



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 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 intervention.

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 intervention to adopt and maintain a physically active lifestyle.

Who will deliver Move to Improve?

The intervention will be 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 will include:

- physiotherapists
- exercise physiologists
- nurses
- dietitians
- clinical psychologists
- advanced trainee doctors

How will it work?

Members of the Move to Improve team will work with participants and their families to develop individualised, fun and sustainable physical activity programs. These will be based on the personal physical activity goals of each participant.

The Move to Improve team will also help participants build their motivation, skills and confidence to help them maintain a healthy lifestyle.

What sort of commitment is required of participants?

Although Move to Improve is an 8-week intervention, 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 intervention itself.

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

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 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 intervention, 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 will meet 4-6 times a year to inform the development of Move to Improve, and consumers will be compensated for their time.

Please contact us at MoveToImprove@health.wa.gov.au if you are interested.

What sort of activities will my child do during the intervention?

Your child's 8-week physical activity program will be developed around their individual goals, making their program unique to them. Your child's 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.

My child/adolescent already spends a lot of time at PCH. Will being part of Move to Improve mean they will spend even more time there?

Apart from the four onsite assessment appointments to complete assessments, the program will be designed to reflect your child/adolescent's preferences and your family's needs with regards to location. For the program to be sustainable it will likely incorporate activities close to where you live.

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 who are physically active are more likely to:

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

A less active lifestyle can have serious long-term health consequences, putting children 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 consumers, 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 will also be available to cover the cost of attending PCH for assessments.

Where can I go for more information?

Please email movetoimprove@health.wa.gov.au or phone 6456 1111 (select option 6).

