

# Personalised Guided Movement to Empower Healthy Ageing at Home

A report on the **effectiveness** and **implementation** of **Champion Life: Seniors** in a study led by Champion Life, in collaboration with Comlink and the University of the Sunshine Coast, funded by Aged Care Research and Industry Innovation Australia (ARIIA).



# Foreword



**Kym Hunter**  
Founder, Champion Life

## The impact of Champion Life: Seniors is a story we are proud to tell.

**Regular, structured physical activity** is the **most effective** way to **reduce functional decline and support overall health and wellbeing** (Pahor 2014). However, many older adults face complex health challenges and support needs, making it difficult to consistently engage in exercise programs that help them support their goal of healthy ageing at home.

This challenge inspired Champion Life to adapt and expand our successful online physical activity and wellbeing program—originally designed for primary school students, where it has already benefited over 60,000 young Australians.

By reimagining our software and content, we created an **accessible, evidence-based functional movement program tailored to the unique needs of older adults**, ensuring they receive the support and engagement necessary to stay active and independent.

In this **ARIA** grant project, we partnered with **Comlink Australia**, whose dedication to supporting ageing in place made them a perfect fit for our study, designed by the **University of the Sunshine Coast**. Clients used their personalised, purpose-based programs twice each week for 15 minutes with the support of a Comlink care assistant.

This report details the exceptional outcomes for participants in our 3 month study. As we build on these successes, we aim to expand our reach, bringing our scalable, accessible solutions to more older Australians to empower them to achieve their goals for healthy ageing at home.







## Older Australians want to age healthily in their own homes.

But many face barriers that contribute to functional decline and make this goal difficult to achieve;

- **Decreasing Strength & Mobility** – Leading to falls, frailty, and loss of function.
- **Chronic Conditions & Isolation** – Increasing risk of depression and cognitive decline.
- **Limited Preventative Care** – Aged care focuses on treatment rather than keeping people active.
- **Strained Care Systems** – Growing demand overwhelms families and providers.

## Our Goal

**Validate** Champion Life Senior's evidence-based, online, guided functional movement program.

- What we are doing well?
- How can we improve?





***"It's helped improve my confidence to be active and I see what needs to be improved in my ability to move freely."***

*Client Participant, 82 yrs*







**Jesse Clement**  
COO, Champion Life

## Empowerment in Action

### Older Adults + Carers = Powerful Results

For three months, across more than 1000 visits, carers and clients accessed the Champion Life: Seniors program on iPads. At each visit, they did wellbeing check-ins, followed-along with guided exercises, then checked-in again afterwards.

They had fun: A shared experience that helped them understand what they were doing and why they'd want to continue. They each got something out of it.

Oh, and **their self-reported wellbeing increased by 23% - a statistically significant finding!**



Safety and goal-setting assessment with allied health support



12 weeks  
2 x 15-minute sessions



Care worker supported



Online functional movement program accessed through an iPad



**“I’m feeling fantastic. Should be out there for everyone.”**

Client Participant, 78yrs





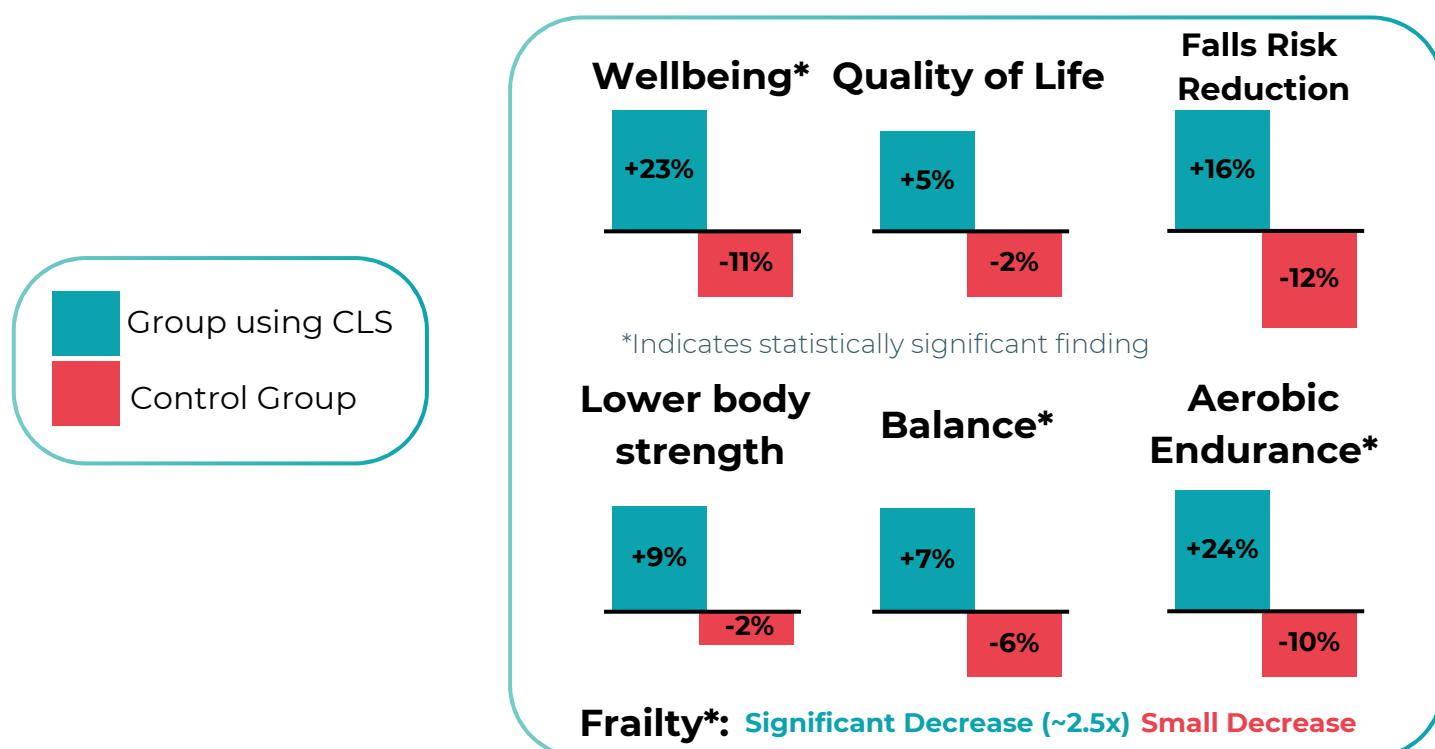
**Professor  
Christian Jones**  
Chief Investigator

## “Positive results for all measured outcomes”

Our research component divided participants into two groups in what is known as a **Randomised Control Trial**. Random assignment prevents selection bias so that any difference in outcome can be explained only by the intervention. Participants improved in all measures.

To ensure that no one missed out on this opportunity, clients in the control group were given access to the program and the results were confirmed in this small secondary study.

*Twenty-seven participants used Champion Life: Seniors (CLS), showing significant improvements across multiple health measures. Control group participants experienced reductions in the same measures.*



**Statistically significant improvements** ( $p < .05$ ) were seen in well-being, frailty reduction, and aerobic endurance, with all measures trending positively for CLS users. A formal paper with these findings is currently under peer review.



## Research results change participants' lives in meaningful ways



### Physical Confidence and Mobility

Strength, balance, and endurance improvements help older adults move through their environments with greater confidence—whether it's walking to the letterbox, navigating stairs, or standing up from a chair without assistance. This enhanced mobility encourages greater participation in everyday life, reducing social isolation.



### Engagement and Social Participation

By feeling physically and mentally better, older adults may be more likely to reconnect with social activities, attend appointments, or simply leave the house more often. Improvements in mental wellbeing and reduced frailty foster a sense of agency and motivation, counteracting isolation.



### Delayed Decline, Reduced Care Needs

The combined physical and psychological gains have the potential to delay functional decline, reducing the likelihood of hospitalisations or transitions into residential aged care. This supports not only the individual's independence but also eases the burden on family carers and the aged care system.





**Spoiler: They really liked it!**

“

**I loved how my carer did the videos with me, that made it more fun.**

*Client Participant, 83 yrs*

“

**The positive reinforcement from the physios on screen made me feel special. Many times I have said to them from my lounge room, "Oh really?!", but their cheerful attitude and my staff supporter have made the program so essential to my wellbeing - physical and emotional.**

*Client Participant, 76 yrs*

“

**Mum is still using it every day, stops her going backwards**

*Daughter of client participant, 88 yrs*

“

**It's one of the best things that has happened to me this year.**

*Client participant, 81 yrs*





***I really looked forward to the days the program was on.***

***I liked the way the exercises built up in difficulty, broken down into movements you can do during the day.***

***I have more neck movement now!***

*Client Participant, 78 yrs*

**CHAMPION  
LIFE**  
Seniors







**Gordana Dermody**  
Senior Lecturer  
School of Health

## Integration of Care Workers



The integration of care workers played a crucial role in the Champion Life: Seniors (CLS) program, enhancing the accessibility and engagement of older adults in functional movement exercises. Established relationships careworkers had with clients enabled them to provide personalised encouragement and tailored support based on individual needs and preferences.

Care workers acted as motivators and facilitators, ensuring that older adults understood the exercises and felt encouraged to continue. Many participants reported that having their carer participate in the sessions made the experience more enjoyable and meaningful, reinforcing adherence to the program. The involvement of care workers also aligned with a wellness and reablement approach, empowering older adults to build confidence and gradually gain independence in maintaining an active lifestyle. This integrated model highlights the value of care workers in bridging technology-driven health interventions with personalised, relationship-based support.



**Liam Mayo**  
CEO  
Comlink Australia

## Delivering Innovative Solutions



At Comlink Australia, we are dedicated to pioneering innovative solutions that enhance the lives of our clients. Our recent collaboration with the University of the Sunshine Coast and Champion Life on this important research exemplifies the power of meaningful partnerships. By working closely with Champion Life and UniSC, Comlink Australia were able to leverage accessible technology and personalised care approaches directly within our clients' homes. This partnership not only ensured that our clients received the highest quality of support tailored to their unique needs but also provided valuable insights that drive continuous improvement. The study's impressive results highlight the effectiveness of such collaborations and reinforce our commitment to empowering older adults to live independently and with dignity.





**Emily Ledger**  
Program Manager  
Comlink Australia

## Client Feedback and Impressions



Comlink Australia is pleased to report the overwhelmingly positive feedback from our clients and team members involved in the Champion Life: Seniors program. Participants who completed the three-month program expressed immense satisfaction, particularly highlighting the companionship and support provided by our dedicated Comlink team members. Many clients noted the joy of having someone to do exercises with and that the personal connection and care they received made the experience more enjoyable and motivating.

The program has become a weekly highlight for many, with clients appreciating the gradual increase in exercise difficulty and the noticeable improvements in their physical health, such as increased neck movement and leg strength. The ease of use and relevance of the exercises to daily life were frequently praised. Overall, the Champion Life: Seniors program significantly enhanced the quality of life for our clients, making them feel supported and more confident in their movements.

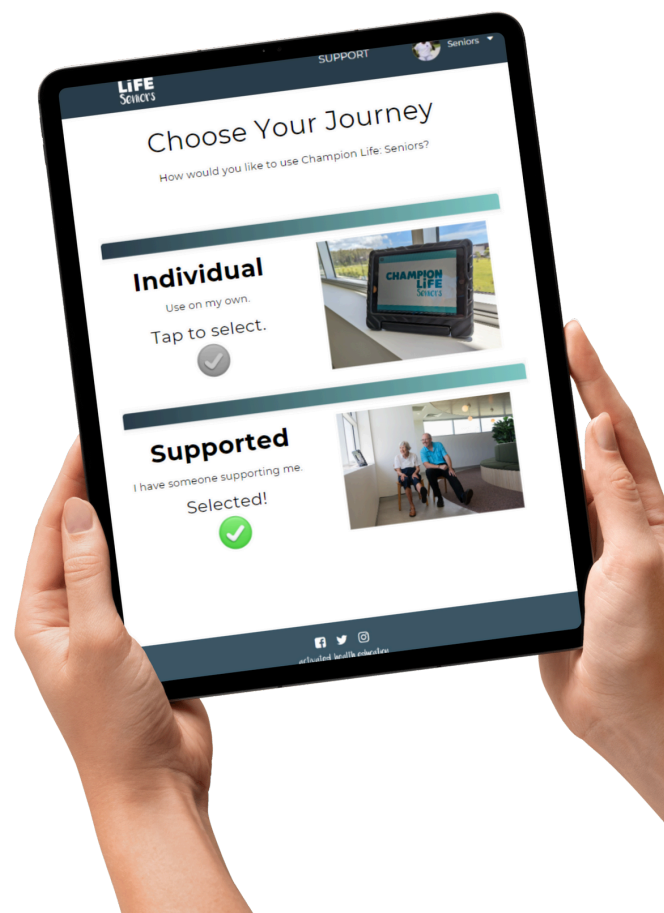
## Promising Results, Confidence Boosts

Our strong results indicate that Champion Life: Seniors is indeed a valuable resource to support healthy ageing at home for older adults.

Qualitative interviews with older adult participants and their carers gave us some excellent ideas on how to improve Champion Life: Seniors to ensure long term, sustainable results.

The number one “wish” from participants?  
**Flexible access options.**

As participants progressed through their programs, their **confidence increased**, along with the **desire to use the program more often**. Most believed that after a period of supported access from a carer or family member, they would then be able to use the program on their own.





**Kym Hunter**  
Founder  
Champion Life

## Scaling Impact Across Australia

The new Support at Home program prioritises a **Wellness and Reablement** approach, ensuring aged care services focus on empowering older adults to maintain independence and quality of life. By building on their **strengths, capacity, and goals**, this approach shifts care from passive support to active enablement. **Champion Life: Seniors is perfectly aligned with this mission.**

We are **ready to scale our impact nationwide**, empowering more Australian's to age healthily at home, so reach out if you would like to know more!

Our flexible platform enables us to **customise programs** tailored to your organisation's needs and the people you serve—delivering measurable health and wellbeing outcomes. Reach out today to explore how we can work together to empower healthy ageing.

Contact Champion Life:  
[kym@championlife.com.au](mailto:kym@championlife.com.au)  
and be part of empowering healthy ageing.









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COO, Champion Life

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## Comlink Team

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