3. *StandingTall* Guide: first appointment with your client

Before starting:

Client space needs	Other items needed
• Have adequate room to perform exercises and be free of trip hazards. • Have the iPad viewable at eye level when performing the exercises.	• internet connection (hotspot if needed); • Chair, bench, or something sturdy to use as a support; • Foam pad/folded towel/cushion to act as an unstable surface for Foam exercises.

Client has an iPad: assist the client in downloading the *StandingTall* app. For instructions, view the 'Downloading *StandingTall'* Quick Guide. They will use their own Apple ID to download the app.

Client is being loaned an iPad: the *StandingTall* app is already downloaded on to the clients loaned iPad.

Login instructions

Once the app is downloaded, open the app to log in:

1. Click on **'I am an existing user'**
2. Enter the client's **email address** and **password**. Tap 'Show password as plain text' to ensure the password is entered correctly.
3. Tap on **'Login'**. Record their login details in a safe place so the client has this information.

1. Balance Assessment

Start here first. The first Balance Assessment determines the starting level for the user, and occurs monthly to ensure the exercises remain challenging, yet safe. On the main menu, tap 'Do a Balance Assessment' and follow the on-screen instructions. You will need a folded towel, or large cushion as a substitute for the Foam (read more below):

- There are 5 positions on the floor, followed by 5 positions standing on foam. Only positions on the floor that are held for > 15 seconds will be repeated on the foam.
- **'How to perform this exercise'** is available to watch the demonstration video.
- If a position isn't held for 30 seconds (ie. Needing to hold on to chair/losing footing), tap on **'Tap to stop balancing'** and/or manually 'Change Duration' to the time they lost their balance using the drop-down menu.

2. Trial session: Floor > ii. Foam > iii. Box > iv. Dartboard > v. Grid > vi. & vii. Cognitive exercises.

Next: the Trial session. It is a demonstration of the types of exercises a user will experience with StandingTall. The client won't need to view Trial Session again after this appointment. There are 7 beginner-friendly exercises that will take the client through the same flow of categories as a regular balance session. NOTE: Box

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and Cognitive exercises are disabled and will not appear in the clients Exercise program. Tap on the 'Skip' button to bypass these exercises in the Trial Session.
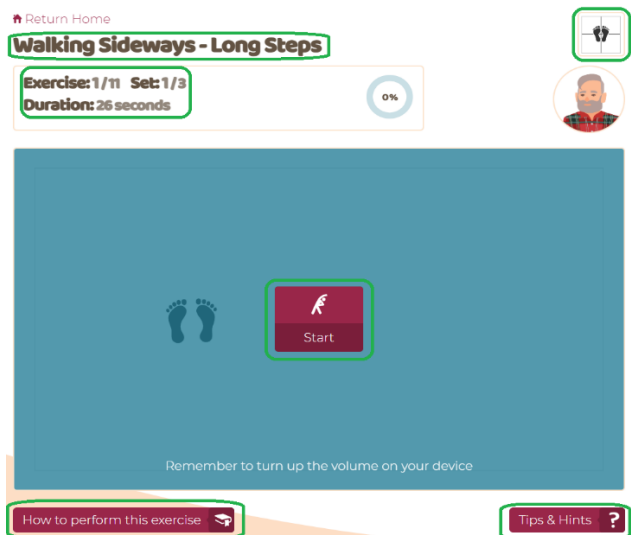
3. Exercise

Finally, for this appointment, **complete 1 exercise (3 sets)** with the client to ensure they are comfortable with navigating an exercise session independently.

To start a session, select **'Exercise'** on the main menu. Leave the exercise session type on 'Balance' (if the client desires more variety, they can access other session types independently). Select an exercise duration. This is the exercising duration, not session duration. Double the selected time for an estimate on session duration. For the first session, you are only completing 1 exercise, session duration selection isn't an important factor.

All items on the Safety Checklist must be confirmed before starting exercise.

What's on the Exercise screen

- **Exercise Title:** Walking Sideways – Long Steps
- How many **Exercises** in the session (1/11), which **set** (1/3) the user is up to (all exercises are performed 3 times in a row) and the **duration** (26 seconds) of each exercise.
- The **Foot Position** for each exercise is shown in a grid in the top right corner.
- **How to perform this exercise** includes a demonstration video and a quick refresh guide for each exercise.
- **Tips & Hints** explain why you are doing the exercise and how to make it easier or more challenging. The session is paused when viewing the tips and hints, and demonstration videos.
- Exercises can be **paused** during an exercise, by watching instructional videos, or reading 'Tips & Hints'. A session will run for 120 minutes (2 hours) before the session expires.

- After 3/3 sets, **rate the exercise** – this determines if the exercise progresses (4 or 5), maintains level (2 or 3) or regresses for the next session (1).

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- **Exit a session early** by clicking 'Return to Home' & 'Save & Quit'. This will save the time that was spent exercising.
- The weekly exercise target begins at 40 mins, and gradually increases every fortnight to reach 120 mins (the full exercise dosage).

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