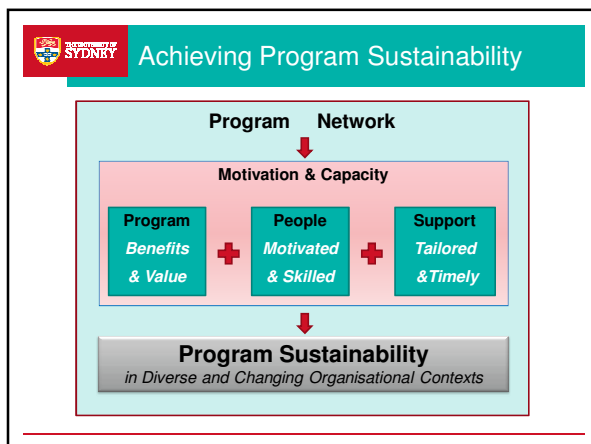
Just to reduce the isolation. A network, I think I said it in the last workshop, a network of providers linked together through a database or a website, you know, somewhere where we could all plug in. I mean that would help some of the things... with updating because actually a Stepping On or a falls prevention workshop or falls prevention website that provides that kind of stuff as well as a link, you know, like a mailing link, mail list.

Sally

And exchanging what works and what doesn't.

Gail

Regional, regional connections like this one with Catholic Healthcare and our local ACAT team, they all work for us. We just have to pick up the phone.



Outcomes

- Key insights into the nature of program sustainability
- Improved knowledge to bridge the gap between research and practice
- Framework to guide program planning and practice
- Highlights the possibility of networks as a mechanism for facilitating program sustainability

