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An operational framework for healthy ageing

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This presentation describes an operational framework for healthy ageing implemented into a Residential Aged Care (RAC) home (n=126) to shape a more health promoting environment incorporating the physical and social enablers; onsite gym and fitness programs, integrated systems, procedures, practices and positive mindsets. This paper aims to explain how a systematic, unified and theoretical approach can increase the healthy life expectancy of this frail older group and compress the stage of their decline. The framework incorporates ecological theory, healthy ageing theory and research from the Five Standards for Health Promotion, Science of Wellbeing and Positive Psychology. Staff received extensive training in systems thinking, screening techniques to identify physical and social decline in residents and early interventions to manage the impact of physiological symptoms and promote recovery. Education and Professional development focussed on leadership skills to advance a mindset for healthy ageing and implement the framework. Pre and post WHOQOL-BREF's were used to measure resident's quality of life and deceased resident's trajectories of frailty and disability were audited at the end of life. WHOQOL-BREF data revealed an improved quality of life for 73% of respondents from 2009-2012 (n=27), and the audit of deceased residents trajectories revealed 90% of residents in 2012 (n=30, mean age 91.9) remained able to "walk until they died". With a systematic approach to integrating the physical and social enablers for healthy ageing in RAC, Australia's oldest living have the ability to increase their healthy life expectancy, compress their stage of their decline and improve their quality of life.

Biography

Josephine Boylan is completing her Doctorate in Public health at Flinders University South Australia, in Adelaide. She works as a Residential Services Manager for ACH Group, an organization who aims to create *good lives for older people*. In her work she has raised real health and wellbeing standards for older people and the Australian aged care workforce by designing, operationalising and embedding more health promoting approaches in service delivery and workforce management.

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