

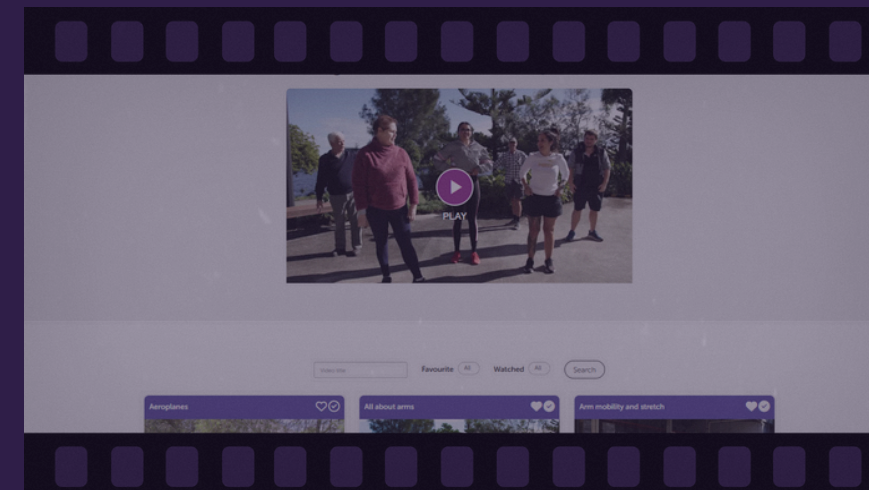
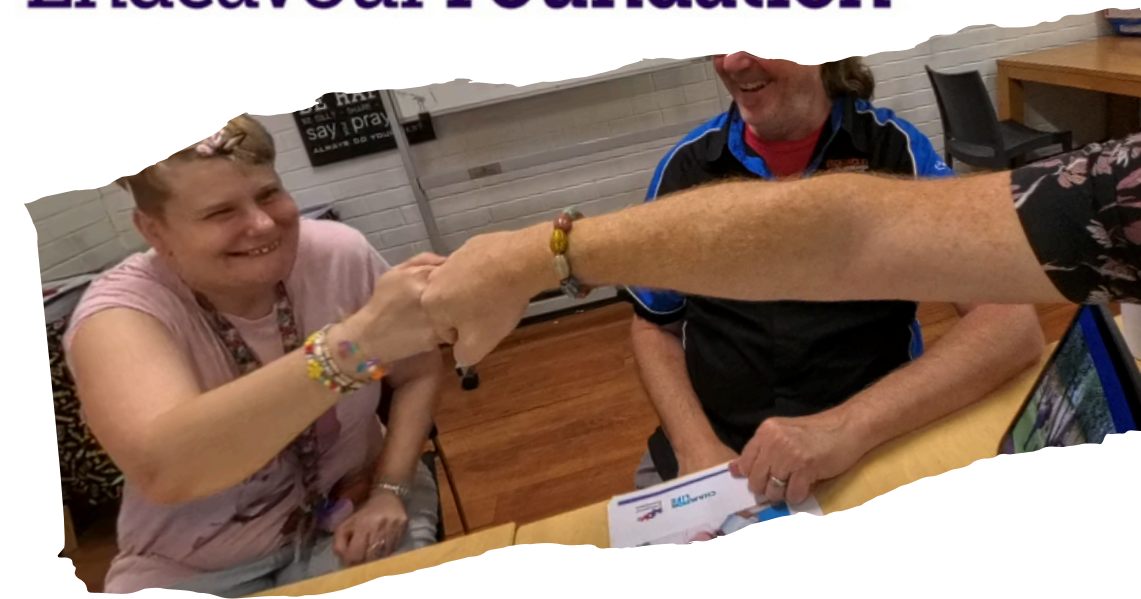
# Strong and Sure

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.

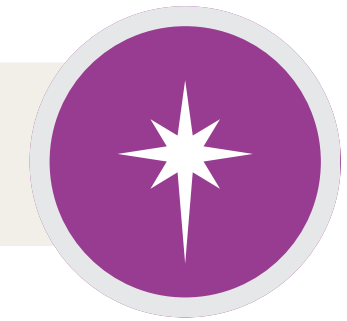
\* Pope, J., Truesdale, M., & Brown, M. (2021), **Risk factors for falls among adults with intellectual disabilities: A narrative review.** *Journal of Applied Research in Intellectual Disabilities*, 34(1), 274–285.

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