



Healthy Living with ViviFrail

Theme: Neighbourhoods

WHAT IS THIS INITIATIVE ABOUT?

What is this initiative about?

Healthy Living with ViviFrail is an AWWA initiative that supports frail and pre-frail seniors through a personalised Wellness Plan combined with the evidence-based *Vivifrail* exercise programme. It empowers seniors to take control of their health through tailored physical activity, habit-building, and peer-led support, promoting active, independent ageing.

What does it aim to address?

The initiative targets the growing issue of frailty among seniors, often worsened by late intervention, lack of personalised care, and limited motivation. Without early, appropriate support, older adults may experience faster physical decline, reduced independence, and poorer quality of life. The programme aims to provide early intervention with a structured yet flexible approach.

How does it address it?

Key Programme Feature:

- Personalised exercise plans based on frailty levels and individual goals
- Self-tracking and gamification using a personalised Wellness Booklet
- A holistic health journey task list covering physical, cognitive, social, and nutritional well-being
- Peer support and leadership development to foster community-driven facilitation



Evaluation will follow the RE-AIM framework, assessing reach, effectiveness, adoption, and maintenance. Outcomes will be measured by changes in physical function, cognitive ability, and social engagement, with the goal of improving long-term health and community involvement.

INITIATIVE'S IMPACT

Initiative's Impact:

Challenge: Seniors lack access to motivating, personalised strategies to prevent frailty

What has changed: A structured yet adaptable framework to support both health improvement and community engagement

What are the outcomes so far:

Participants are demonstrating high engagement in the pilot phase

PLANS AHEAD

Pilot:

A 12-week pilot (1 April – 30 June 2025) is underway, targeting frail and pre-frail seniors identified through the Short Physical Performance Battery (SPPB).

Plans Ahead:

- Refine the programme and expand the Wellness Plan to include cognitive, nutritional, and social domains
- Train seniors as peer leaders to sustain the initiative

Collaborations:

- Sharing of Best Practices: Adapting evidence-based tools for local use
- Embedding peer-led support to increase ownership and engagement
- Scale to other active ageing centres
- Share facilitator training resources
- Support reward systems that encourage participation and long-term wellness habits



OUR OFFER

For learning:

- Share our approach to integrating *Vivifrail* with personalised wellness planning for seniors.
- Provide engagement tools, methods, and early insights from our pilot evaluation.
- Offer experience applying the RE-AIM framework for impact measurement and programme improvement.

For collaboration:

- Co-develop digital tracking tools or mobile solutions for engagement.
- Explore opportunities for piloting joint initiatives across different communities.
- Share facilitator training expertise and collaborate on resources to enhance programme delivery.
- Encourage partnerships to scale the model across diverse active ageing settings, ensuring accessibility and sustainability.

