The SAIL Program

Rachel Frazier
Chapter 2
The SAIL Program

The Senior Falls Prevention Study identified that exercise classes for seniors should include strength and balance training.

**Goals of The S.A.I.L. Program**

- improve strength and balance
- decrease the risk of falls
S.A.I.L. - What and Why?

Studies have shown that regular physical activity helps prevent and manage chronic diseases, and helps prevent falls.

- Improves health
- Maintains independence
- Improves quality of life
Best Practice Guidelines

The Senior Fall Prevention Study looked at several sources and publications to assist in determining best practice guidelines for developing a senior fall prevention program that would include exercise and education. Some of those sources include:

- Rand Report
- Cochrane Review
- Canadian Best Practice Guidelines
- Centers for Disease Control
What does the research say?
Older adults can obtain significant health benefits with a moderate amount of physical activity, preferably daily.

A moderate amount of activity can be obtained in longer sessions of moderately intense activities (such as walking) or in shorter sessions of more vigorous activities (such as fast walking or stairwalking).

Additional health benefits can be gained through greater amounts of physical activity, either by increasing the duration, intensity, or frequency. Because risk of injury increases at high levels of physical activity, care should be taken not to engage in excessive amounts of activity.
Previously sedentary older adults who begin physical activity programs should start with short intervals of moderate physical activity (5-10 minutes) and gradually build up to the desired amount.

Older adults should consult with a physician before beginning a new physical activity program.

In addition to cardiorespiratory endurance (aerobic) activity, older adults can benefit from muscle-strengthening activities. Stronger muscles help reduce the risk of falling and improve the ability to perform the routine tasks of daily life.
The loss of strength and stamina attributed to aging is in part caused by reduced physical activity.

Inactivity increases with age. By age 75, about one in three men and one in two women engage in no physical activity.

Among adults aged 65 years and older, walking and gardening or yard work are, by far, the most popular physical activities.

Social support from family and friends has been consistently and positively related to regular physical activity.
Consistent with the 2008 Physical Activity Guidelines for Americans, ACSM’s overall recommendation is for most adults to engage in at least 150 minutes of moderate-intensity exercise each week.

“The scientific evidence we reviewed is indisputable,” said Carol Ewing Garber, Ph.D., FAHA, FACSM, chair of the writing committee. “When it comes to exercise, the benefits far outweigh the risks. A program of regular exercise – beyond activities of daily living – is essential for most adults.”

The basic recommendations – categorized by cardiorespiratory exercise, resistance exercise, flexibility exercise and neuromotor exercise (includes various motor skills, including balance, coordination, gait, agility, and proprioceptive training).
Articles: Best Intervention for Seniors and Falls

Falls in older adults are a global public health crisis, but mounting evidence from randomized controlled trials shows that falls can be reduced through exercise....

Journal of the American Geriatrics Society
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4760892/

Reuters
https://www.reuters.com/article/us-health-elderly-falls/adding-other-therapy-to-exercise-may-be-best-for-fall-prevention-idUSKBN1D72LU
Recommendations from the National Institute on Aging

Strengthening
Aerobic Conditioning
Flexibility Exercises
Balance Exercises
SAIL Class Highlights

The S.A.I.L. Fitness Class
Class Evaluation Tool
Education Component (The S.A.I.L. Guide)
Ready for Exercise / Return to Exercise / Self-Assessment Tool
Fall Risk Self-Assessment Tool
Fitness Checks - Objective Testing

This is so much more than just an exercise class!
SAIL Class Highlights, con’t

Components of S.A.I.L. Fitness Class

• Warm-up (3-5 mins)
• Aerobics (18-20 mins)
• Balance exercises (Mandatory) (10 mins)
• Strength exercises (Mandatory) (15-18 mins)
• Stretching and education (8-10 mins)

We call this WABSS for short!
SAIL Class Highlights, con’t

SAIL Guide

Building an Exercise Plan
Health Issues and Exercise
Health Care Needs and Medications
Footwear and Foot Care
Canes and Walkers
Home Safety
Starting the Program

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Classroom

Enough room for:
- 20-25 participants
- Chair for each participant (should be straight-back and armless)
- Storage for wrist and ankle weights
- Music system plus age-appropriate music (optional)

Flooring

- Ideally wood or linoleum
- Not highly polished
- No carpet (if possible)
Starting the Program

Classes

1 hour

3 x per week ideal (one full day between classes for muscles to rest)

Class should be offered no less than 2 x per week
Record Keeping
Record Keeping
What should I keep?

SAIL Participant Release Form
SAIL Photo-Video Release Form
Class Participant Enrollment Form
Participant Information Form
Fitness Check Form
Sign-in-Sheets
Record Keeping

Who Benefits?

The Instructors
The Participants
The Exercise Site
The S.A.I.L. Program
Record Keeping

The Instructors

Is your class effective?
Identifies risk factors in individual participants
Helps you to plan your program
Educates your participants
Provides proof to current/potential employers
Record Keeping

The Participants

Motivation to work harder and get better scores in their Fitness Checks.

The Exercise Site

Check with the director: how do they want you to record and store attendance records and Fitness
Record Keeping

The S.A.I.L. Program

- All evidence-based programs should have documented outcomes
- Good PR – share your good results with us and your community.
- Helps promote your program
Fitness Checks

- 1st class (or within 2 weeks)
- 6 months after start date
- 12 months after start date

Aim for Fitness Checks twice a year

Copy stored at site

Participant copy for participant to keep
Thank you!