

23rd August 2018

VAAP Self Assessment tool



Caulfield
HOSPITAL

Part of **AlfredHealth**

Physical Activity Program at Caulfield Community Health Service

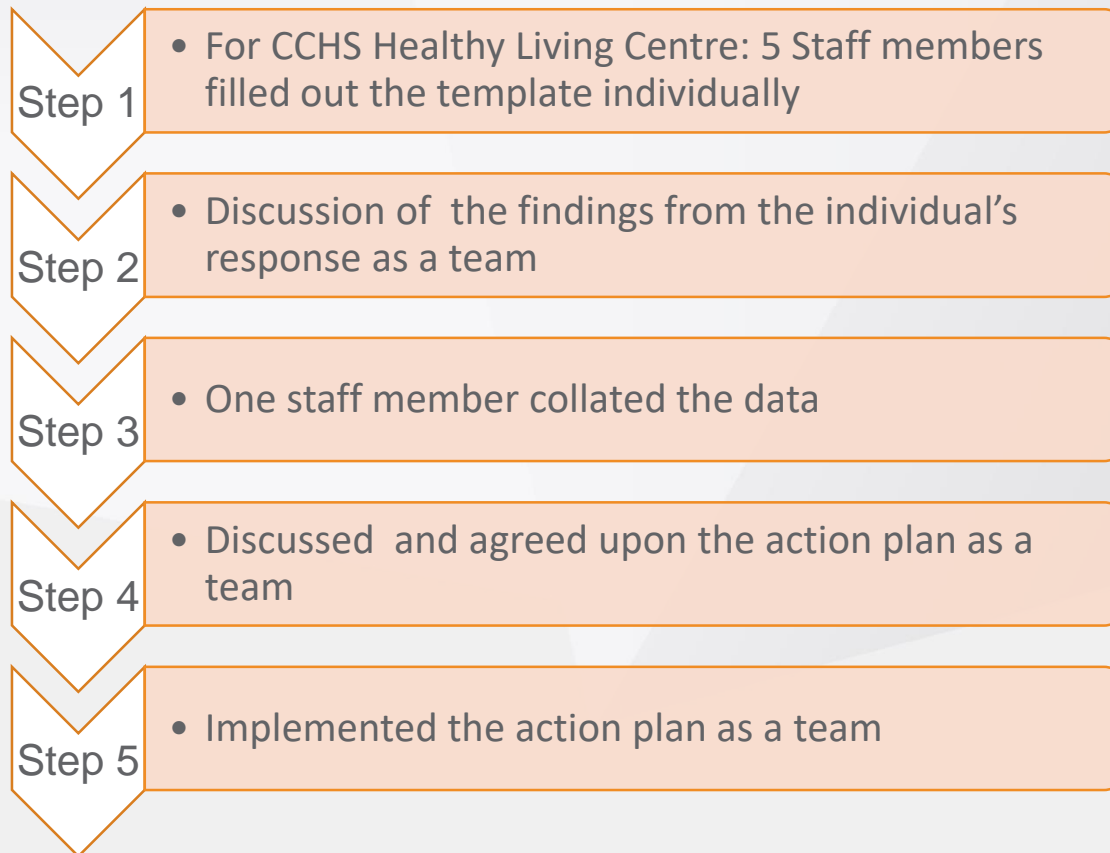
4 different types of classes :

- Strength training
- Activate
- Functional Independence training
- Walking group

Program includes approximately 950 participants who can attend up to 3 sessions per week.

CCHS as a part of Alfred Health goes through the National Safety and Quality Health Service (NSQHS) accreditation process every 3 years.

How did we go about it ?



Feedback on tool

✓ **Instructors :**

- Step 2 was a learning experience as the team has different levels of knowledge about the organisation and program as per their length of service and role in the team
- Prompted changes in follow up with the participants after period of absence

✓ **Program :**

- SaTR is a great self reflection tool
 - Allows us to compare the organisation standards to the suggested “VAAP standards”
 - It takes personality differences out of the service delivery as the suggested “VAAP standards” are the same for all staff across the service.
- ✓ Planning to use the tool annually and/or after major process change in the program.
 - ✓ Will be good to compare the results every year to see how we are travelling.
 - ✓ It is a good resource for new team members to learn about the expectations of the leaders/Instructors and program.

Feedback on tool

✓ **Organisation :**

- SaTR was used to revise the Strength training program for the social support group with City of Glen Eira.
- SaTR helped us to understand their needs, gain staff support and drive actions
- Feedback from their manager:

Thank you so much for your help in reviewing and the implementation of a new and improved exercise program An excellent job.

The staff are also very positive about the changes and are eager to start.