

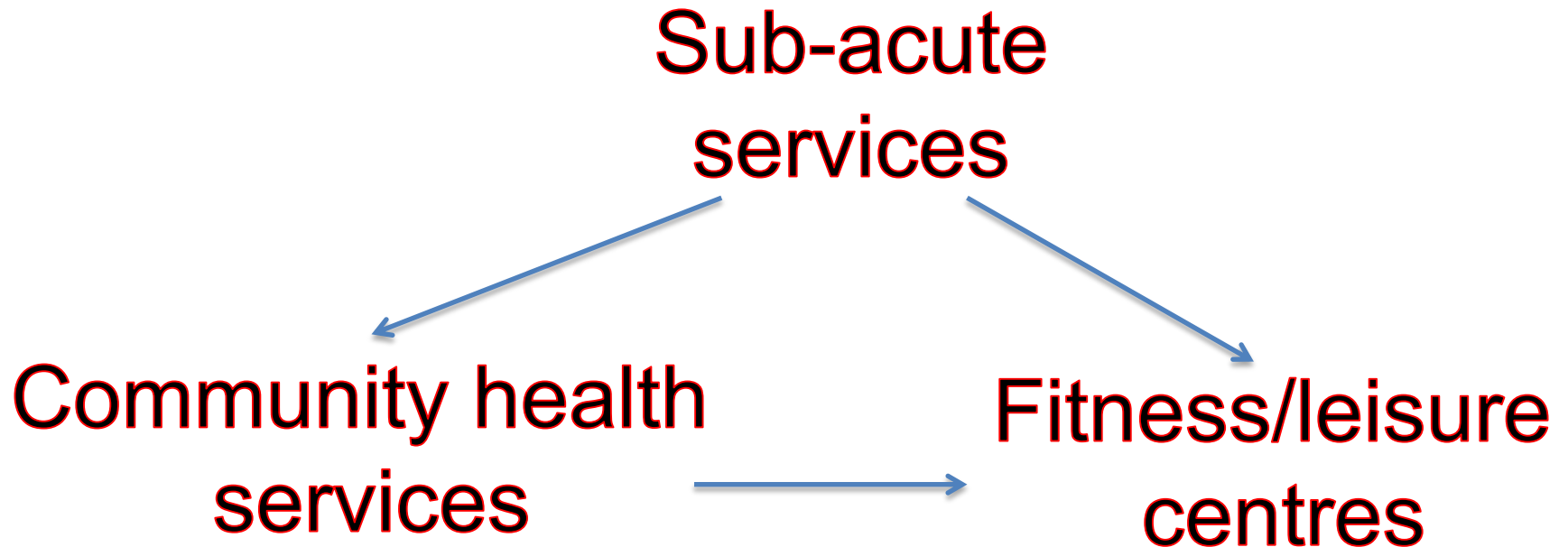
Transition pathways – Key elements to promote sustainability

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MOVE muscle, bone & joint health

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Transition/Referral









Victorian Active Ageing Partnership (VAAP)

Transition Pathways – Key Elements to Maximise Sustainability of Exercise

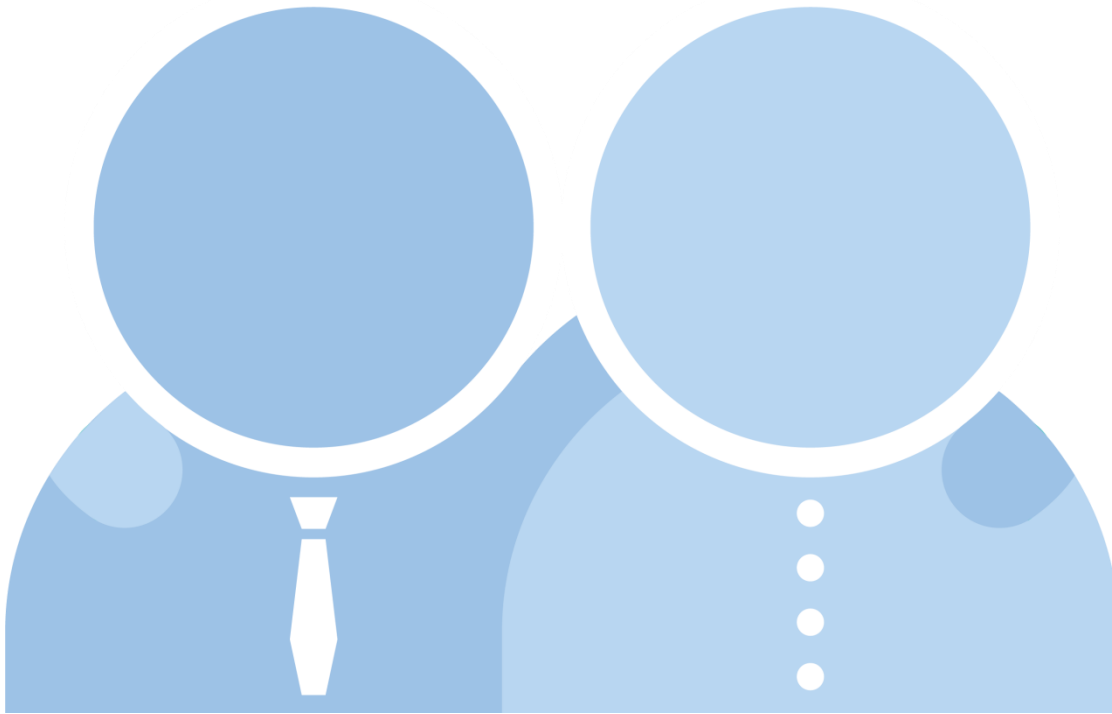
The successful operation of pathways governing the transition of older people from formal, supervised programs to more independent, community-based exercise is vital. Well functioning transition pathways will assist in maximising the older person's continuation and sustained engagement in exercise.

The table below has been formulated with the input of service providers in a range of settings and outlines the key features and factors integral in promoting successful transition pathways.

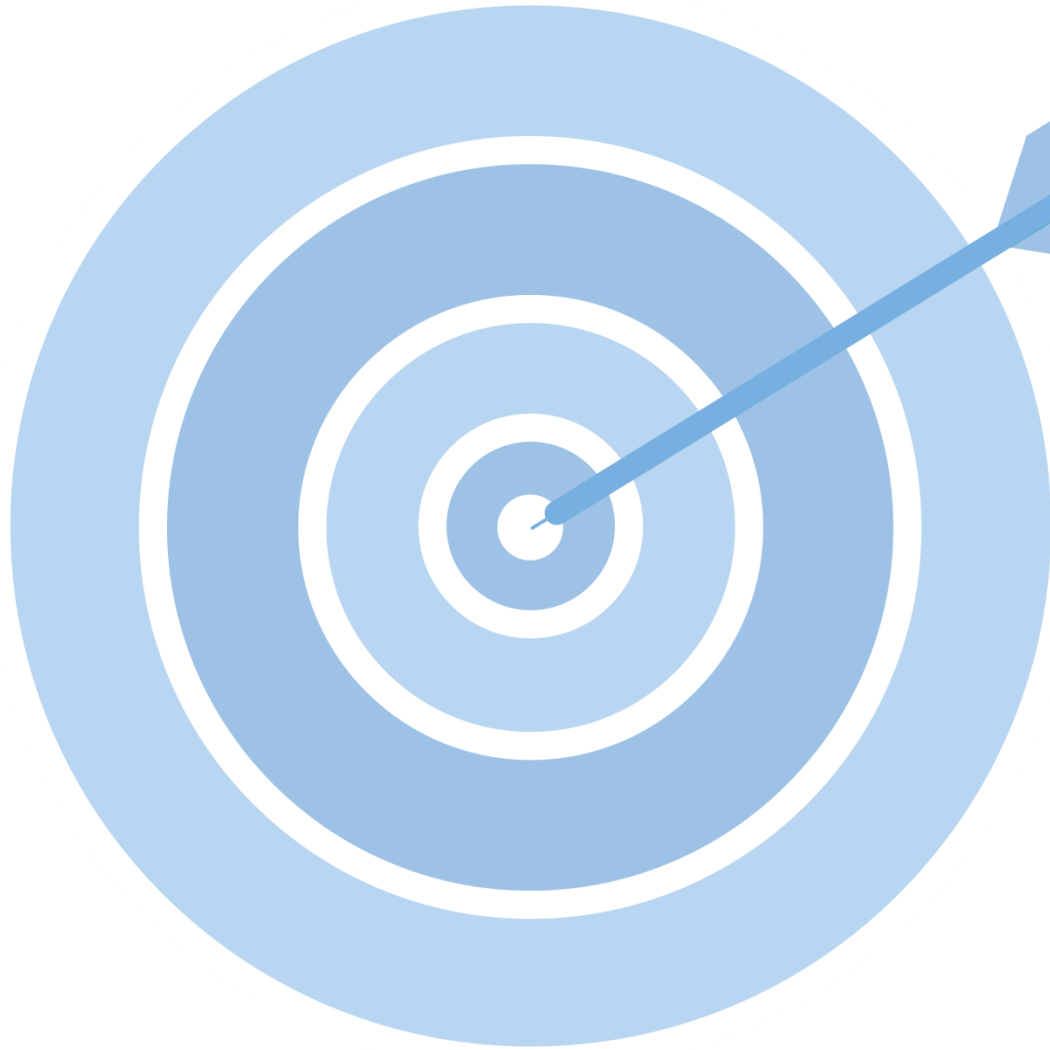
	Key Element	Further Detail/Background
	Defined staff responsibility or role for the transition of clients	This would take the form of either a designated staff member to oversee and coordinate transition, or as a designated component of one person's role. Given the focus is on exercise, many services have an exercise physiologist in this position/role.
	Buy-in and support of all staff at the initial site	It is vital that management and all relevant staff at the initial site (especially the allied health professionals directly involved in a client's care) are knowledgeable and supportive of the rationale for the transition process and the steps involved.
	Establish the goal and understanding for transition from the beginning with clients	During initial or early conversations with clients, it is important to establish the mindset of progress, so they know the potential next steps after the completion of their initial program. This way, they aren't caught off-guard when the program finishes, it gives them something to work towards and they don't feel like they are being 'pushed out' at the end of the program.
	Encouragement and support in the initial program aimed at building self-management and self-efficacy	Building people's confidence and self-efficacy during the initial program so they are independent in their exercise should be a key focus. Undertaking personal goal-setting with the client would be part of this process.
	Assessing the client's readiness for transition	This would involve assessing the client's physical/functional readiness, confidence levels, etc. Ideally, the client and the health professional should be in agreement about the client's readiness for transition.
	Identification and knowledge of appropriate services to which clients are being transitioned	<p>An initial internet search followed by face-to-face meetings can assist in identifying appropriate services and willing service providers in the relevant geographic area or catchment. A checklist of key attributes may also be helpful (e.g. cost, accessibility, cleanliness and well functioning equipment, supportive staff/guidance). It is important to note that the affordability of services to which clients are being transitioned is a major issue, as it is important that the cost is not unaffordable or too different from the costs of the initial site. Having an up-to-date directory of local 'transition options for clients' will be useful for relevant staff and clients.</p> <p>A good working relationship between services is enhanced by a key contact person or 'champion' at the new service and ongoing contact, if possible. It may also be determined that having a memorandum of understanding in place will assist in clarifying roles and responsibilities between services. Meeting regularly assists in building relationships, maintaining communication and facilitating knowledge/skill transfer. Working with fewer, good quality community-based providers rather than many, may make communication and quality monitoring easier.</p>



**Defined staff
responsibility or
role for the
transition of
clients**



**Buy-in and
support of
all staff**



**Establish the
goal and
understanding
for transition
from the start**



**Encouragement
and support:
self-management
and self-efficacy**



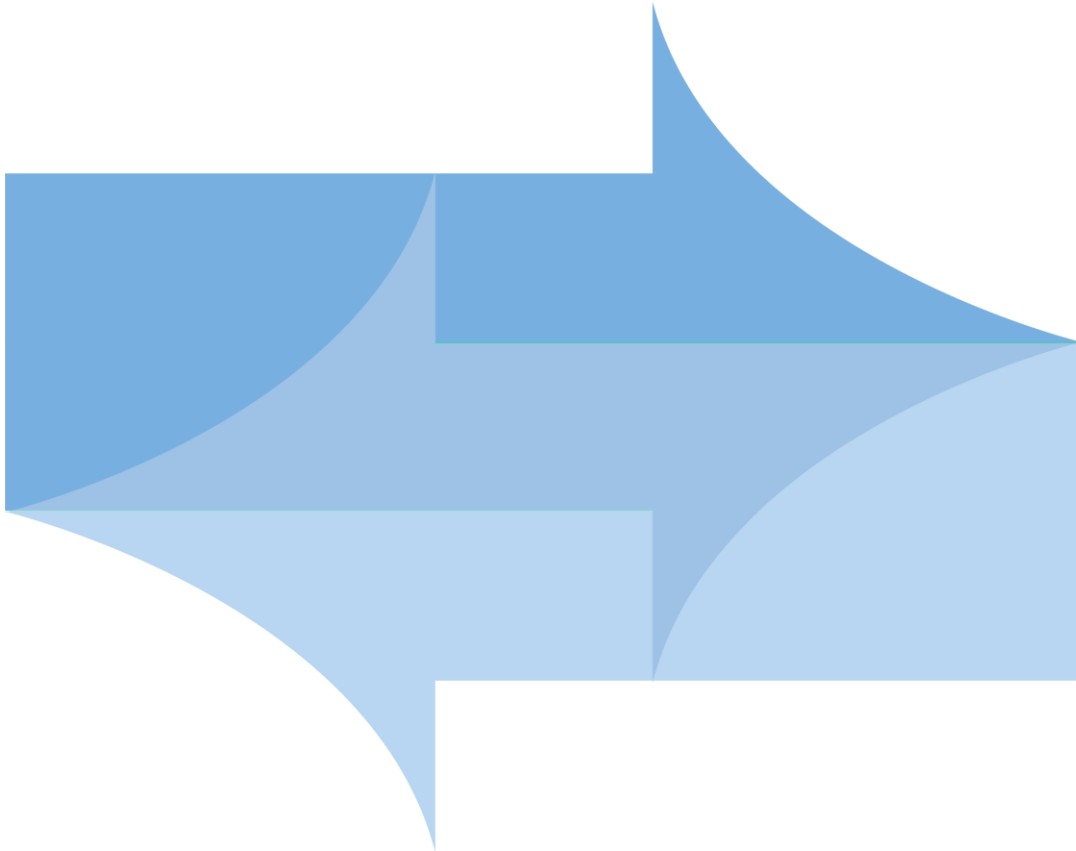
Assessing the client's readiness



Identification and knowledge of appropriate services



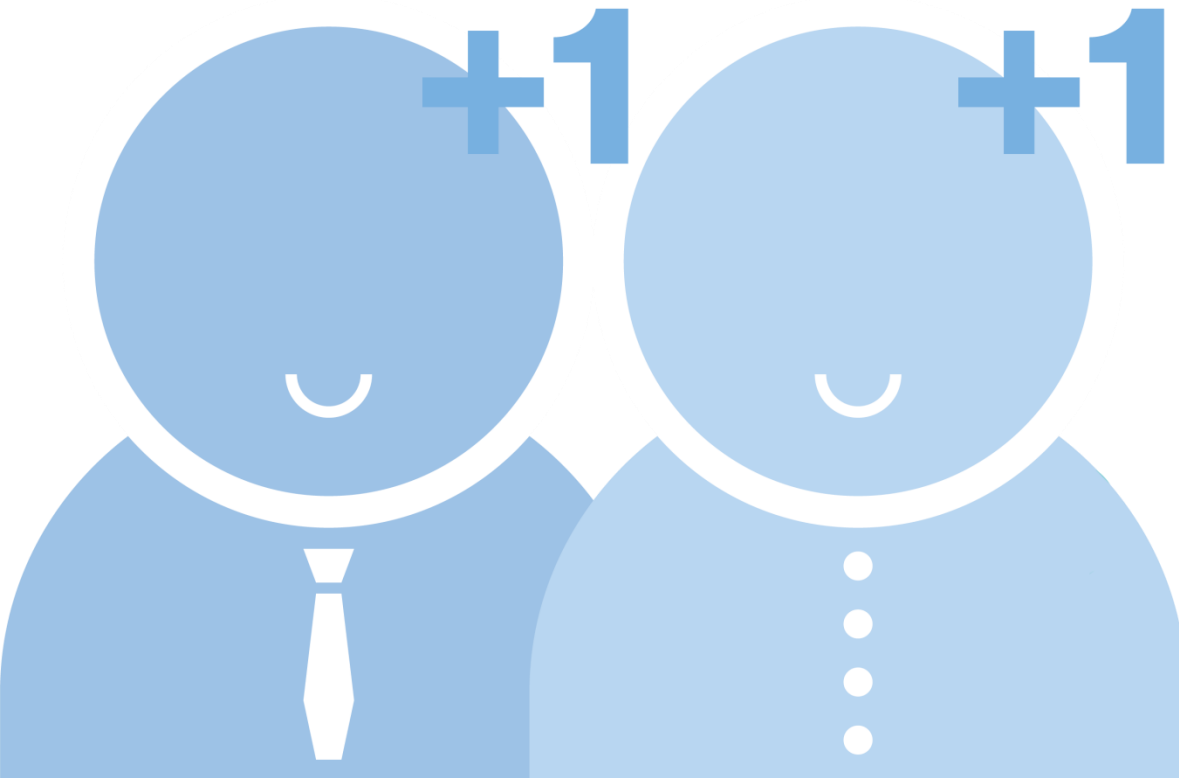
Comprehensive transition (discharge) information



Built-in overlap stage



**Social
aspect is
vital**



Upskilling of staff



**Follow-up
(if possible)**

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