

# Partners in Positive Ageing (PiPA)

Jo Boylan

Senior Manager

Northern Region Residential Services



# Partners in Positive Ageing (PiPA)

## Overview

- A case study on a new model of wellbeing
- ACH Group, 120 residents - 70 low care and 50 high care, Adelaide hills.
- Research
- PiPA model and results



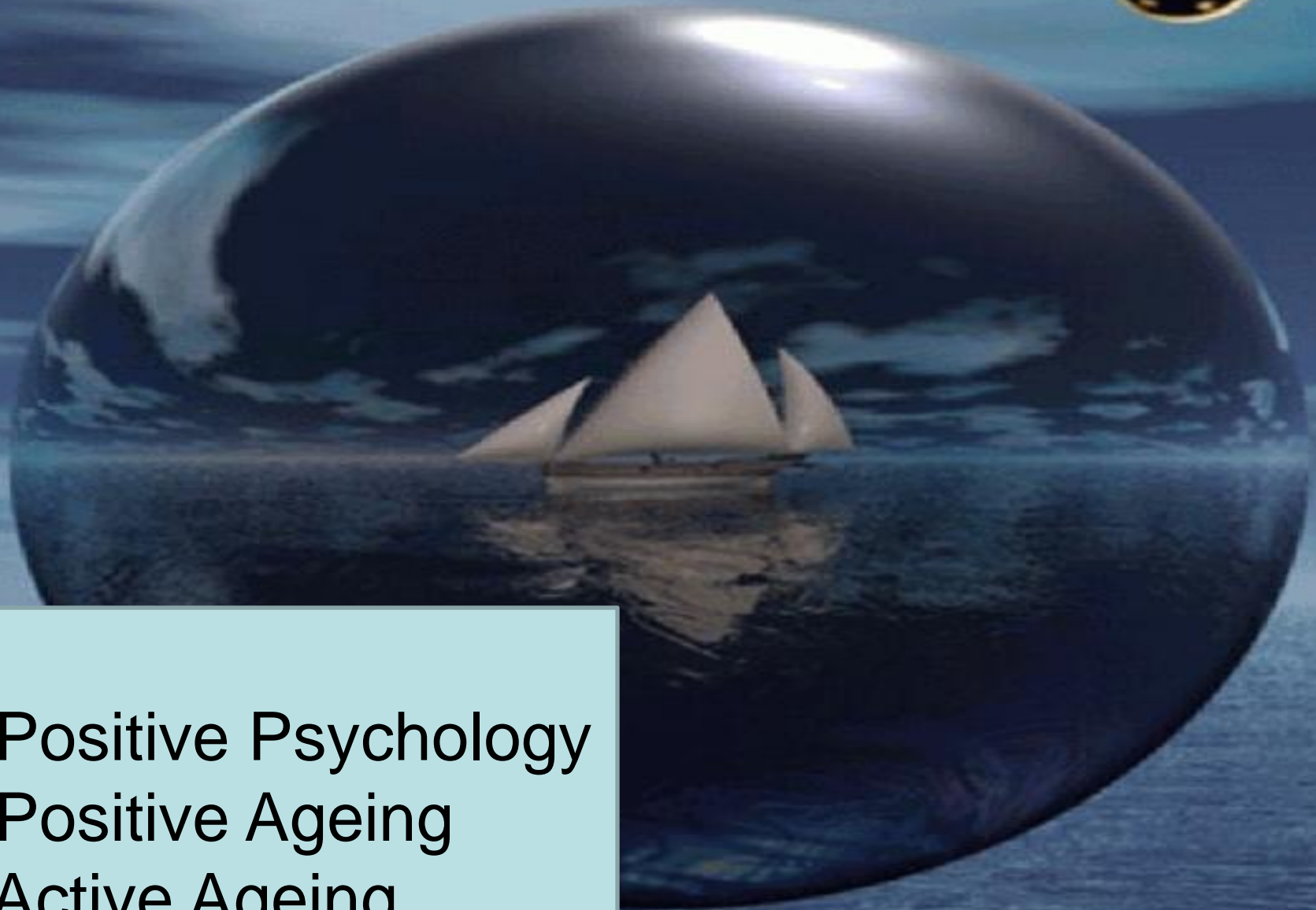
# Reorient service to Health Promotion

- new residents ...
- new staff ...
- a new building....
- and the opportunity for a paradigm shift
- Shift to health promotion and wellbeing
- Flourishing life





- Partnership
- Commitment
- Shared responsibility
- ‘Good life’
- ‘Its never too late’



- Positive Psychology
- Positive Ageing
- Active Ageing

# The PiPA model

The key principles underpinning the PiPA model support older people to

- live full and active lives
- have the right and the responsibility to be (or become) as healthy and involved in life as they possibly can
- partner with staff to create a lifestyle that supports wellbeing





# *We say yes to a good life*

Yes to positive emotions

Yes to more engagement

Yes to more meaning and purpose

Yes to better relationships



# Prescribing a good life

- be physically active
- engage and connect
- keep learning
- participate /contribute /savour
- have a strong voice
- build positive emotions/behaviours





- *Flourish*
- *Adopt positive behaviours of self efficacy and positive psychology principles.*
- *Reshape the health of individuals and organisations*

# *Say 'Yes' to raising the bar in aged care*



# Health Promotion

## How?

- educating and leading staff and residents into a new paradigm of *'activity in everyday life'*
- *'partnering'* in the prevention of disease, disability, deterioration and overall reduced wellbeing.





Say yes to  
more of what  
you CAN do



**Strengths**

**Being a partner**

**Every day life**

**Strong voice**

*Living the Partners in Positive Ageing process*

**Active Ageing program**

**Savouring the senses**

**Positive communication**

**Self Care**

**Living and learning**

**Valued roles & relationships**

“My home,  
my health,  
my life”

# Successful enablers for the PiPA model

## Staff partners:

- comprehensive training/PiPA coaches
- staff walking the talk....singing from the same hymn book
- focus on strengths & growing EQ
- teaching resilience & *response - ability*
- PiPA – over the life course – ↑meaningful



# Successful enablers for the PiPA model

## Resident partners:

- expectations of model
- resident/family commitment
- introducing strengths assessment/Wellbeing plans and connecting to the domains in model
- Resident Council - recurrent reference to model



# Results

- 38 WHOQOL survey (first 60 admissions).  
In the physical health domain.
- 47% of participants rated aspects related to capacity, dependence on medication, pain and discomfort, mobility and energy levels as *very poor or poor*.



# Results

- The second data collection tool was about the perceptions of the partnership model.
- 96% of participants rated the model as good to excellent.
- However residents confidence to undertake the model rated lower.



# Results

- Qualitative questionnaire
- 75% - increase in their overall satisfaction with life since admission into our facility
- 75% - increase in active participation in their social/community life





Say yes to  
savouring the  
senses

# Results

- Personal growth and improvement of confidence, general well being was noticed by 65% of participants.
- Benefits of physical activity was noticed by 45% of respondents.



*Old age not a  
problem, but a  
chance and  
challenge!*

*Talk about the  
potentials of  
the elderly*



***“ The time that I’ve spent with my nursing home has been some of the best days of my life ”***

