

## 3a. *StandingTall* Guide for support person or family member

*StandingTall* is a digital exercise program for improving **balance and mobility** in older adults. It is recommended users do at least 2 hours of balance exercise training per week to improve balance and reduce the risk of falling.

### Before starting:

Ensure the user has a safe, and practical space to exercise; and a chair or something sturdy to hold on to for support. Try and set the iPad up as close as possible to eye-level. *StandingTall* includes some exercises done on an unstable surface, called 'Foam'. The foam can be substituted for a folded towel or thin cushion.

### Login instructions

Open *StandingTall* app on your iPad. If you aren't prompted to log in, skip to '1. Balance Assessment'.

1. Click on '**I am an existing user**'
2. Enter your **login details** (Username: \_\_\_\_\_ Password \_\_\_\_\_)
3. Press '**Login**': Record your login details in a safe place so you don't forget.

### 1. Balance Assessment

From the Main Menu- if the button prompts you to 'Do a Balance Assessment', tap this and follow the on-screen instructions. Exercise sessions are accessible once this is complete. If the button reads 'Exercise', it is not yet time to complete the Balance Assessment. Read on from '3. Exercise'.

The first Balance Assessment determines the **starting level** for the user, and occurs **monthly** to ensure the exercises remain challenging, yet safe. There are 5-10 positions that the user will need to try and hold for up to 30 seconds. Any floor positions that are held for <15 seconds will not be repeated on the foam/towel. If you lose your footing, or need support from a chair, tap '**Tap to stop balancing**', or '**Change Duration**'.

### 2. Trial session

The Trial session is a **demonstration** of the types of exercises a user will do with *StandingTall*. If this has already been completed, they do not need to complete this again. Continue reading from '3. Exercise'.

There are 7 beginner-friendly exercises that will take the user through the same flow of categories as a regular **balance** session:

- i. Floor >
- ii. Foam >
- iii. Box >
- iv. Dartboard >
- v. Grid >
- vi. &
- vii. Cognitive exercises.

NOTE: Box and Cognitive exercises are disabled and will not appear in the Exercise program. You can press the '**Skip**' button to jump over these in the Trial Session.

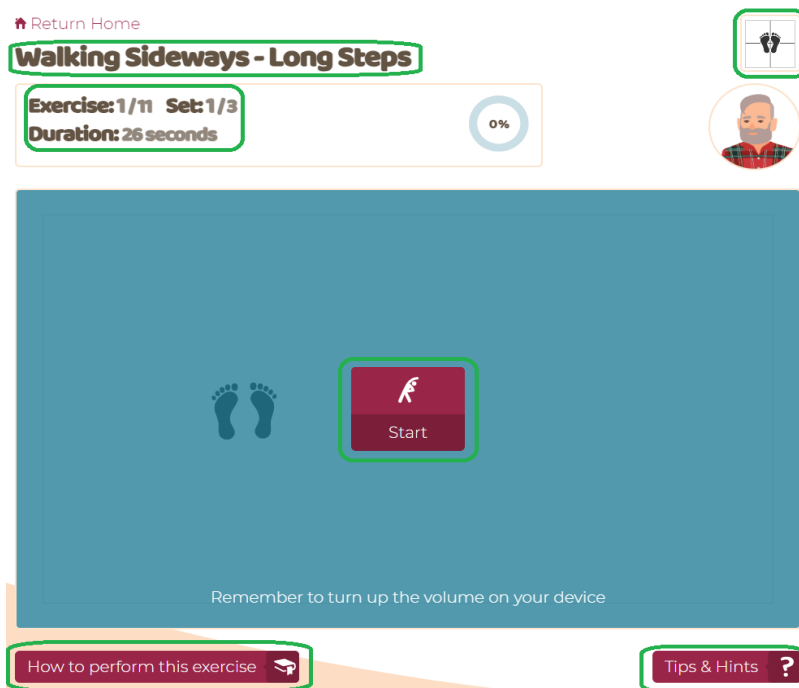
Contact your *StandingTall* trainer if you are experiencing problems with the program.

### 3. Exercise

To start a session, select **'Exercise'** on the main menu. Leave the session type on 'Balance' to improve falls risk. For variety, the user can explore the Cardio & Strength sessions. Then, choose the exercise duration the user would like to exercise. The exercise duration refers to exercising time, not session duration. Session duration is double the time selected. 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.



- 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).
- 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 it expires.
- **Exit a session early** by clicking Return to Home & Save & Quit. This will save the time spent exercising.

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Your **weekly exercise target** starts at 40 mins and will gradually increase to 120 mins. **Other features** on the Main Menu are **optional**, and you are welcome to use the 'Calendar' & 'Goals & Journal' features, see how you're progressing with your balance & exercises in 'Progress', and read FAQ in 'Help'.

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