

Transition Pathways at Sunbury Community Health: A Case Example

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Process for Implementation

- Why do we need transition pathways for exercise at Sunbury Community Health?
- The Active Service Model
- Transition Pathways: Key focus on...
 - Long term sustainability
 - Long term compliance

Sunbury Community Health and Transition Pathways

How did we develop these partnerships?

1. Local gym visits
2. Engaged local staff and consumers (word of mouth)
3. Local sporting club visits
4. Meeting with our health promotion team

The result?

Key Components of our Transition Options

- Variety of options
- Affordable
- Group based / social aspect
- Fun / enjoyable
- Community minded exercise leaders/trainers
- Minimal barriers to join

Examples of Sunbury Community Health's Transition Options

1. 'Living Longer, Living Stronger' Gym Program
2. Seated Exercise
3. 'Sons of the West' Sunbury
4. Circuit Exercise Class ('Fit as a Fiddle')
5. Community Strength Exercise Class
6. Table Tennis ('social ping pong')

Transition Pathways – A Collaborative Approach

- Who should you use to develop these transition pathways?
 - Accredited Exercise Physiologist
- It is vital that Physiotherapists, Allied Health Assistants , Personal Trainers (Cert III and IV), and Fitness Instructors (Cert III) are involved too.
- All of these professions within a local area can benefit from this.

Our Local Transition Options in Action!