

# Frequently Asked Questions

## What is Move to Improve?

Move to Improve is an 8-week physical activity intervention that has been designed to assist children and adolescents with ongoing health conditions become more physically active. Its aim is to help these children overcome barriers that might otherwise impede their participation in sporting and other physical activities.

## Why has Move to Improve been established?

Regular physical activity is vital to children's physical and functional development. It also benefits their mental wellbeing. Despite this, less than a quarter of Australian children meet current national physical activity guidelines.

This figure is likely to be even lower in children with ongoing health conditions because they face barriers to engaging in physical activities such as low confidence and self-esteem, fear of managing their condition in front of peers, and lack of access to appropriate physical activity providers. This puts them at further risk of developing additional health challenges – prompting the need for a targeted program .

## Is Move to Improve part of a research project?

Yes. Move to Improve is at the heart of a 5-year research project that is being headed by some of Western Australia's leading child and adolescent health researchers.

These researchers are investigating how children and adolescents with ongoing health conditions can be best supported through the Move to Improve program to adopt and maintain a physically active lifestyle.

## Who delivers Move to Improve?

The program is delivered by a multidisciplinary team of expert clinicians, allied health professionals and researchers from Perth Children's Hospital (PCH).

The clinical team delivering the program includes:

- senior physiotherapists
- exercise physiologist



- nurses
- dietitians
- clinical psychologists

## How does it work?

The Move to Improve team works with participants and their families to develop individualised, fun and sustainable physical activity programs.

These programs are based on the personal physical activity goals of each participant. The Move to Improve team also help participants build their motivation, skills, and confidence to help maintain a healthy lifestyle.

## What sort of commitment is required of participants?

Although Move to Improve is an 8-week program, participants will be required to make a 14-month commitment to the research project. This is because the researchers will be investigating whether the benefits of being part of Move to Improve endure beyond the program itself.

To enable this, participants will answer online questionnaires and undergo physical assessments at the start of the program. The team will then repeat these assessments directly after the program, and at 6 months and 12 months after the program.

Please see appendix A, participant timeline, for a visual representation of the information above.

## Is my child/ adolescent eligible to be part of Move to Improve?

While the goal is for Move to Improve to be made available to all children with ongoing health conditions, initially, it will be limited to children and adolescents with:

- cancer
- type 1 diabetes
- burn injuries; or
- cerebral palsy.

Please speak to your child/adolescent's clinical team to see if they are eligible to join Move to Improve at this stage of the project.



## How can my child/adolescent be part of Move to Improve?

Given that participation is subject to internal referral from the child/ adolescent's primary medical team at PCH, you will need to speak to your child's team if you would like them to be considered for inclusion in Move to Improve.

Each referral will be assessed by the Move to Improve team.

If your child is accepted into the program, he or she will remain under the care of their primary medical team for the duration of the study.

## Can my child/adolescent be a part of Move to Improve without participating in the research?

No. At this stage of the project, it is essential for all participants to complete the research assessments.

If you are interested in being involved but not participating in the research, there is an opportunity to join our Move to Improve Consumer Advisory Group. The Consumer Advisory Group is made up of parents and children with lived experience who provide their valuable feedback, improving the Move to Improve program for participants and their families. The group meets 4-6 times a year and are compensated for their time.

Please contact us at [MovetoImprove@health.wa.gov.au](mailto:MovetoImprove@health.wa.gov.au) to find out more.

## What sort of activities will my child/adolescent do during the program?

Your child/adolescents 8-week physical activity program will be developed around their individual goals, making their program unique to them. The goal might be to get back into playing footy or to be able to walk to the local shops and back. Whatever it is, the Move to Improve team will design a program to help them achieve their goal and get them moving more.

## Where will the Move to Improve sessions be held?

Move to Improve physical assessments that are conducted at the start of the program, post program, at 6 months and at 12 months post program will be held at PCH. The 8 physical activity sessions will be delivered in a variety of locations depending on your child/ adolescent's goals and the availability of Move to Improve therapists – including here at PCH, sessions close to your home, and via telehealth.



## My child/adolescent has never exercised before. Will they be able to do it?

Yes – the Move to Improve team is made up of experts who will tailor your child/adolescent's program to their ability. They believe movement is possible and important for everyone but they recognise that it might look different day-to-day. They will work with your child to help them do what they can when they can.

## Why should my child/adolescent move more?

Evidence shows that movement is important for the healthy development of all children and adolescents. Regular physical activity has both physical and mental health benefits and children and adolescents who are physically active are more likely to:

- be confident
- be resilient
- sleep well
- be active learners
- have good social skills.

A less active lifestyle can have serious long-term health consequences, putting children and adolescents at increased risk of developing other ongoing health conditions such as obesity, heart disease, stroke or depression.

## Who has designed Move to Improve?

Move to Improve has been designed by families (parents and children with lived experience) , researchers and health professionals to ensure it will meet the needs of children and families, and help participants develop long-term physical activity habits.

## Is there a cost involved?

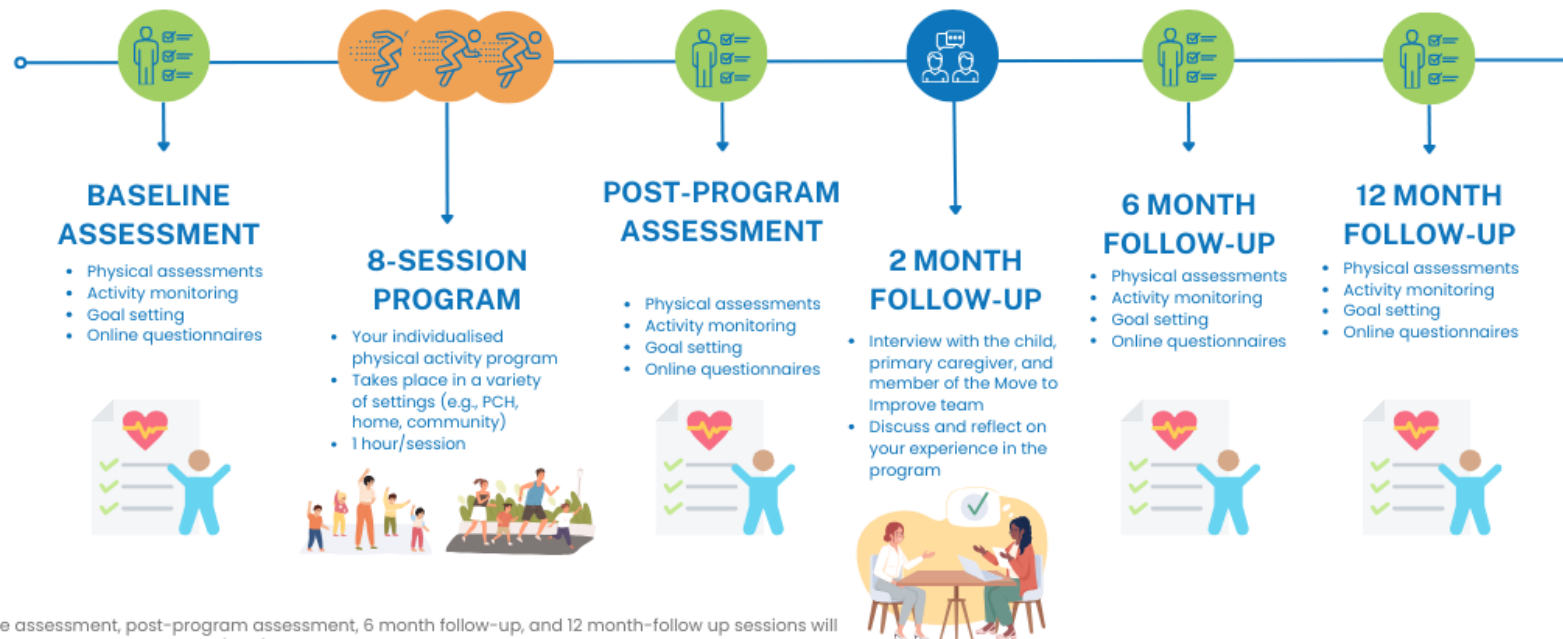
No, participation in Move to Improve is free. Parking vouchers are available to cover the cost of attending PCH for assessments.

**Where can I go for more information?** Please email [movetoimprove@health.wa.gov.au](mailto:movetoimprove@health.wa.gov.au) or phone 6456 1111 (select option 6).



## Appendix A

# MOVE TO IMPROVE PARTICIPANT TIMELINE



Note: Baseline assessment, post-program assessment, 6 month follow-up, and 12 month-follow up sessions will take place at Perth Children's Hospital (PCH). 2 month follow-up will take place either at PCH or online

