

# Increasing Physical Activity in Shoshone Elders Through a Home-based Workout Program on the Wind River Reservation, Wyoming

Kevin Muller | 2017 RUOP iii-3 | University of Washington School of Medicine

**Hypothesis:** A home based workout program can increase physical activity level among Shoshone elders.

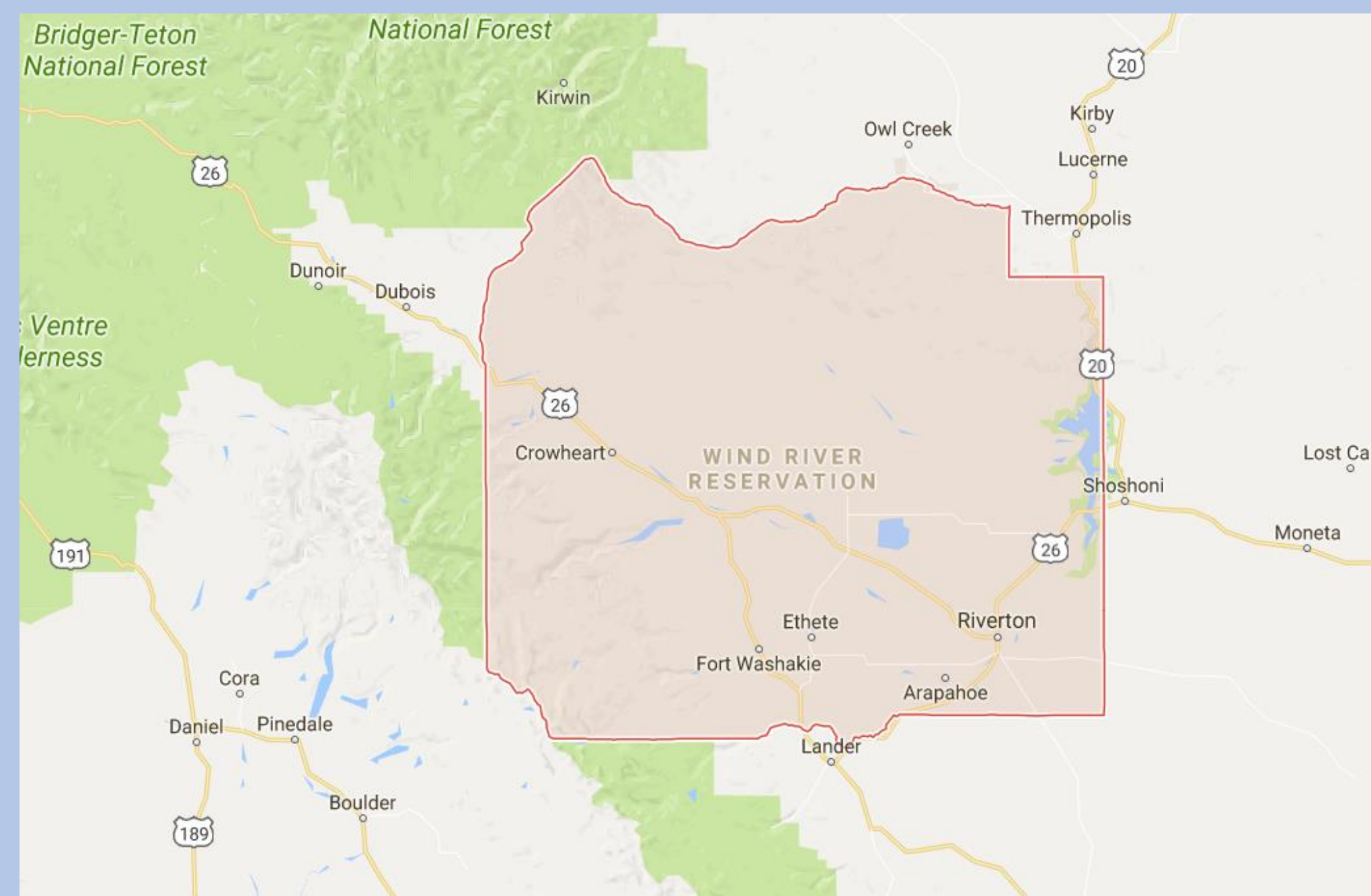
## Background

Community - The Wind River Reservation

- 2,268,000 acres
- 27,000 residents
- 16.8% of residents over 65-years-old

Target population – Elderly members of the Eastern Shoshone Tribe

- 3,900 Eastern Shoshone live on Wind River Reservation
- Most Eastern Shoshone live in or near Fort Washakie
- Many elderly residents have difficulty finding transportation



Map of the Wind River Reservation with major population centers

## Literature Review

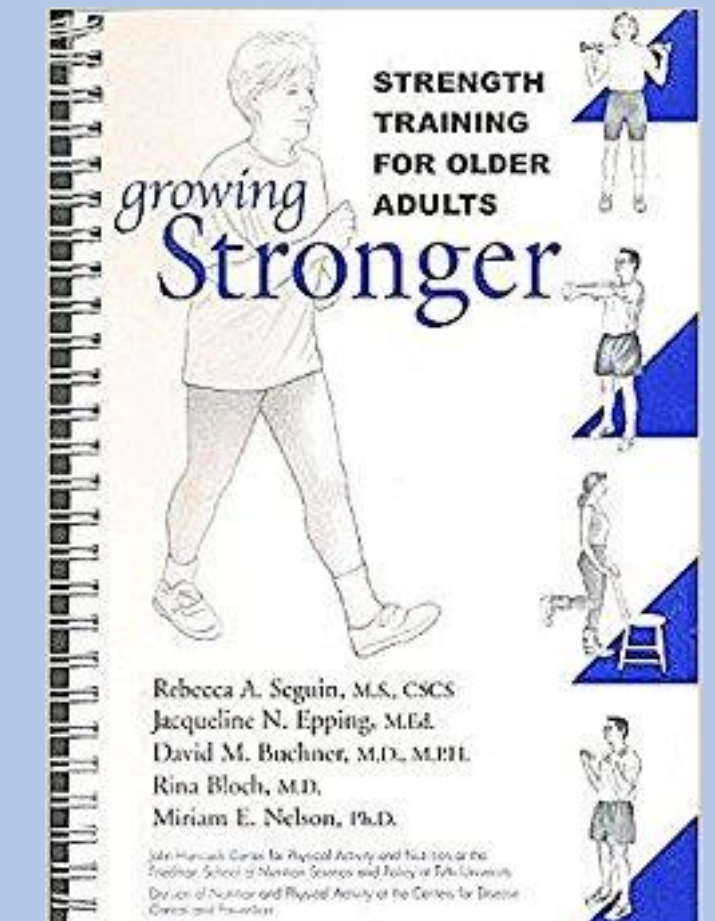
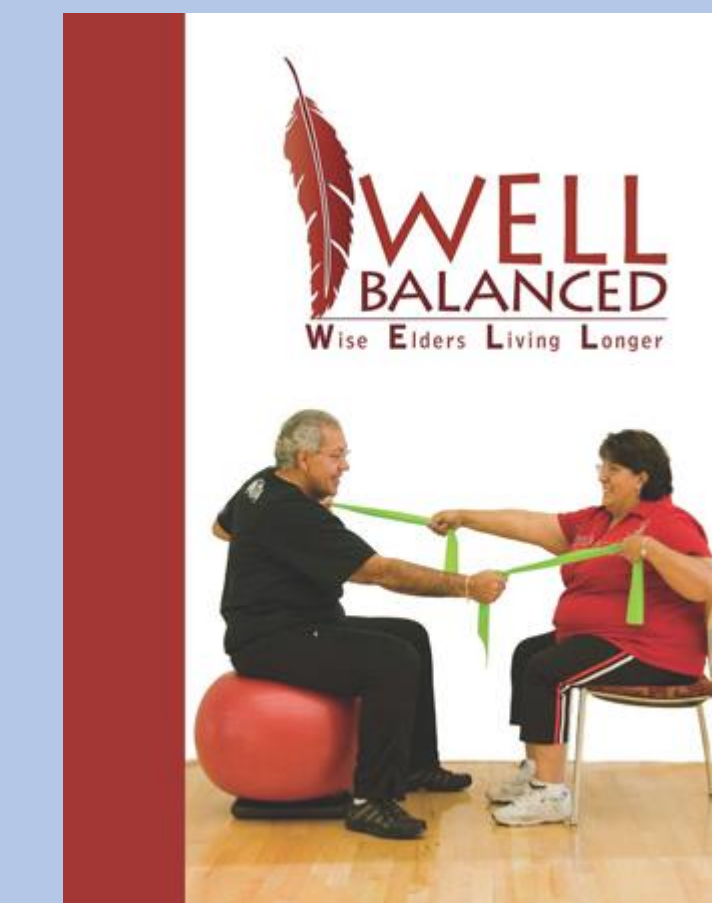
- There are multiple options for home-based workout programs shown to decrease fall risk
- Different methods include:
  - Purely home-based with instructional materials that elderly individuals independently review
  - In-home instruction by certified personnel
  - Group-based instruction for workouts that can be done at home
- Other ideas taken from self-management of chronic disease literature
  - Home health nursing taking part in the administration of the program

## Community Health Project Plan

- Select a workout program – many well designed programs exist
  - WELL (Wise Elders Living Longer) Balanced
  - Otago Exercise program
  - Growing stronger – strength training for older adults
- Modify the program to area needs
  - For group-based instruction, include home follow-up
  - Include option for home-based instruction
- Determine location
- Train staff
  - Community health nursing
  - Shoshone public health has staff member that has instructed previously in exercise programs
- Advertise program

## Deliverables

- Presented options for home-based workout programs
  - Identified strengths of different programs
  - Presented ideas for area specific program implementation
  - Discussed potential locations for group-based learning
  - Reviewed other potential local partners



## Otago Exercise Programme

to prevent falls in older adults

A home-based, individually tailored strength and balance retraining programme

Examples of home-based exercise programs

## Next Steps

- Connect with community members that have experience as instructors
- Explore tribal funding sources for exercise equipment (resistance bands, ankle weights, stability balls, etc.)
- Initiate further community partnerships
  - Senior Center
  - Rock Hall – includes exercise facility
- Explore best practices for management of home health resources
  - What is practical to expect from home health nurses?
  - What other staff would be willing to be involved?