

# Piloting Remote Coaching and Digital Material in Health Exercise for Older People

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## BACKGROUND

Population living in rural areas in Finland are growing older with decreasing services. Digital services provide possibilities to secure their health and well-being.

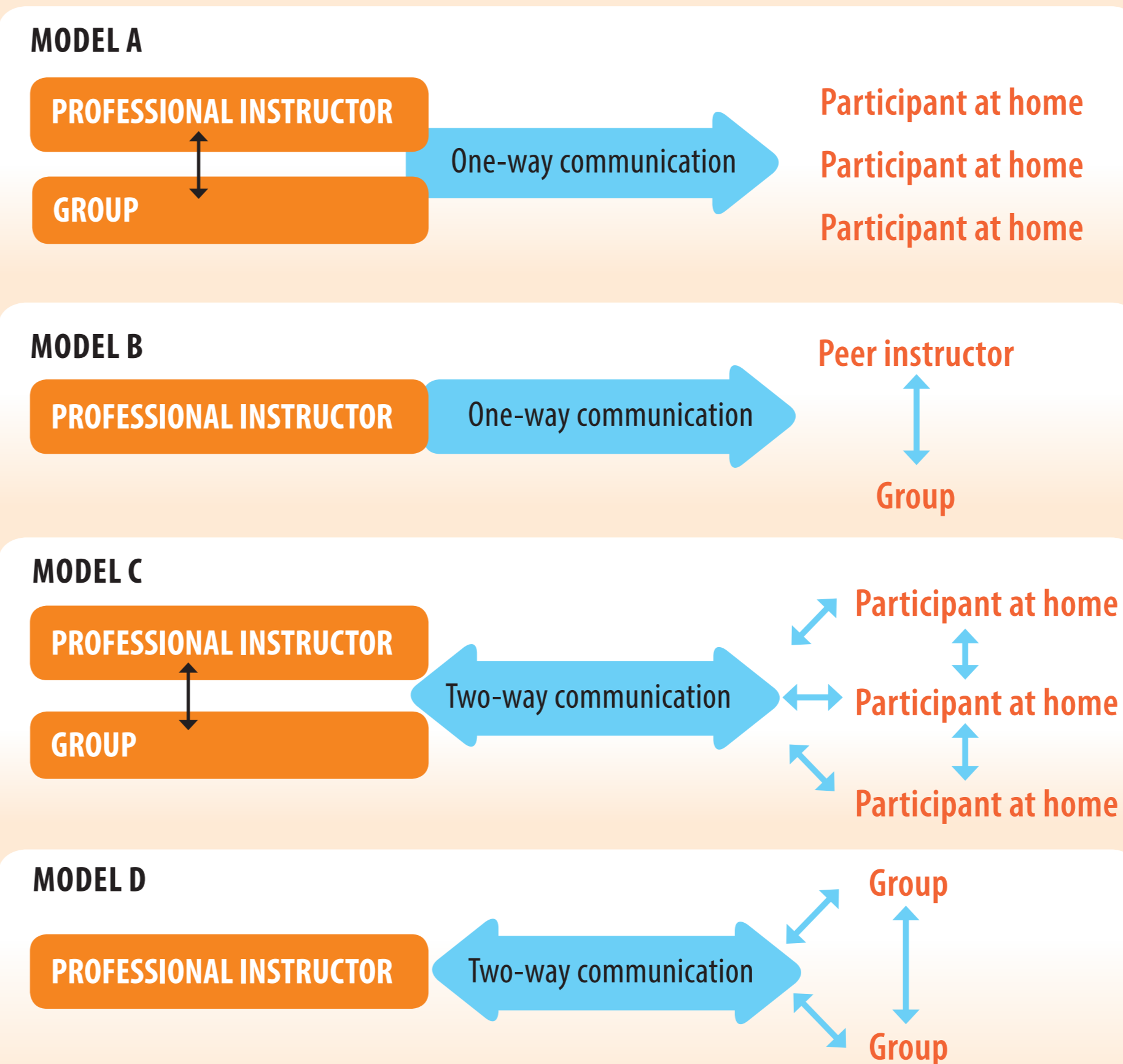
Project *Strength in Old Age with Virtual Methods* (2017–2019) applies digital technology and materials to promote health exercise for people over 75 years in rural areas.



## STUDY ON PREVIOUS ACTIVITIES

- We investigated activities in 49 projects applying remote coaching in health exercise with older people during 2005–2017.
- Interviews (n=129) were conducted with key persons in organizations, exercise instructors and participating older adults.

Projects included long-term development projects and small-scale local activities. Peer instruction was used in one activity. The implementation of activities was facilitated by cross-sectoral collaboration, committed actors, locally adapted models, accessible technology and IT-support, and meaningful exercise contents. Four models for implementing remote coaching were applied in the data (see Picture 1).



Picture 1. Models applied for implementing remote coaching in health exercise for older people.

## PILOTING REMOTE COACHING AND DIGITAL MATERIAL

- During 2018, we will develop and pilot remote coaching and digital material in four rural locations in Finland: Kolari, Utajärvi, Karstula and Mikkeli.
- 20 people over 75 years with limited functional capabilities, living at home with no care services are included.

In the development work, we aim at meeting the international health exercise recommendations and including peer instructors. Digital material includes videos that are applicable in group exercise and the training of peer instructors. The digital material is published in YouTube and Voitas.fi. Remote coaching is applied with video conferencing technology. During the pilots, participants' functional capacity, digital skills, and user experiences are studied and costs of the activities are evaluated.

## CONCLUSIONS

We suggest that when developing digital health exercise services, the realities of service production in municipalities and NGOs must be considered. The resources of peer instructors in supporting older persons' digital skills and exercise should be better utilized. Practical guidance is needed to support remote coaching of older adults.

## PUBLICATIONS

Iltanen S, Karvinen E, Topo P (2018) Kokemuksia etäohjatusta terveysliikunnasta. Helsinki: Ikäinstituutti. (In Finnish.)



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