

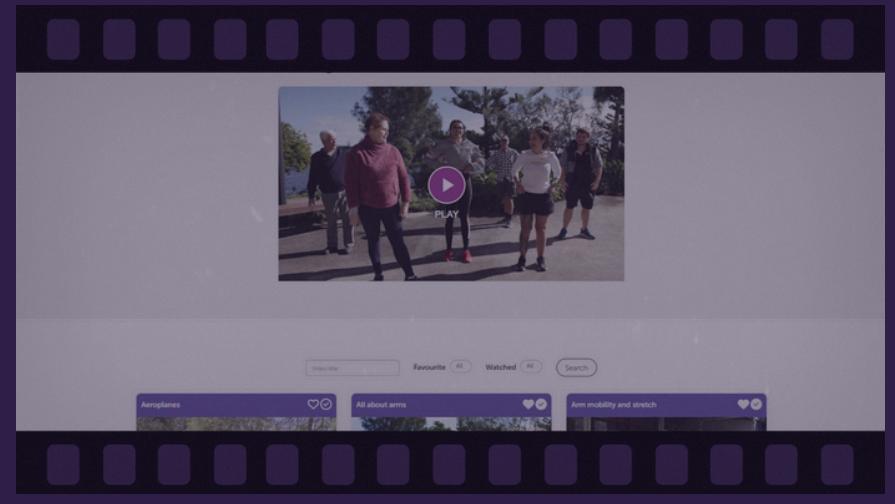
Strong and Sure

A digital falls prevention and healthy ageing program

Supporting people with an intellectual disability to build strength, balance, confidence, and wellbeing as they age.

Endeavour Foundation's preventative healthy ageing initiative

NDVR & **CHAMPION LIFE**
Endeavour Foundation



Why Strong and Sure?

Higher risk. Earlier decline. Greater impact.

People with an intellectual disability experience earlier age-related health changes, resulting in:

- A significantly higher risk of falls and severity of injuries from falls*
- Earlier onset dementia or dementia-related changes

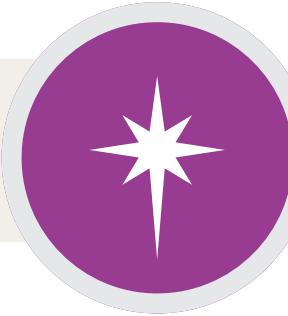
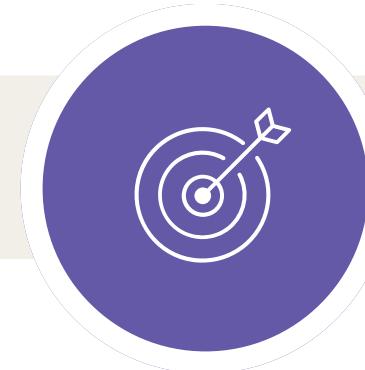
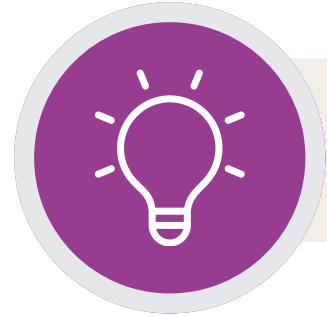
Many people we support also experience multiple health conditions that affect mobility, confidence and wellbeing.

* Pope, J., Truesdale, M., & Brown, M. (2021). ***Risk factors for falls among adults with intellectual disabilities: A narrative review.*** *Journal of Applied Research in Intellectual Disabilities*, 34(1), 274–285.

Calabrò, R.S., et al. (2023). ***Functional Age Disparities Between Developmental and Non-Developmental Populations: A Perspective on Accelerated Ageing.*** *Healthcare*, 13(19), 2412.

The Evidence Foundation

The evidence is clear. Engagement determines impact.



The Evidence

Regular, progressive strength and balance training reduces falls and slows functional decline in people with intellectual disability.

The Big Challenge

Sustained participation enables impact.

Our North Star

Target engagement:
3 × 15-minute sessions per week

What's in Strong and Sure?

The core features

1. Guided movement sessions

- Strength and balance focused, tailored to each person
- Delivered using Active Support principles
- “Little and often” steps embedded into daily routines



2. Structured goal setting

- Anchored to individual ISP goals
- Designed using SMART principles
- Clear visual prompts to support engagement
- Tracks measurable progress over time



3. Risk and wellbeing check-ins

- Establishes a simple baseline of strengths and needs
- Identifies changes early, before issues escalate
- Balances safety with choice and capability
- Provides actionable insights for support teams



Next steps and timeline

A staged pathway to validated, sustainable scale



- **April 2026 – Program foundation complete**
 - Core program, content, goal setting, and risk and wellbeing check-in finalised
- **May 2026 – Usability pilot**
 - Pilot in Supported Independent Living and Learning and Lifestyle
 - Focus on usability, routines, and Active Support-aligned delivery
- **June/July 2026 – Program refinement**
 - Improvements based on pilot feedback
 - Refinement of content, workflows, and guidance
- **August 2026 – Large-scale implementation**
 - Rollout across Supported Independent Living and Learning and Lifestyle
 - Embedded into everyday routines
 - Focus on consistent use, participation, and impact