



Fit & Stronger

Jenny Gillespie

"Making a difference in the community"

Who is Nepean Food Services?

Nepean Food Services:

- Is a not-for-profit organisation;
- Managed by a Management Committee;
- Funded by the Department of Ageing, Disability and Home Care (DADHC) under the Home and Community Care Program (HACC);
- Jointly funded by the State and Commonwealth Governments; and
- Is a member of the Meals on Wheels Association.



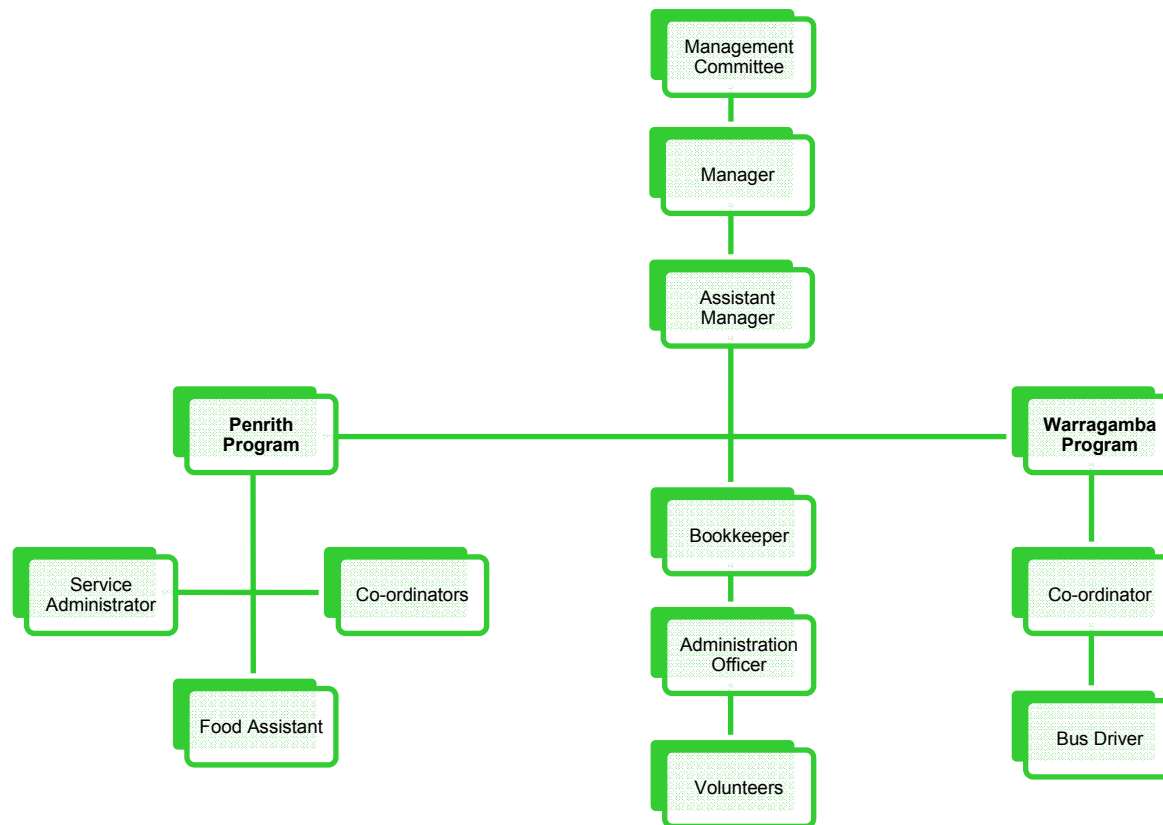
Aim of Nepean Food Services

- Aim of Nepean Food Services and HACCC is to provide services to frail aged persons, people with a disability and their carers so that they may remain independent and in their own homes.

Management Committee

- Nepean Food Services is governed by a community board of management;
- The Management Committee is made up of 10 people:
 - Volunteers within the organisation;
 - Local Service Providers; and
 - Independent Business Owners
- An Annual General Meeting is held in October or November (this year - 21 October, 2009) where the achievements of the organisation are reported and a new Management Committee is elected from the members of the organisation.
 - The elected Management Committee then elects their office bearers e.g. Chairperson, Secretary, Treasurer.

Management Structure



Services

- **Penrith LGA**

- Meals on Wheels service delivering 45,000 meals
- Two Community Restaurants

- **Warragamba/Silverdale – Multi-Service Outlet**

- Meals on Wheels Service
- Community Transport
- Social Support Program
- Centre Based Day Care

Background to the Project

- **March 2009** NFS were approached by Penrith City Council and Western Sydney Area Health to apply for a NIB Health Promotion Grant;
 - NFS met with Falls Prevention Officer from Western Sydney Area Health and discovered that Nepean Hospital has the highest number of admissions to hospital of older people due to a fall at home.
- NFS decided to apply for NIB Health Promotion Grant.

Grant Submission

- Part of the grant submission entailed NFS running a series of taste days across the Penrith LGA to promote a calcium rich diet and also exercise aimed at falls prevention in older people aged over 65.

Taking it Further

- In **May 2009** NFS decided to take the knowledge that had been gained through the research for the grant one step further;
 - To celebrate Volunteers Week the organisation distributed a healthy food pack to the value of \$10.00 to all the volunteers involved with the organisation,
 - The pack contained; a tin of salmon, 2 packets of almonds, 2 long-life custards, a pack of 8 individual cheeses and brochures on nutrition and exercise options to improve bone health.

Taking it Further (cont.)

- In **July 2009** NFS were advised by the NIB Foundation that the grant submission was unsuccessful.
- In **September 2009** NFS again met with the Falls Prevention Officer from Western Sydney Area Health to discuss how we could educate our clients in relation to calcium rich nutrition and exercise which would improve their bone health.

Pilot Project Developed

- The pilot project will be for Nepean Food Services with the vision that this model will be able to be taken up by other HACCC services.
- Two part project – two challenges:
 - **One for volunteer participation**
 - **One for client participation**

Pilot Project Developed (cont.)

- NFS will provide two \$50.00 gift certificates; one for the volunteer challenge and one for the client challenge;
- Volunteers are crucial to the success of the challenge and the key will be to educate the volunteers as they are the organisation's link with the clients.

Aims, Objectives and Timing

- To educate our volunteers and clients about the value of a calcium rich diet and bone strengthening exercises;
- To encourage our volunteers and clients to include calcium rich foods and bone strengthening exercise into their daily lives;
- The challenge will run for 4 weeks from mid-November – mid-December 2009;
- It is hoped that 70-80 volunteers and 270 clients will participate in the challenge.

How are We Going to Achieve It?

- At the end of October 2009 send out paper information about the **Challenge** to all clients (with our October monthly account) and volunteers advising them of the challenge;
- Early November co-ordinate and facilitate four information sessions with volunteers to educate them about the aims of the **Challenge**.

Information Days

- Early November four information sessions will be conducted:
 - 2 with volunteers;
 - 2 with the Day Care clients and Volunteers (this will also give us the opportunity to evaluate if a personal approach gives better involvement from the clients).

Calcium Rich Packs and Challenge Info

- Week beginning 9 November 2009 distribute Calcium rich food packs and information about Falls Prevention and Exercise Options to promote bone health to all clients utilising the skills of our volunteers who will explain the **Challenge** to the clients on a personal level.

Tools

- All clients will be given a bingo marker and a weekly record sheet broken up into days from Monday-Sunday with boxes to mark with the bingo marker. The boxes will include calcium rich food boxes and 10 minute exercise option boxes which the clients can mark off with the marker.

Weekly Record Sheet

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
10 Mins of Exercise*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 Serve of Calcium Rich Food+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 Mins of Exercise*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 Serve of Calcium Rich Food+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 Mins of Exercise*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 Serve of Calcium Rich Food+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>* Exercise includes; light exercise such as walking, stretching, squats – refer to brochure for detailed descriptions</p> <p>+ 1 Serve of Calcium Rich Food includes; a tub of yoghurt, cheese, almonds, tin of salmon – refer to brochure for details of what is a serve and the serve suggestions.</p>							

The Challenge to Begin

- Week beginning Monday 16/11/09 the **Challenge** begins. Week ending Friday 11/12/09 the **Challenge** ends.
- The volunteers will encourage the clients to participate in the program by asking the client if they have eaten any calcium rich foods or participated in some of the exercise options and then ask them if they have marked their **Challenge** bingo sheet off.

End of the Challenge

- At the end of the **Challenge** the volunteer will collect the **Challenge** bingo sheets and return the sheets to NFS;
- Day Centre clients will have a different coloured **Challenge** bingo sheet so that we can evaluate if a personal approach gave a better response to the **Challenge**.

Then What?

- NFS will collate the bingo sheets and advise the winners of their success;
- NFS will include a feedback section in their annual client survey which will go out in January to further evaluate the **Challenge**.

Financial Implication

- \$100 for two \$50.00 gift vouchers for prizes
- \$2,700 for 270 bags of calcium rich foods (for clients only)
- \$600 for staff costs
- \$500 for volunteer costs

Thank You

- To the wonderful volunteers who are crucial to the success of the program;
- To the Management Committee who have the foresight and integrity to trial something out of the ordinary; and
- To the wonderful staff at NFS who never cease to amaze me with their capacity to work together to try to improve the health and wellbeing of the clients whose lives we try to improve.



**Thank You from
Nepean Food Services**

*"Making a difference
in the community"*

