



## LIFE IN MOTION

# Introducing gaming technology to aged care

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# About Anglican Care

- ▶ Innovative community and aged care provider – operating since 1956
- ▶ The aged care ministry of the Anglican Diocese of Newcastle, Anglican Care is a not-for-profit organisation operating throughout the Hunter, Central Coast and Manning Regions.
- ▶ Anglican Care's core business is to provide excellent care and enhanced lifestyles to seniors via a range of services which include:
  - Residential Care
  - Community & Home Care
  - Retirement Living.
- ▶ Anglican Care currently provides care, services and support to 1,300 residents and consumers, employs 850 staff and has a volunteer workforce of 350 people.



# Why the Xbox Kinect



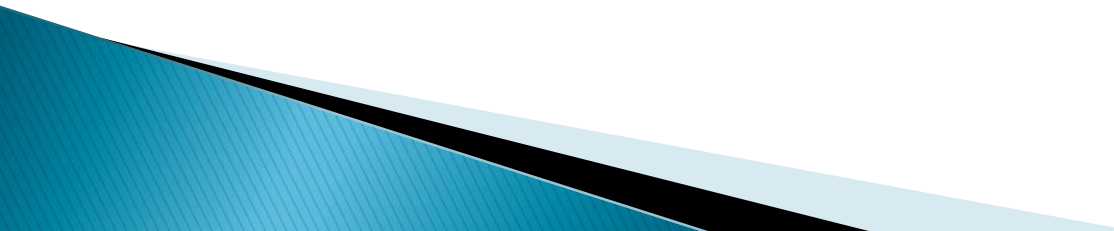
# The Lead up to the program

- ▶ Nintendo Wii
- ▶ Age of Technology

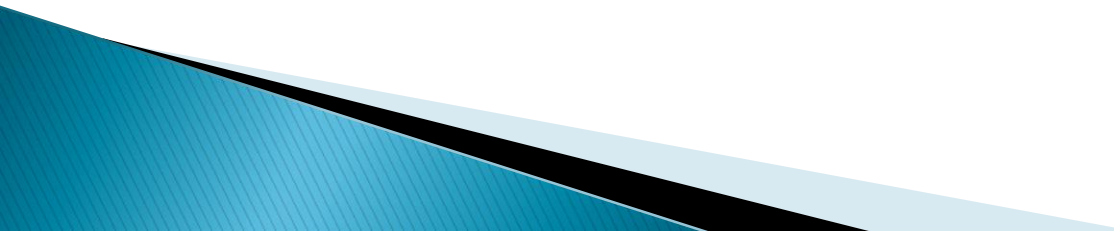


# The Lead up to the program

## Xbox Kinect

- ▶ Virtual reality
  - ▶ No hand held device
  - ▶ Opportunity for repetitive, contextual movements
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# Exercise – Exercise – Exercise

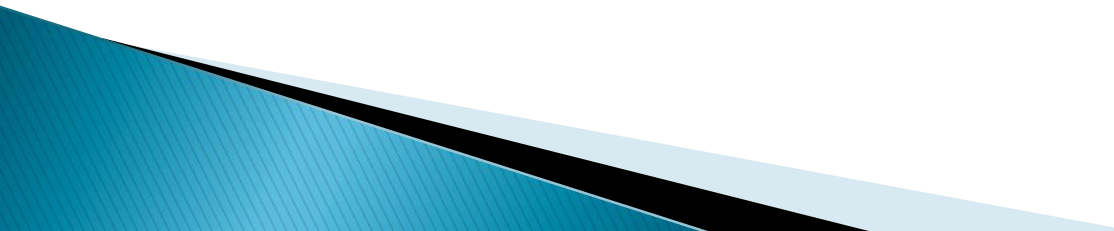
- ▶ Gains from physical activity: the prevention of a range of health conditions; improved fitness, balance, strength, mental health and wellbeing.
  - ▶ Enjoyment the key to increased physical activity
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# Program Development

- ▶ Support of staff
- ▶ Assessment of games

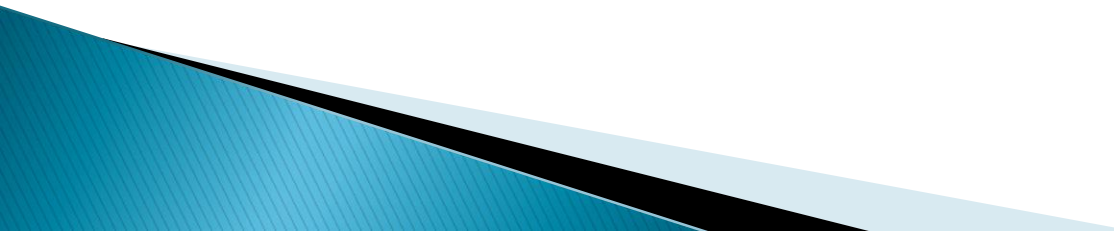


# The Pilot Program

- ▶ Marketed to residents as an opportunity to ‘try something new’, rather than as a physical activity program.
  - ▶ Data was collected from the participants via three routes
    - face to face discussion using the Active Australia Survey
    - observational data
    - resident care plans
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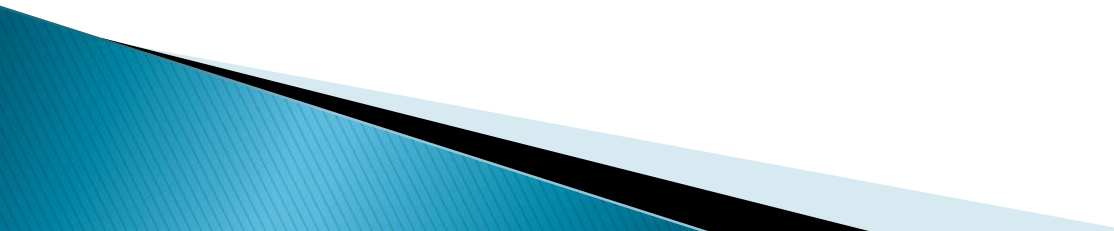
# Outcomes of the Pilot Program

**In a nutshell – the benefits are three in one: exercise, social and laughter.**

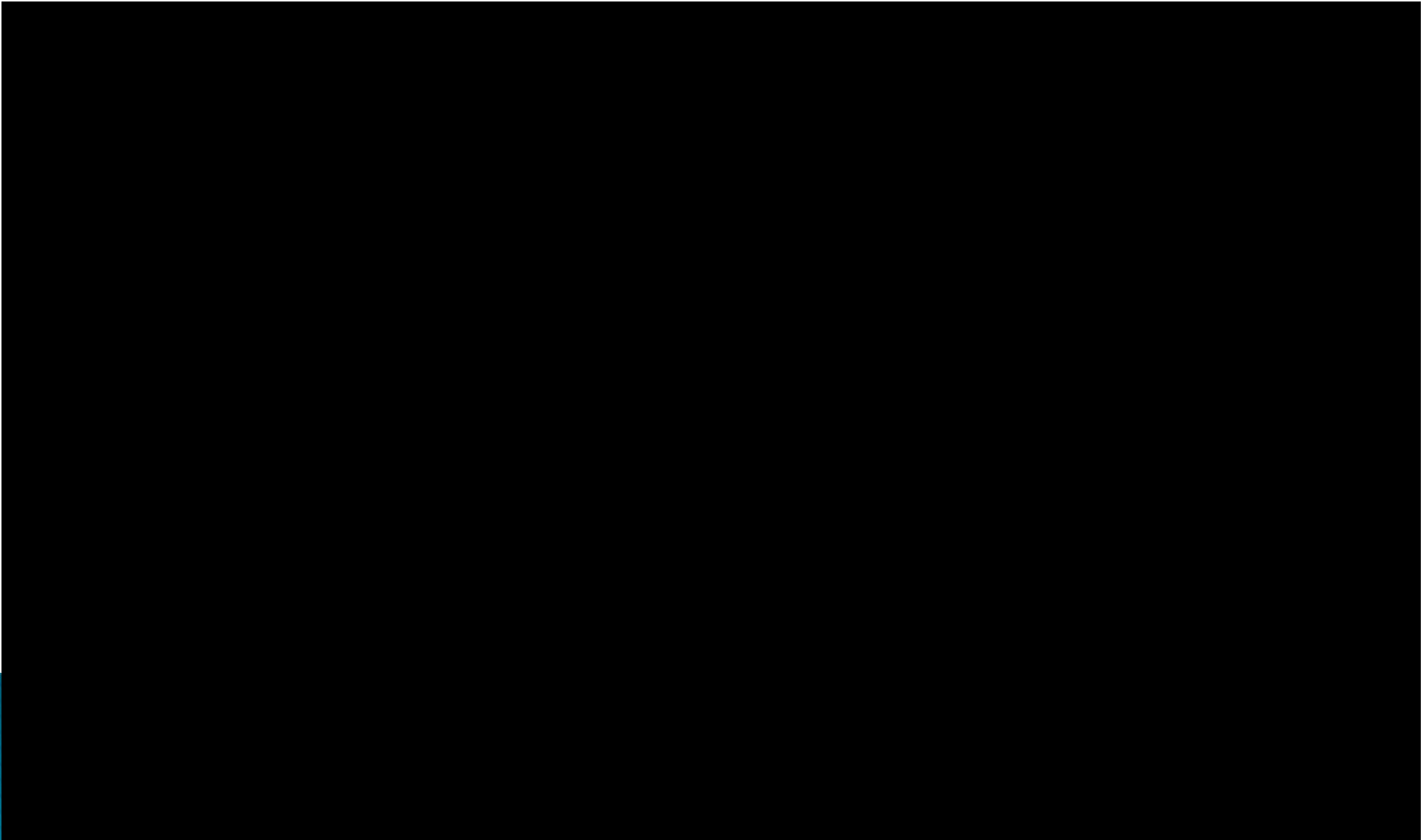
- ▶ Some functional improvement, notably in balance and upper limb movement was reported. The project afforded greater social interaction and engagement with participants happy to continue attending the sessions due to engagement with fellow residents and the fun environment. There were cognitive gains in terms of concentration, stimulation and repetition during the sessions. Some reminiscence occurred about previous sporting and daily activities.
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# Case Study No. 1: Neville & Jack

# After the Pilot

- ▶ Program rolled out to Anglican Care's nine other residential aged care homes
  - ▶ Challenges
  - ▶ Successes
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# Case Study No. 2: Warnervale Gardens




# How can other providers adopt this initiative?

## **Practical steps**

- ▶ Identify a need for increased lifestyle and wellbeing programs
- ▶ Ensure that the necessary technology is available for use within the program, i.e. Xbox Kinect One together with approximate games

## **What needs to be in place to make this initiative succeed?**

- ▶ Commitment and enthusiasm from all levels of staff to implement a new activity into their programming
  - ▶ Education around the use of the technology
  - ▶ Ability to fundraise or obtain funding for the purchase of necessary technology
  - ▶ Ongoing communication with staff, residents, volunteers and family members.
  - ▶ Ongoing monitoring to ensure the effectiveness of the project
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# Questions

