

HYDROTHERAPY RESEARCH

July 2018

Draft report



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Executive summary

An Action Group has approached Council to advocate on residents' behalf regarding the need for a publicly accessible hydrotherapy facility in the area

- » Council sought research to understand the need and potential usage of such a facility to advocate on residents' behalf to other levels of government
- » The research engaged three key stakeholders from the action group: GESAC, Connect Health as well as health professionals in the area (GPs and Physiotherapists)
- » After the engagement of new**focus** to conduct this research, the State Government announced funding for the Stage 2 Moorabbin upgrade, which was to include a hydrotherapy facility. The aim of this facility is to meet the needs of residents in the local area
- » Therefore the research outcomes shifted to additionally explore whether this facility would in fact meet the needs of its residents. To do this, the approach expanded to include engagement with the St Kilda Football Club
- » Findings from the initial research with health professionals and key stakeholders also indicated that hydrotherapy was primarily used by residents aged 60+ so it was decided that in order to best understand the needs of the community, Council needed to engage with this target audience
- » The research established that there is a potential need for a publicly accessible hydrotherapy facility within the Bayside area
 - Nearly one quarter of residents aged 60+ have previously used hydrotherapy with nearly three-quarters saying they would be likely or very likely to use hydrotherapy in the future if the need arose
 - The three key stakeholders we spoke to, as well as 15 out of 17 health professionals, felt the Bayside City Council area was not well supported for hydrotherapy and 16 out of 17 health professionals said they would undertake or refer more hydrotherapy for patients if there were more/better facilities in the area
 - Key stakeholders felt that the current public facility (GESAC) was not easy to access and was close to capacity, and while there are private facilities available these are also in high demand or are not available to the general public (with potential users needing to be patients or members to use – inhibiting use for general health and wellbeing but also introducing a higher cost to users)
- » The findings suggest that while upgrades to existing facilities (Connect Health, GESAC) are an option, they are not feasible or will do little to alleviate demand overall. The upgrade at Moorabbin is viewed favourably (though there is still some question among the public as to how much access the general public would have to the pool, despite the intention of the pool being mainly for public use (refer slide 17)). However this is also not seen as the best option in meeting the needs of the community, given the location (difficult to get to, not within the Bayside City Council area itself) and concerns about access. These concerns will need to be addressed should Council feel that this is the best option for the community.
- » The majority of stakeholders and health professionals feel that a facility within the central area of Bayside City Council will be the best way to meet the community's needs. However there are challenges with this option as well – including the availability of land and extreme costs of building, running and maintaining a whole new facility.
- » The key findings of the research have been outlined on the following pages, as well as the full results from each stage of the research.

Background & objectives

Background

Bayside City Council sought to undertake assessment of the need for a hydrotherapy pool in the area in order to act as an advocate on the community's behalf.

Local residents have previously been involved in contributing to the funding of facilities in the local area and which have since been lost to them. An Action Group approached Bayside City Council and expressed their desire to make a hydrotherapy pool available to local residents again. Currently, Council is providing bus services to allow residents to take advantage of the hydrotherapy pool run by Connect Health.

Council now seeks input from key stakeholders, the local health care sector and the general public to further investigate the need for a publicly accessible hydrotherapy facility in the Bayside City Council region and how/if other facilities can/will meet these needs in order to inform strategy.

Objectives

Council needs to understand if the current local and nearby facilities are able to provide for the needs of the community and what options the community are directed to when seeking hydrotherapy.

The specific objectives of this research include:

- » Investigate current referral patterns by Bayside health providers
- » Explore perceptions of the suitability of the facilities currently available
- » Explore perceptions of the demand for hydrotherapy pools and who the users and potential future users are
- » Basic socio-demographic profiling indicating likely increase in use due to population changes

Who we spoke to

Stage 1

Engagement with key stakeholders

- » In-depth interviews were conducted with GESAC, Connect Health, the Hydrotherapy Action Group and the St Kilda Football Club
- » The in-depth interviews were an average of 30 minutes in length
- » The purpose of these interviews was to gain an understanding of the facilities in the area, who is using them, access issues, capacity issues and explore perceptions into the need for hydrotherapy facilities in the area

Stage 2

Interviews with local GPs and Physiotherapists

- » Semi-structured qualitative telephone interviews were conducted with local health professionals
- » The interviews ran for an average of 27 minutes
- » 12 interviews were conducted over the phone and potential respondents who were unable to be interviewed over the phone during business hours were given the opportunity to complete an online version of the survey, where 5 more responses were received, providing a total sample of 17
- » The purpose of the interviews was to investigate incidence of hydrotherapy usage and referral among local health professionals

Stage 3

Quantitative telephone surveys with City of Bayside residents aged 60+

- » 300 x 10 minute random telephone interviews with City of Bayside residents aged over 60
- » The purpose of these surveys was to gather a statistically valid sample of local residents to understand hydrotherapy usage and potential future uptake in the area
- » The data as reported has been weighted to reflect both age and gender breakdowns of the region (see following page)

Sample

Stage 3

Quantitative telephone surveys with City of Bayside residents aged 60+

Total sample	Population (of over 60s in Bayside City Council area)*	Accuracy**
300	24,438	±5.63%

Age	Unweighted sample		Weighted sample		Gender	Unweighted sample		Weighted sample	
	Frequency	%	Frequency	%		Frequency	%	Frequency	%
60-64	42	14%	71	24%	Male	147	49%	143	48%
65-69	50	17%	66	22%	Female	154	51%	157	52%
70-74	56	19%	53	18%					
75-79	69	23%	37	12%					
80+	83	28%	73	24%					

*Population estimates based on Bayside City Council Community profile - ABS (2016 census)

**Accuracy at one point in time refers to the accuracy of results should you take a sample of the population now compared to if you had results for every single member of the population. Calculation of the level of accuracy is based on the size of the population that your sample is drawn from. The level of accuracy increases as the size of the sample approaches the size of the population. For example, for a sample of 300 if the level of accuracy at one point in time is quoted at ±5.63% for the population aged over 60, this means that the measurement of items in the study accurately represent the measurement of these same items in the population, within a range of ±5.63%.

KEY FINDINGS



Is there a need for hydrotherapy among the community?

Key findings – understanding the need for hydrotherapy in the area

23% (or 70 of 300)
of surveyed Bayside City Council residents aged 60 or over had previously used or are currently using hydrotherapy

Extrapolated to the wider community, this equates to approximately **5,620 people**

Bayside City Council has a median age of 44; 8 years older than the greater Melbourne region, 7 years older than Victoria and 6 years older than the median age of Australians.

60+ year olds make up 25.1% of their population, compared to just 19% for Greater Melbourne

The largest age group in the area is 45-49 year olds

The findings indicate that there is need for hydrotherapy among the Bayside City Council community

- » Almost one quarter (23%) of surveyed residents aged 60 or over have used hydrotherapy
- » And almost three quarters (74%) said they were likely or very likely to use hydrotherapy services in the future for rehabilitation or treatment should the need ever arise
- » The majority of GPs and physiotherapists surveyed were in favour of hydrotherapy as a treatment for many conditions or as part of a general health and wellbeing plan
 - 16 of 17 interviewed health professionals say they would refer more patients/clients to hydrotherapy if there were more/better facilities in the area
- » According to the stakeholders, GPs and Physiotherapists who were interviewed, the highest need for hydrotherapy is for those aged 60 or over (followed by younger ages groups for sports related injuries). Bayside City Council has an older than average population, with one quarter of its population made up of 60+ year olds
 - The largest proportion of residents is in the 45-49 year old age group and over the 5 years from 2011-2016 the largest population growths were seen in 45-49 year olds, 55-4-59 year olds and 65-74 year olds, suggesting that the population of Bayside is ageing and therefore demand for hydrotherapy in the next 10-15 years will continue to grow
- » Surveyed residents were far more likely to avoid hydrotherapy if they had to travel more than 20 minutes from home to use it, while the majority (74%) would be more likely to use hydrotherapy if it was within 20 minutes from home

Is there a need for hydrotherapy among the community?

Key findings – understanding the need for hydrotherapy in the area

Who is using hydrotherapy?

- » Research among stakeholders and local GP's and Physiotherapists suggested:
 - the main demographic with a need for hydrotherapy were **those aged over 60** for joint replacement rehabilitation and conditions such as **arthritis and osteoarthritis**
 - other likely demographic groups included teenagers to 35 year olds who were mainly undergoing hydrotherapy for sports injury rehabilitation
 - women were slightly more likely to use hydrotherapy than men (which was reflected in the results from the resident survey)
- » Research among residents aged 60+ suggested the main reasons for undergoing hydrotherapy related to:
 - Knee injuries (reconstruction, rehabilitation)
 - Hip replacements/hip injury, rehabilitation
 - Back pain/problems, rehabilitation
- » Hydrotherapy is increasing in popularity among the older age groups, as a form of exercise as well as therapy for health conditions. Health professionals feel that this is a more enjoyable form of exercise for the elderly and for the mobility impaired. Many feel that more would use it if there were more accessible facilities available

The statistics:

- » According to the Australian Institute of Health and Welfare, 15% of Australians (approximately 3.5 million people) are affected by Arthritis (in all it's forms)¹, with prevalence increasing with age². 1 in 6 Australians (3.7 million people) reported back problems in 2014-15³. This equates to:
 - 15,605 Bayside residents who could be suffering from some form of arthritis
 - 16,645 Bayside residents who could be suffering from back problems
- » In 2011-12, 64,946 total joint replacements were performed on Australians aged 35 or over, with the highest rate of both knee and hip replacements being in people aged 65-79².
- » In 2012-13, 5,500 Australians were hospitalised for sport related knee injury⁴. This does not take into account knee injuries that did not require a hospital stay or knee injuries not obtained through sport.

1: Source (accessed 24 July 2018): <https://www.aihw.gov.au/reports/chronic-musculoskeletal-conditions/arthritis-snapshot/contents/arthritis>

2: Source (accessed 24 July 2018): <https://www.aihw.gov.au/reports/arthritis-other-musculoskeletal-conditions/across-life-stages/contents/summary>

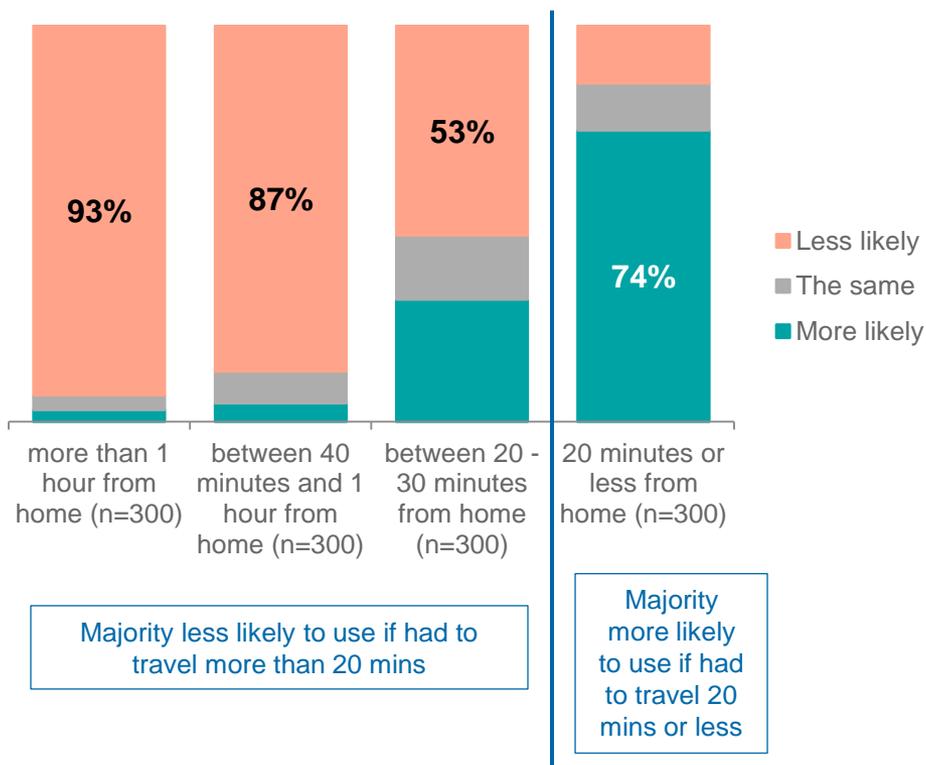
3: Source (access 24 July 2014): <https://www.aihw.gov.au/reports/arthritis-other-musculoskeletal-conditions/back-problems/what-are-back-problems>

4: Source (accessed 24 July 2018): <https://www.aihw.gov.au/reports/injury/hospital-care-for-australian-sports-injury-2012-13/formats>

Are current facilities meeting residents' needs?

Key findings – current facilities

Hydrotherapy usage is impacted by travel time:



18% of surveyed residents (who have not used hydrotherapy at all or in the past 12 months) said they have not considered hydrotherapy due to facilities being too far away and a further 12% were unsure where hydrotherapy facilities/services are

There appears to be a shortage of facilities in the area. Currently the closest facility available for public use is GESAC (Glen Eira Sports & Aquatic Centre)

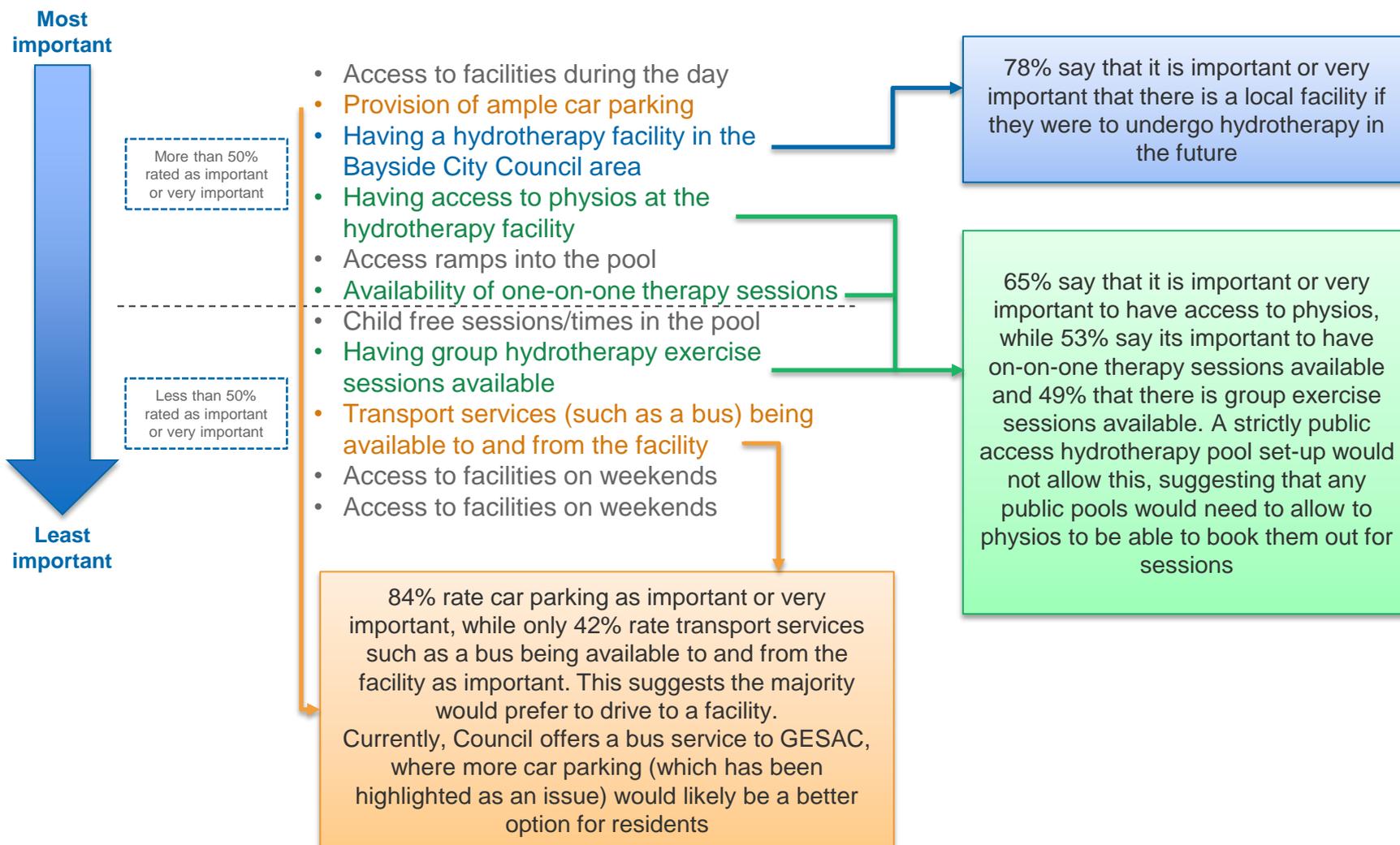
- » GESAC is not particularly accessible by public transport
- » There is a carpark shortage at the facility
- » They are at capacity – they could easily fill the facility if it doubled in size
- » They do not have any current plans to expand (unless they could also get space for car parking)
- » 15% of surveyed residents who had used hydrotherapy went to GESAC

Other facilities used by residents are private services, such as Connect Health, hospitals and other physiotherapists

- » Connect Health is not available for general public use (must be a patient)
- » Even for patients, they are at capacity with a waitlist of 100+
- » Private facilities do not allow for use by the general public
- » The majority of health professionals said they would be more likely to encourage people to undertake hydrotherapy if there were more/better facilities in the area

How can the needs of the community be met?

Key findings – what is required of a hydrotherapy facility



What are the options?

Key findings – options for provision of hydrotherapy services/facilities in the area

There are a number of options to explore in providing the residents of Bayside with additional, improved or upgraded hydrotherapy facilities.

Current facilities – upgraded?

- » GESAC have no current plans to extend/upgrade their facilities, unless they can buy a new carpark and more land for extending their pool
- » Connect Health would likely be better assistance to Bayside Council as they just need funding in order to expand their services because they have an old pool that they can't run to capacity because of ageing infrastructure. If they could upgrade they could run more sessions during the week and stay open longer on weekends potentially. They also have a bus service for members and consider themselves fairly accessible to patients – however access is just for patients as is not open for public use
- » Are there any other facilities that may be suitable? This may require further investigation by Council should they wish to explore the provision of public hydrotherapy facilities within the municipality

New facility – the Moorabbin upgrade?

- » Many were excited by the prospect of the inclusion of a hydrotherapy pool as part of the Stage 2 upgrade at Moorabbin. This is seen as a positive in terms of meeting needs of locals (particularly in light of the intention for the pool to be primarily for public use). However, there is the concern that Bayside is so large and services a large number of people, that this will not lessen demand for a pool within Bayside itself – as this facility would also service other neighbouring areas. There was also some concern that the general public would not have much access to the facility, despite the intention of the pool to be primarily for public use (refer to page 17). Moorabbin is also still a fair distance for some in the area so a facility within Bayside would better meet residents needs. Just like Glen Eira, Moorabbin is difficult to reach so there would need to be allowances for public transport and also ample car parking.

New facility – Bayside City Council Hydrotherapy pool?

- » The ideal solution would be a community hub with public pools as well as a hydrotherapy pool as it could be self-sustainable financially (as the general feeling was that a hydrotherapy pool on its own is very unlikely to be). However, the land cost could be inhibitive to this option unless Council has some site that they already own in the centre of Bayside. The research among key stakeholders suggested that the only way a new hydrotherapy facility could work is as part of a larger community facility with multiple pools that would allow them to offset the costs of running a hydrotherapy pool and allow them to have extended opening hours in general. The Connect Health centre would likely hire the pool for sessions and they are probably looking at a number of other local physios who would be happy to hire for sessions. This would allow for physio-led sessions as well as access to the general public for self-help sessions.

QUALITATIVE RESULTS

Key stakeholders, local GPs and Physiotherapists



Summary of findings from key stakeholders

Action Group

Hydrotherapy users

- » Usually seniors who have ongoing health issues and require rehab follow-up. Issues include arthritis, fibromyalgia, Parkinson's, stroke, rehabilitation following bone fractures/joint replacement/tendon injuries, tendinopathy, need to improve balance/coordination, shoulder/arm/neck pain, need to strengthen muscles, need to mobilise joints, general pain relief, need to improve fitness, and need for psychological therapy (multiple benefits)
- » It is also used by younger people who have had accidents or who have long-term illnesses like MS, etc.

Facilities, capacity and access

- » Volunteers at the school service (Berendale) run by Connect Health - change of Principal has meant hours were reduced from 9 a week to 2.75. Recently lobbied to gain an extra 2 hours to take to 4.75 hours a week (only for Connect Health clients, however)
 - Pool started in 2008 when the hospital closed (which had been running since 1987 – noted that this means 30 years ago there was felt to be a need and Bayside is only getting older, has average age 6 years above the average for Melbourne and projected estimates say that the 70+ group is set to increase by 38%)
- » GESAC in Glen Eira and Connect Health's pool (also in Glen Eira). There is another pool in City of Kingston and Kingston is set to get another pool (the Moorabbin one). The problem is that these pools are at capacity.
 - GESAC is open every day for the general public and Connect Health is open every day with late hours. The pool in Kingston is only for Kingston Health clients.
 - There is no direct form of public transport to Glen Eira – the bus trip takes about 2.5 hours each way. Kingston also has no direct access via public transport.
- » In order to be able to access one of the pools which is only for a health service client, need to go to a GP, get a referral to a physio with one of the health services, go to the appointment and be assessed that hydrotherapy is needed and then go on a waiting list to be able to attend the pool (since they are all at capacity). There are also the travel difficulties involved with this for many people.
- » Once using the pool, have to do a 6-10 week course with physio-led sessions and then after that it is possible to access the self-help groups at the local school (no time restrictions on how long you can spend in the pool at a time for self-help).
- » **A new facility** would need similar opening hours and offerings to GESAC – they have a few swimming pools as well so they can stay open 7 days a week.
 - Needs to be open to the public but, within that, physios could run sessions – local physios currently have to get the clients to GESAC. They would need the ability to book part of the pool.
 - Many who would benefit from hydrotherapy don't know about it. Physios would be enthusiastic and Connect Health would be supportive of an additional service (due to problems with getting patients to Glen Eira and the capacity reached at school service).
- » **The Moorabbin upgrade** might meet the needs of some residents who live in close proximity but there is no reliable public transport through to Moorabbin. Because GESAC and Connect are at capacity, this is likely to be at capacity too (once opened).

Summary of findings from key stakeholders

GESAC

GESAC is not particularly accessible by public transport and they are already at capacity, especially in terms of car parking which is mostly what keeps them from growing now. They can't really take any more people during peak hours and off peak hours are not well-suited to older patrons and those who need public transport, or even working people who need therapy or assistance. The best that they would be interested in is if Bayside wants to contribute to the Carnegie upgrades as this is being developed with inside pools and there is better (but still not great) access via public transport.

The pool:

- » GESAC has a wellness pool (as opposed to specific hydrotherapy) because it's not just used for hydrotherapy – also used for learn to swim lesson for kids under 3 and aqua fitness classes. However about 92% of usage is for hydrotherapy.
 - on average, at any one time there is approximately 15 users but can be up to 30-35 people during busy periods (max 40)
 - open between 5:45 pm and 9:30 pm on weekdays and between 7 am and 6:30 pm on weekends
 - physiotherapists can book out portions of the pool, however some space is always available for the general public (physio sessions take approximately 1/5 of the pool for groups)
 - has a ramp and hoist access
 - there is a 16+ age restriction, however exceptions are made if there is a need

Users:

- » Majority aged 60+
- » Wide range of use cases including arthritis, mobility assistance, car accident victims, and disabilities. Mostly used for self-help type sessions

Demand/capacity

- » Believe demand for hydro will keep growing – extended hours recently and that led to an extra ~200 members.
- » Believe they would definitely fill if they built extra and if they had the car parking to match (could make it double in size and would still fill it). They could easily grow 10%-15% each year. However they currently have no plans to extend (unless could get extra land for car parking).
- » Their fastest growing membership is their Activate membership (aged 60+)
- » Believe that Bayside City Council has fallen behind other councils on this and there is probably a need for more hydrotherapy facilities in the area as there are quite a few elderly residents. Would benefit from being multi-purpose built as well to assist with funding
- » Doesn't believe Moorabbin upgrade will take away much of the demand – maybe a very small amount who can travel by car

Summary of findings from key stakeholders

Connect Health

Connect Health offers hydrotherapy to their clients in their own hydrotherapy pool which is not open for public use. They run therapist led sessions for 6 weeks and then self-help sessions for patients (currently under review for those using the pool long-term for self-help – may require refresher therapy). They have a waitlist, although mostly for those wanting post-therapy access, but have a very small pool (15 people max) and their facilities are aged.

The pool:

- » Pool open 9am-7pm weekdays and open Saturday and Sunday mornings – then pool gets a rest and can stay at temperature. Aged infrastructure prevents them running more sessions, if they could run every day at peak standard, they could fit more people and could extend hours if they had upgrades. They would need funding to upgrade as they are self-funded
- » They also run classes at the pool in Berendale
- » Consider themselves relatively accessible via public transport – busses

Users

- » Their clients are typically older (60+) with most in 70s and 80s but some younger (30s and 40s). They also have kids with disabilities and people for rehabilitation from procedures etc.

Hydrotherapy benefits

- » Benefits of hydrotherapy include warm water, helps people get fit and active, helps with joints, etc.
- » Connect Health often recommend hydrotherapy to their clients
- » They would recommend hydrotherapy to more people – not just target group but everyone as there is strong scientific evidence of the benefits and the evidence from European programs shows how good it is

The need for and access to hydrotherapy

- » There is demand for use – they currently have a waitlist of 100+ and they only allow access once per week per patient. They believe 5-10% of their patients would prefer more access. 30-40% of their clients (out of ~600) are Bayside residents
- » GESAC and Caulfield Hospital are the only other dedicated hydrotherapy services in the area (Wave pool is warm but not hydrotherapy)
- » Believe Bayside is not well supported for hydrotherapy and that there is a need for a pool in the Bayside area itself and that if it was built it would definitely be used. It would need to be part of a combined community facility with a revenue stream to support it because of increased costs of hydrotherapy pools (due to higher temperature water and more infrastructure). It also needs to be close to public transport. They would be happy to run sessions there as an extension of their own program.
- » At the time of interview they were unaware of the Moorabbin upgrade. However they believed that a hydrotherapy pool in that area will only partially meet the needs of the Bayside catchment because it is large, so it would be much better to have a pool in a community hub in the centre of Bayside.

Summary of findings from St Kilda Football Club

Project Director – Moorabbin upgrade

Plans are still in the pre-concept stage

- » The club is hoping for the facility to be ready for use by the end of 2019 (subject to planning approvals etc)
- » There has been no specific demand analysis, however the pre-concept designs will plans are aimed at maximising the space available for land area and type
 - Current design has the pool at approximately a 10m x 9m x 5m triangular configuration
 - Pool access for all needs will be factored in to the design (i.e. hoists etc.)

The club recognises the need for hydrotherapy facilities in the area

- » The Club has advised that the public will have considerable access to the facilities throughout each day and week
- » The Club has had contact with many interested parties and are aware of the push for more hydrotherapy facilities in the area. Whilst no specific demand analysis has been conducted by the Club, they are aware of research recently done by the Kingston City Council and a local Action Group

The facility will be primarily for public use

- » The hydrotherapy facilities will primarily be for public use in addition to use by the club for players. The public will be able to access the facility for the majority of each day
- » The Club has spoken to CONNECT health and have advised that their physiotherapists and patients would have access to the pool
- » Initial plans (still pre-concept) include construction of a health & wellbeing centre above the hydrotherapy facilities, which would include physiotherapists, rehabilitation programs etc that could utilise the hydrotherapy facilities
- » The Club will review all possible management opportunities of the lap pool and hydrotherapy facility in the next 12 months

Summary of findings from local GPs and Physiotherapists

Local GPs and Physiotherapists

What are health professionals referring patients/clients to hydrotherapy for?

- » Diabetes
- » Arthritis
- » Osteoarthritis
- » Post operation rehabilitation
- » Low impact exercise
- » Weight loss
- » Shoulders/hip/knee replacement
- » Stroke
- » Kids with disabilities
- » Chronic conditions
- » Muscular injuries/issues
- » Skeletal injuries/issues/conditions
- » Spinal disorders
- » Increase mobility
- » Back pain

Services/facilities in the area

- » Health professionals refer to the following facilities/services:
 - GESAC (can be difficult to get into for physiotherapist led sessions)
 - Caulfield hospital
 - East Bentleigh Community Health Centre
 - Platinum Physio Brighton
 - Waves
 - Berendale Pool
- » Physical access to some facilities is an issue as public transport is not available or too far away/not enough and parking is difficult or is paid parking
- » Majority had not heard of the Moorabbin upgrade. Support was mixed with some worried about how it would impact their own business (physiotherapists running hydrotherapy), others were concerned that access would not be available to the public while others thought it was a great solution

Users of hydrotherapy

- » Mainly:
 - Those with low mobility
 - Older people (mostly 60+)
- » But can also be:
 - 18-35 year olds for sports injuries
 - Any age or sub-group for specific conditions
 - Elite sports people
- » Generally on-going treatment
 - Others suggest it's just for the life of the injury but still on-going within that period

Summary of findings from local GPs and Physiotherapists

Local GPs and Physiotherapists

The needs of the community

- » 15/17 interviewed believe Bayside is NOT well supported for hydrotherapy
 - Needs to be a more central facility for Bayside resident
 - Needs to be more reasonable pricing for elderly/pensioners
 - There are too many patients currently for facilities available in the area
 - Only pools available are private so it limits use for the public
 - Would encourage more people to use hydrotherapy, and for reasons other than specific conditions or rehabilitation (i.e. general fitness, wellbeing, etc.)
- » 16/17 health professionals interviewed would recommend more to undertake hydrotherapy if there were more/better services/facilities available
 - Hydrotherapy has many benefits
 - Enjoyable therapy/exercise – means more people will do it and stick to it
 - More facilities/closer would allow them to refer more people to it
 - The ageing population of the area means an increased demand for hydrotherapy
- » Hydrotherapy pool facilities should include:
 - Ramp or hoist for access for all mobility levels
 - Must have good public transport access and car parking
 - Change rooms to cater for all, including elderly (heated, spacious, private change areas, etc.)
 - Depth needs to be considered for those that have reduced mobility and if it's too deep it can be difficult to move around
 - Many believe sessions should be physio led or classes but ability to book pool for self-use for continued exercise or extra sessions – so a public pool only works if Physiotherapists can book it out to run sessions/classes as well

FULL DATA RESULTS

General Public Survey results



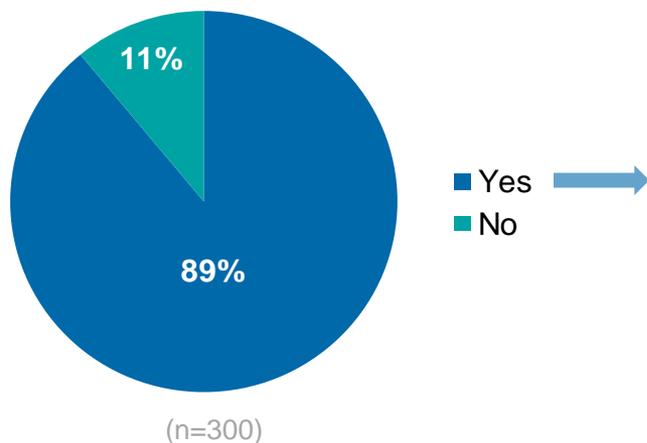
Hydrotherapy awareness

Almost 9 in 10 surveyed residents had heard of hydrotherapy, but less than half of those could name any facilities in the area

Q5 – Have you ever heard of hydrotherapy?

Q7 – Are you aware of any hydrotherapy services or facilities in the area? Which ones? (Unprompted)

Awareness of hydrotherapy



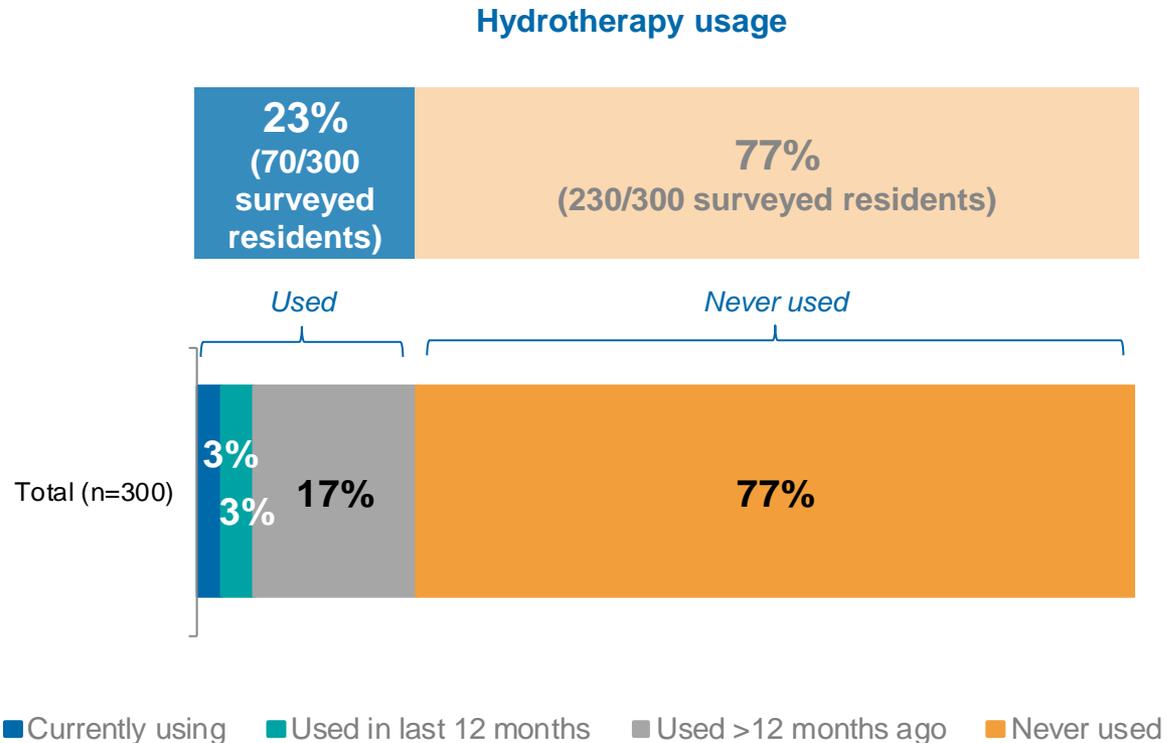
Awareness of hydrotherapy services or facilities in the area...

	Total (n=266)
Not aware of any	53%
Caulfield Hospital	7%
Sandringham Sports Physio (Tulip Street/King Club Sandringham)	7%
GESAC (Glen Eira Sports and Aquatic Centre)	6%
Epworth Hospital	6%
Brighton rehab centre	4%
Waves Leisure Centre	3%
Moorabbin Hospital (Monash Health/Centre rd)	3%
Classic Pool	3%
Hampton/Hampton hospital/pool	3%
Berendale Pool	2%
Public waves in Moorabbin	2%
Platinum Physio Brighton	2%
City of Kingston (Don Tatnell Pool)	2%
Bayside Public pool	2%
Monash Aquatic and Recreation centre	2%
In Bentleigh (Can't recall name)	1%
St Kilda -East Street (Private pool)	1%
Cabrini Hospital	1%
Connect Health	0%
Former Chilton	0%
Proximate to South Road (Can't recall name)	0%
Classic Residences Brighton	0%
Epworth Hospital/Epworth Rehabilitation Brighton (Wilson street)	0%

Hydrotherapy usage

Less than 1 in 4 surveyed residents had used hydrotherapy in the past, with 6% recently or currently using

Q8 - Have you ever used hydrotherapy?



Hydrotherapy usage

Knee, hip and back issues are the main reasons for hydrotherapy use among surveyed residents

Q9 – What are or have you previously used hydrotherapy for?

What hydrotherapy has been used for	Total (n=69)
Knee injury/knee reconstruction/knee rehabilitation	18%
Hip replacement/hip injury/hip rehabilitation	16%
Back pain/back problems/back rehabilitation	15%
Rehabilitation (general)	12%
Aqua aerobics/fitness/exercise	12%
Leg injury	8%
Arthritis treatment/improve mobility	6%
Shoulder pain/shoulder problems/shoulder rehabilitation	5%
Preventive therapy	3%
Foot reconstruction	2%
Neck pain/neck problems/neck rehabilitation	1%
Aches & pains (general)	1%

Hydrotherapy usage

GESAC is the most used facility for hydrotherapy

Q10 – Where did you go for hydrotherapy?

Where respondent went for hydrotherapy	Total (n=70)
Glen Eira Sports and Aquatic Centre (GESAC) (Bentleigh)	15%
Caulfield Hospital	12%
Epworth Hospital/Epworth Rehabilitation Brighton (Wilson street)	10%
In Bentleigh (can't recall name)	10%
Cabrini Health Elsternwick Rehabilitation Service	6%
Hampton/Hampton hospital/pool	6%
Sandringham Sports Physio (Tulip Street/King Club Sandringham)	6%
Waves	5%
Don't know/can't recall	4%
Moorabbin Hospital	4%
Classic Pool	3%
Brighton rehab centre	3%
Platinum physiotherapy	2%
Outside of the local area/interstate	2%
Berendale Pool	2%
Brighton Swim School Aquatics	2%
Melbourne Sports & Aquatic Centre Hydrotherapy Pool Albert Park	2%
St Kilda Sea Bar (not professional hydrotherapy service)	2%
Heidelberg Repatriation Hospital	2%
Claremont Terrace Aged Care	1%
Don Tatnell Leisure Centre	1%
Rosebud Community Rehabilitation Centre	1%

Hydrotherapy consideration

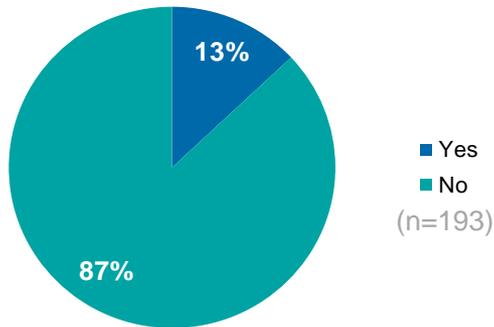
Among those who considered using hydrotherapy but didn't, location of facilities was the main barrier

Q11 – Have you ever considered using hydrotherapy?

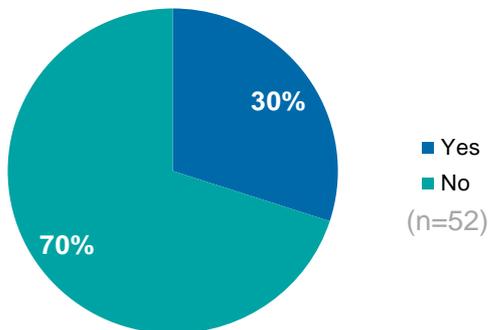
Q12 – Have you considered using hydrotherapy in the last 12 months?

Q13 – Why didn't you use hydrotherapy?

Hydrotherapy consideration (among surveyed residents who had heard of hydrotherapy but never used) Q11



Hydrotherapy consideration in last 12 months (among surveyed residents who previously used but more than 12 months ago) Q12



Why hydrotherapy wasn't used...

	Total (n=41)
May use in future/recently developed condition	22%
Facilities too far away	18%
Apathy/laziness/not considered seriously enough yet	16%
Not the best option for me	14%
Unsure where facilities/services are	12%
Doctor/physio recommended not to	7%
Apprehension/fear (e.g. inability to get out of water)	6%
Costs prohibitive	6%
Physiotherapy opted for instead	5%
Time poor/too busy	4%
Lack of available sessions	3%
Not offered to me	3%

Q11 only asked of those who said they have never used hydrotherapy at Q8

Q12 only asked of those who said they had used hydrotherapy more than 12 months ago

Q13 only asked of those who said they have considered hydrotherapy at either Q11 or Q12

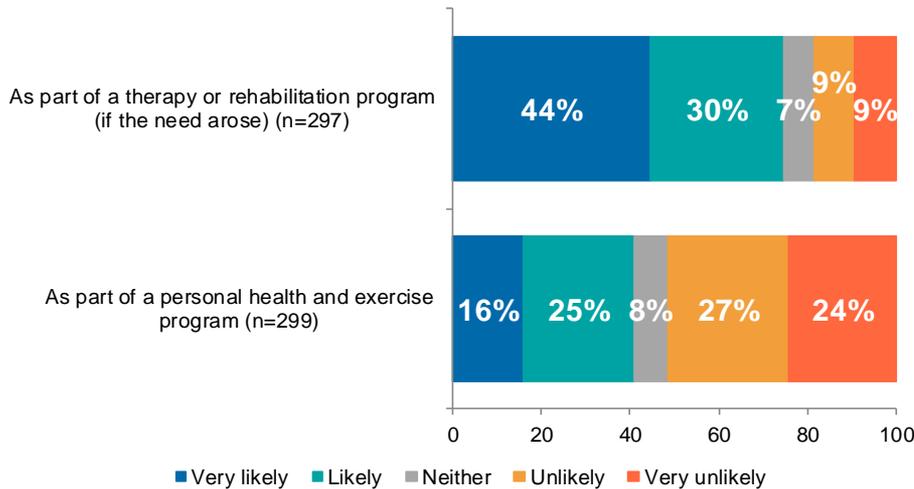
Future consideration

Nearly three-quarters of surveyed residents would consider hydrotherapy as part of therapy or rehab but less than half would consider for general health and exercise

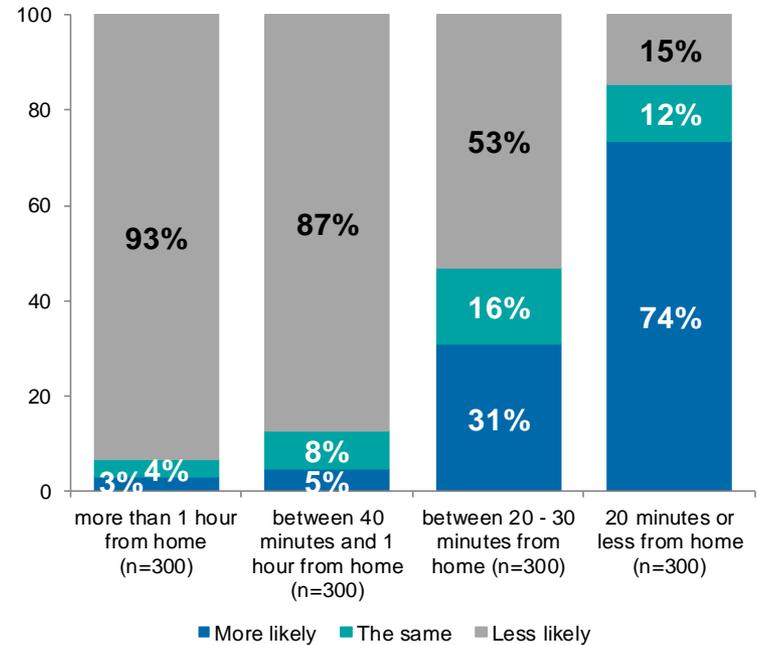
Q14 – How likely would you be to use hydrotherapy services in the future...

Q15 – Would you be more likely, the same, or less likely to use hydrotherapy services if the nearest facility was located...

Likelihood to use hydrotherapy services in the future...



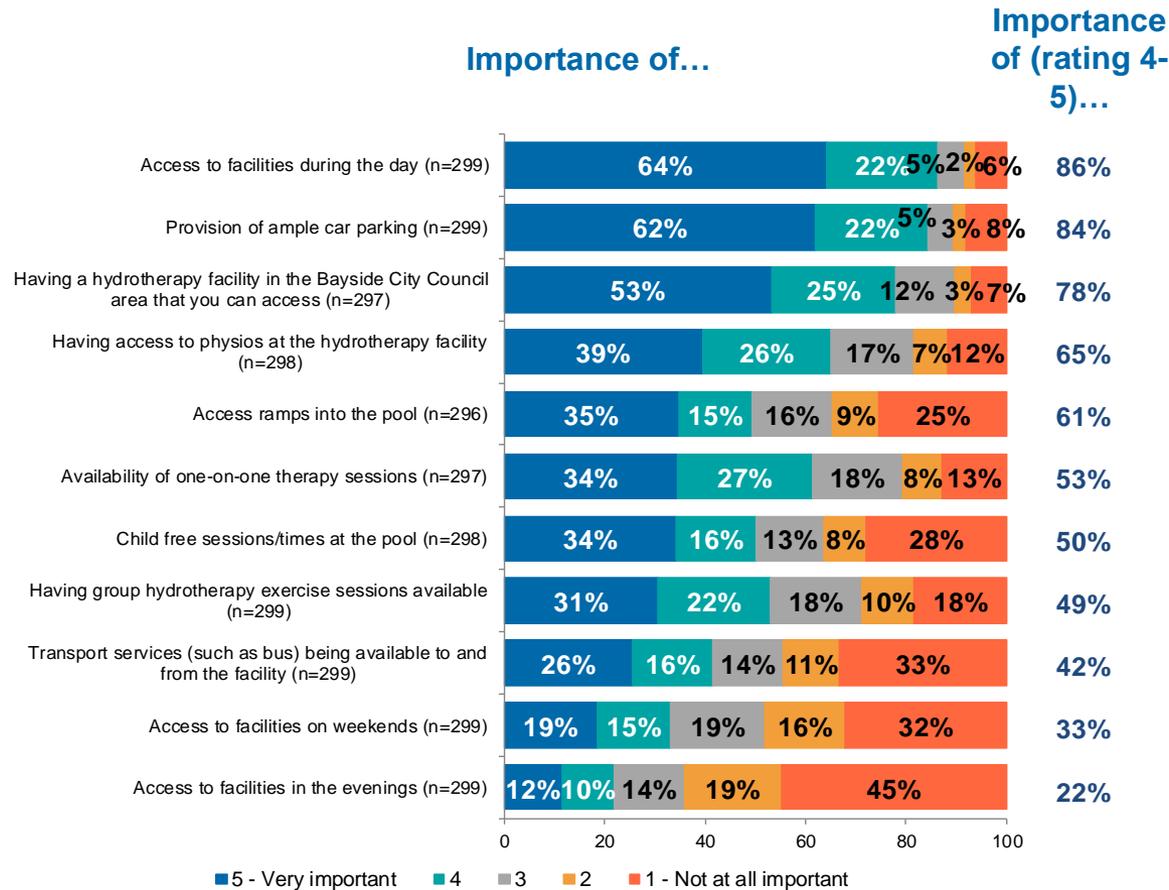
Likelihood to use hydrotherapy services in the future if the nearest facility was located...



Hydrotherapy facilities

Day-time access and ample car parking are considered to be the most important features of a hydrotherapy facility

Q16 – If you were to undergo hydrotherapy in the future, how important are the following factors?

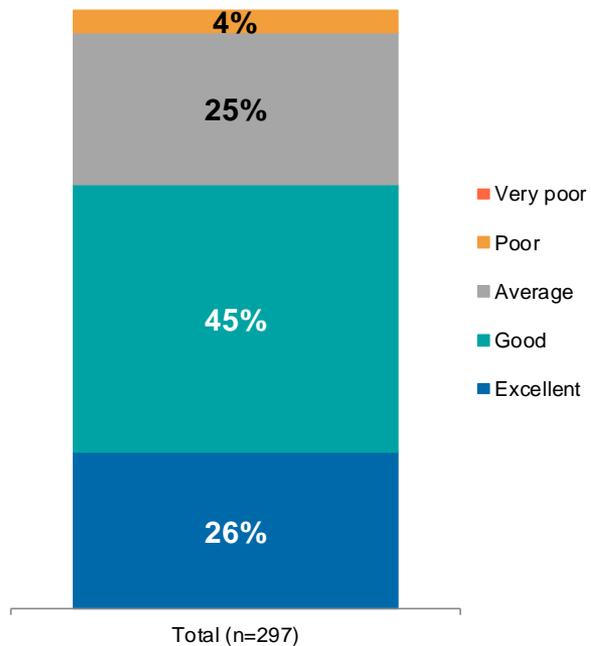


Demographics

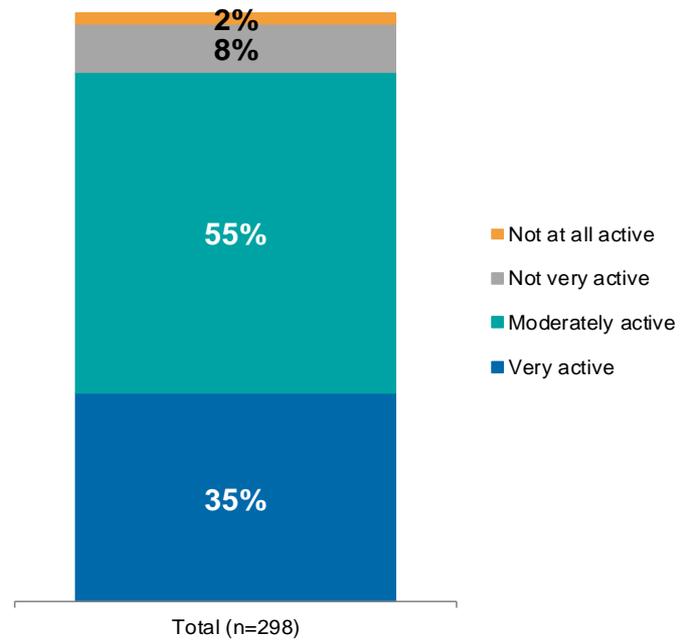
Q17 – Overall, how would you class your physical health?

Q18 – How active would you consider yourself to be?

Physical health assessment



Level of activity



Demographics

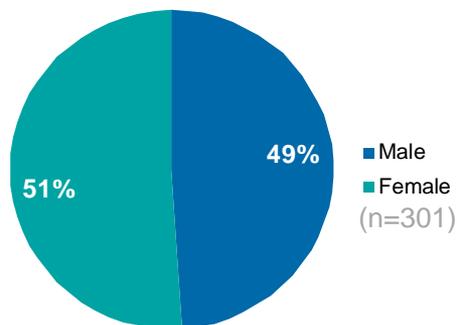
Q19 – In what suburb do you live?

Q3 – Record gender

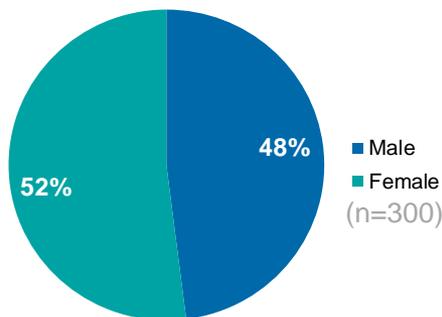
Q4 – In which of the following age groups do you fall?

Suburb (weighted)	Total (n=300)
Brighton	25%
Brighton East	20%
Beaumaris	19%
Black Rock	11%
Hampton	9%
Sandringham	7%
Cheltenham	4%
Hampton East	4%
Highett	2%

Gender (unweighted)



Gender (weighted)



Age (unweighted)

Age (unweighted)	Total (n=300)
60-64	14%
65-69	17%
70-74	19%
75-79	23%
80+	28%

Age (weighted)

Age (weighted)	Total (n=300)
60-64	24%
65-69	22%
70-74	18%
75-79	12%
80+	24%

THANK YOU



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