

Developing a home-based exercise program for elderly people: Application and overview on two rural Portuguese communities

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INTRODUCTION

Physical activity and exercise in the elderly has main importance for improving health and quality of life. The exercise prevent incapacity and reduce chronic diseases impact. However most of this population remains sedentary according their lifestyle and increases the chances to becoming dependent of others. The implementation of one home-based program could be more effective for improving physical activity, but is necessary the individual's participation. Program adherence is modulated by psychological and social determinants, moreover low adherence levels are usually in elderly that living alone and without regular exercise practice.

OBJECTIVES

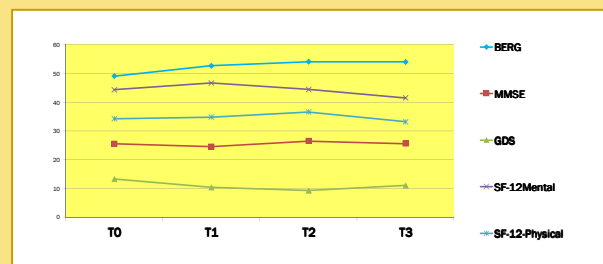
The main purpose of this study was to evaluate a home-based exercise program adherence and control his results during six months on elderly rural population.

METHODS

This study was made in two communities, counting with a sample of 19 participants (>63 years). The assessment was made in two different moments (T0 and T1), corresponding to the beginning and to the end of the exercises program. A follow-up of 3 and 6 months was also accessed. The individuals performed the exercises twice a week for 8 weeks (in September/October 2013). Local and phone sessions were made by the physiotherapist for assessing the comprehension and execution of the domiciliary exercises. Adherence was measured by records made by the participants. Assessment includes TUG (mobility), SF-12 (health condition), IPAQ (physical activity levels), BERG (balance), GDS (depression) and MMSE (cognitive condition).

RESULTS

One of the communities performed the exercise program in a community space, with high team spirit and strong adherence. At the end of the program those participants had improve their health condition (Mental dimension in SF-12 and Depression in GDS), and balance. Results from TUG (mobility), IPAQ (physical activity levels) and MMSE (cognition state) haven't change.



CONCLUSIONS

The exercise program on community revealed high levels of participant's adherence to the exercise and the changes to the home-based program improved the participation. This change in the study protocol revealed benefits in perception of health status (mental dimension of SF-12), depression symptoms and balance.

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