

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

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

Background

Community - The Wind River Reservation

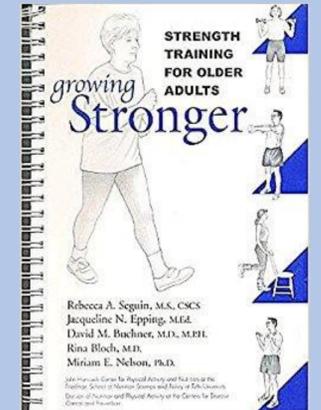
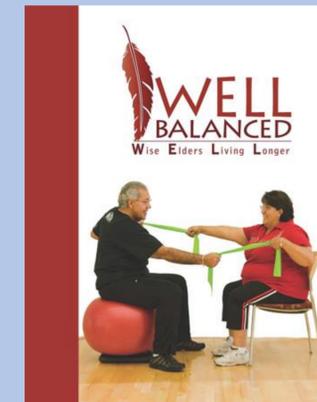
- 2,268,000 acres
- 27,000 residents
- 16.8% of residents over 65-years-old

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

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



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

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

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

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?