

EXECUTIVE SUMMARY

Home Support Exercise Program (HSEP) in Alberta: Chinook Health Region Pilot-Test Evaluation Results

In 2004, the Chinook Health Region began piloting the Home Support Exercise Program (HSEP) in Alberta. This pilot looked at the effectiveness of the program and its implementation in a few rural communities.

Evaluation Results

The Chinook pilot-test evaluation targeted four groups involved in home care—community-care coordinators, health-care aides, clients, and (in one community) volunteers—and included surveys of these groups and time-up-and-go (TUG) tests with clients.

At first, HSEP was delivered using home-care staff to reach the target population of frail, homebound seniors. As time went on, the program delivery was diversified, and the region incorporated it into recreation therapy services, lodge programming, and other community settings and programs.

The evaluation results mainly focus on the delivery of the program using home care, but the overall process and adaptations are also discussed. The results show that HSEP positively affects the physical functioning and mental well-being of frailer older adults and that the program can be delivered in a home-care setting.

What's in the Future?

These results, along with previous results from the Canadian Centre for Activity and Aging, are significant enough to solidify HSEP's place in the list of priority health promotion programs for the health region. However, home care needs more support and resources to enable staff to

- sustain the delivery;
- continue to enrol new clients in the program; and
- be less affected by staff changes and large increases in caseload.

As a result of this information from the Chinook Health Region, other health regions and organizations are able to implement HSEP more effectively using both the original delivery model with home-care staff and other methods to meet their needs.

Photo courtesy of the Canadian Centre for Activity and Aging.



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