



OLDER ADULTS

Getting Active

CASE STUDIES



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FOREWORD

1999 was proclaimed as International Year of Older Persons (IYOP) and the Government committed itself to making it a special year and to recognise and value the diversity of older adults in our state.

IYOP provided an opportunity for government, business and the community to work together to improve the health and wellbeing of older people.

In 1999 the NSW Department of Sport and Recreation in partnership with the Australian Sport Commission, provided funding under the Active Australia, IYOP, Community Grants Scheme, to support not-for-profit organisations to extend the provision of physical activity programs or services for adults over 50 years of age.

In 2000 the Department again provided funding under the Older: WISAR (Welcome in Sport and Recreation) initiative for projects that targeted older adults.

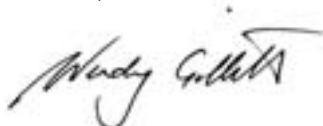
This resource highlights examples of some of the projects that were successful in improving opportunities for people over 50 years to participate in sport and recreation.

The case studies selected outline a variety of ways for older adults to gain health benefits associated with being physically active. It is well documented that regular exercise contributes to a more healthy and independent lifestyle, as well as making you feel better about yourself.

The selected projects also highlight opportunities provided to a number of target groups from within the older adult community.

I encourage you to use this resource to assist you to develop and deliver programs with and for people over 50.

Wendy Gillett,



Director,
Industry and Partnership

Project Title:	<i>Multi Sport and Recreational Program</i>
Organisation:	Albury City Council
Contact for Project:	Mr David Koren Parks and Recreation Officer Telephone: 0260 238 111
Partnerships:	Age Concern Albury Wodonga Inc., Veterans Affairs Albury Community Health Services
Project Description:	An initial 'Come and Try' day offering a range of activities in which to participate. A weekly activity program including badminton, carpet bowls, croquet, curling, shotball and table tennis followed the 'Come and Try' day.
Target Group:	Adults aged 50 years and over
Process Undertaken:	<ul style="list-style-type: none"> • Funding was obtained from NSW Sport and Recreation through the Active Australia, IYOP grant scheme, to supplement Council's contribution. • Marketing and promotion of the program was undertaken using letterbox advertising, newspaper, radio, mail out, internal promotion and television. • A new sport called Shotball, specifically designed for senior adults, was launched on the 'Day'. • Albury Sports Stadium staff made a commitment to the project and promoted it through a number of aged service organisations.
Project Outcomes:	The initial 'Come and Try Day' was very successful, however over the weeks following, the participation rate in activities dropped, which was disappointing. Numbers increased again after the local television advertising campaign.
Future Directions:	A number of activity options may be added to the program, including archery, bocce, bushwalking, canoeing, and orienteering. The program is to continue with a subsidy from Council and the small core group of participants will pay a nominal fee.

Project Title:	<i>Get Up, Have a Go, Get Active!</i>
Organisation:	Blacktown Primary Health Care Team
Contact for Project:	Mr Tadija Popovic Multicultural Health Worker Telephone: 02 9881 8700
Partnerships:	Blacktown Croatian Church, Blacktown Migrant Resource Centre, Health Promotion Unit, Western Sydney Area Health Service
Project Description:	A program consisting of a number of activities including gentle exercise, aquarobics and walking, for members of the Croatian community. The program encouraged Croatian residents living in the Western Sydney area, to gradually build up their fitness level, socialise, reduce isolation and improve their general wellbeing.
Target Group:	Members of the Croatian community working/living in the Western Sydney area, who are sedentary and in the 50 plus age group.
Process Undertaken:	<ul style="list-style-type: none"> • An Active Australia, International Year of Older Persons (IYOP) grant was obtained. • Flyers and health information brochures were produced and displayed in the Migrant Resource Centre and also mailed to Croatian groups and community members. • Croatian groups in the area were visited and provided with health information, education sessions and details of the project. • Four education sessions were held with two Croatian groups. • Information provided to the radio and print media. • Evaluation conducted at the conclusion of project.
Project Outcomes:	<ul style="list-style-type: none"> • 60 people attended the physical activities offered i.e. gentle exercise, aquarobics and picnic day/walk. • 9% of participants were aged 50 – 59 years, 64% were aged 60 – 69 years, and 26% were aged 70 years and over. • Participants gained a greater knowledge of health education and health issues affecting older adults.

- Increased awareness of the benefits of physical activity, including - different muscle groups used in various activities - correct moves and safety aspects of exercise, including correct footwear and sun protection outdoors.
- Participants increased their confidence, trust and the belief in being able to achieve a goal.
- The formation of new friendships and reduction in social isolation.

Future Directions:

As a result of the positive evaluation, all activities will continue to be offered, plus bocce, which was not conducted in this project, because of wet weather.



Members of the Croatian community participating in gentle exercise and aquarobics.



The Maltese Line Dancing group demonstrating their new skills

Project Title:	<i>Older and Wiser</i>
Organisation:	Doonside Community Health Centre
Contact for Project:	Mary Ann Grima Bilingual Counsellor Telephone: 02 9881 8650
Partnerships:	SBS Radio, Maltese Newspaper, Doonside Community Health Centre, La Valette Respite Centre
Project Description:	A twenty-six week Line Dancing program as well as a twelve-part media campaign on the benefits of physical activity, for the Maltese Community.
Target Group:	The Maltese community members over 50 years of age in the Western Sydney area.
Process Undertaken:	<ul style="list-style-type: none"> • Funding was obtained from NSW Sport and Recreation through the Active Australia, IYOP grant scheme. • Guidelines for the project were developed. • Instructor for the line dancing employed. • Promotional flyers and poster developed. • Twelve-part media campaign for Maltese Radio and Newspaper articles were developed.
Project Outcomes:	<ul style="list-style-type: none"> • Thirty-six participants attended the initial classes, with twenty participants (17 females and 3 males) continuing on a regular basis. • Tapes were developed to enable continuation of line dancing for future groups. • The group gave a line dancing demonstration at a social function for 400 seniors. • There was strong evidence that this new support group had benefited immensely, changing their habits from no physical activity to undertaking some daily activity. • Isolation was reduced and friendships developed.
Future Directions:	The group has now joined other groups in their area and has become self sufficient.

Project Title:	<i>Fit Residents of Gulargambone (FROG)</i>
Organisation:	Gulargambone Wellness Group
Contact for Project:	Ms Annette Kady Community Nurse Telephone: 02 6825 1201
Partnerships:	Gulargambone - Health Council, Community Health, Country Women's Association (CWA), Central School and CDEP Aboriginal Corporation
Project Description:	A program to promote the benefits of physical activity to the older residents of Gulargambone and to encourage them to participate in a gentle exercise program.
Target Group:	Older residents of Gulargambone including members of the Aboriginal community.
Process Undertaken:	<ul style="list-style-type: none"> • Funding was obtained from NSW Sport and Recreation through the Active Australia, IYOP grant scheme. • Collaboration between the various partners involved developed a program of information sessions and gentle exercise classes at two venues. • A weekly column in the Gulargambone community newspaper promoted the physical activity message and invited people to join in the fun. • Owing to difficulties encountered in securing an accredited gentle exercise instructor, the program was altered to provide Tai Chi classes.
Project Outcomes:	<ul style="list-style-type: none"> • Tai Chi was offered over a ten-week period at two venues. • Ten participants from the CWA and fifteen from the Aboriginal community commenced the classes. The CWA group participation rate reduced to six participants and the Aboriginal group also reduced in numbers, with attendance varying from week to week. • Two Tai Chi workshops were also conducted to fine tune skill levels in various movements learnt over the 10-week period, and to develop additional advanced movements.

- The project increased the understanding of the importance of physical activity for all ages and increased skill levels.
- Various videos on Tai Chi and Exercise for Arthritis, plus equipment was purchased to enable continuation of the program.

Future Directions:

Gulargambone is a small, isolated rural town with a population of 489 including 137 residents over the age of 65 years. Services are very limited and difficulties were experienced in obtaining suitably qualified instructors.

The FROG group has maintained their interest and it is hoped that some Cardiac Rehabilitation clients will join the group. An additional program of six Qi-gong classes has been offered.

The equipment purchased with some of the funding will ensure the project is sustainable in the future, during periods when there is no instructor available.



Project Title:	Wagga Wagga Aboriginal Elders Activity Group
Organisation:	Greater Murray Area Health Service / Wagga Wagga Community Health
Contact for Project:	Ms Fiona Dangerfield Co-ordinator Aboriginal Health Care Project Telephone: 02 6938 6411
Partnerships:	Wagga Wagga - Aboriginal Homecare, Community Health, NSW Sport and Recreation (Riverina), South Wagga Wagga Bowling Club.
Project Description:	The project offered activities promoting and supporting physical activity for Aboriginal elders in Wagga Wagga. Coaching clinics in Lawn Bowls and Shotball were conducted as well as Walking for Pleasure.
Target Group:	Lawn Bowls, Walking for Pleasure and Shotball specifically targeted Aboriginal elders in Wagga Wagga. The target groups for the lawn bowls championships were Aboriginal elders from Wagga Wagga, Leeton, Albury and Narrandera.
Process Undertaken:	<ul style="list-style-type: none"> • An Active Australia, IYOP grant was obtained. • Support provided by the Aboriginal community by organisations represented in the Wagga Wagga Koori Interagency Action Group. • Lawn Bowls practice clinics established on a fortnightly basis. • Walking for Pleasure group established on a weekly basis. • Shotball training workshop organised for the group to attend.
Project Outcomes:	<p>Project outcomes include;</p> <ul style="list-style-type: none"> • Increased participation in physical activity on an ongoing basis. • Increased social interaction for Aboriginal elders in Wagga Wagga and between elders from Albury. • Increased opportunities for cultural awareness and reconciliation for the wider community.

Also a significant outcome of the project has been the extent to which the Aboriginal elders group has grown and developed to be an independent group within their community.

The group;

- Conducts monthly meetings with an elected chairperson, secretary and treasurer.
- Manages their own community hall to provide a meeting place they can call 'their own'.
- Determines the direction and development of all activities within the group.
- Offers support and acts as role models to the Aboriginal community of Wagga Wagga.
- Has become very independent with their reliance on government and non-government organisations decreasing.

Future Directions:

The Wagga Wagga Aboriginal Elders Activities Group has been very successful. It is planned to continue the lawn bowls activity on a fortnightly basis.

The Walking for Pleasure group will continue to meet on a weekly basis. It is planned to expand this group to enable all members of the Aboriginal community to attend.

It is envisaged that Shotball will be established for those from the group who are keen to be involved, with participation aimed at both the Aboriginal and non-Aboriginal community.

Aboriginal elders ready to enjoy their game of Lawn Bowls.



Project Title:	<i>Hawkesbury Seniors' Challenge</i>
Organisation:	Hawkesbury City Council (IYOP Committee)
Contact for Project:	Ms Jennifer Bousfield, Aged and Disabilities Officer Telephone: 02 4560 4586
Partnerships:	Various sections of the Health Department, neighbourhood aid, community transport and sporting, recreation and leisure groups within the Hawkesbury area.
Project Description:	A series of events held between 18 – 24 October 1999 including walking, fishing, golf, gardening, tennis, board games, snooker, swimming and water activities, organised in conjunction with local sporting clubs/groups and community and service organisations.
Target Group:	All seniors including those from culturally diverse backgrounds, the well aged, frail aged and seniors with a disability aged 55 years and over. Aboriginal Australians aged 45 years and over were invited to participate.
Process Undertaken:	<ul style="list-style-type: none"> • An IYOP Committee was established by senior residents of the Hawkesbury area in conjunction with staff from Hawkesbury City Council and local Community Services. • Funding was obtained from two sources <ul style="list-style-type: none"> - NSW Sport & Recreation - Ageing and Disability Department • The committee planned, organised and staged the Hawkesbury Seniors' Challenge, which gave seniors' a chance to demonstrate their skills, knowledge and experiences. <p>Planning included:</p> <ul style="list-style-type: none"> - 'Seniors' Challenge' - schools poster competition depicting 'A Society for all Ages'

- A seminar 'Growing Older, Growing Wiser'
- Seniors Computer Group
- Best Dance Party for Ages
- Seniors Car Rally
- Family Picnic and Awards Presentation

Project Outcomes:

Over 400 Seniors participated.

Awards and Prizes for a poster competition gave school children the opportunity to express their understanding of 'A Society for all Ages'.

Over 100 frail aged seniors attended a seminar Growing Older Growing Wiser, with many more attending other activities in the local park.

Seniors experienced activities for the first time including oil painting, golf, tennis, dancing, indoor bowls, as well as activities that they had not participated in for a long time.

Participation subsidies provided to seniors on lower incomes increased the number of participants.

The establishment of the Seniors Advisory Group with representatives from the Seniors Challenge committee joining a formal Council committee, which will assist in informing Council's Social Plan on issues pertaining to the aged in the Hawkesbury area.

Future Directions:

It is anticipated that this event will continue during Seniors Week with many more participating as word spreads of its fun and success. Sponsors have indicated that they would be happy to be involved in future Challenges. The District RSL Club has prepared a shield and offered an indoor bowls challenge to members of the Hawkesbury Senior Citizens Centre on a regular basis, to be held between the two centres. Challenges in the future may also be held between the Hawkesbury district and surrounding districts in several events.

Project Title:	<i>Older: WISAR (Welcome in Sport and Recreation)</i>
Organisation:	Masters Swimming NSW
Contact for Project:	Ms Di Coxon-Ellis Secretary/Administrator Telephone: 9566 1223
Partnerships:	AUSSI Masters Swimming and NSW Amateur Swimming Clubs
Project Description:	To provide accredited training courses for adults to become swimming coaches, and to have an appreciation of the special needs of older adults participating in swimming programs. The courses encouraged adults over 50 years of age to participate and become role models for the older adult community.
Target Group:	Males and females 50 years and over from across New South Wales.
Process Undertaken:	<ul style="list-style-type: none"> • Grant was obtained from the Department under the Older: WISAR (Welcome in Sport and Recreation) funding. • Four courses were proposed to be conducted on the Central Coast, South Coast, North Coast and in the South West Metropolitan area of Sydney. • Notification of all courses was included in quarterly newsletter sent to members. • Course details were included in the monthly calendar issued to all members. • All club secretaries were forwarded flyers and application forms. • Coloured laminated flyers were displayed at major meets leading up to the courses. • People who had inquired about training courses during the past few years were sent details. • Places in the training courses were offered free of charge to people over 50 years of age.

Project Outcomes:

- Three of the four courses planned were conducted on the Central Coast in July, Coffs Harbour in October and Campbelltown in November. The course planned for the south coast was unable to be conducted due to the resignation of the State Coaching Director.
- Twenty-eight participants took part in the three training courses.
- Twenty of the participants were over 50 years of age, made up of eleven males and nine females.
- An increase in the number of accredited coaches available.
- All participants have given an undertaking to participate as coaches for at least a period of twelve months.
- An increased awareness of the benefits of suitable physical activity for older adults.

Future Directions:

- Upon completion of the practical hours there will now be an additional twenty new coaches to both teach older adults to gain new swimming skills and to train older adults in how to maintain and improve their swimming ability.



Project Title:	<i>Over 50's Active Recreation for People with a Disability</i>
Organisation:	Roselands Sports and Aquatics Club
Contact for Project:	Ms Jenny Bombardieri Executive Officer Telephone: 02 9580 6884
Partnerships:	Disability Organisations, Volunteer Link, Community Transport, Local Government
Project Description:	An active recreation program for people over 50 years of age who have a disability. The program offered active participation, transport assistance, social interaction, improvement in recreational skills and assistance to identify further suitable recreational opportunities and ongoing options for participants.
Target Group:	The project targeted people with a disability over 50 years of age, inclusive of those people with an intellectual disability, acquired brain injury and/or psychiatric or behavioural conditions. It was aimed at home bound and hostel residents who have limited opportunities for recreational pursuits.
Process Undertaken:	<ul style="list-style-type: none"> • Funding was obtained from NSW Sport and Recreation through the Active Australia, IYOP grant scheme. • Initial consultation was undertaken with staff from Supported Boarding House Project to determine best venues, times, activities, etc. • A planning meeting with project staff and co-ordinator was held to organise and finalise the program. • Venues and transport were booked and budget finalised. • A flyer was produced and promotion was undertaken through club's newsletter and mailing list and through the local disability network. Team staff promoted program directly to the managers of each house within the program area.

Project Outcomes:

Two six-week programs were conducted with a total of 73 clients participating in a wide range of activities. Participants developed skills, knowledge and abilities in activities such as gentle exercise, tenpin bowling, bocchia, indoor cricket, basketball and T-ball.

Social interaction between individuals and groups was consistently high. Smoking during the program decreased as interest and involvement increased. Participants were happy and keen to return each week and those who controlled their own finances chose to save \$2 each week for their sport.

Everyone gained an increased awareness of the issues and barriers for these clients to participate, and considered possible strategies to overcome them.

Future Directions:

Interest was shown by a community organisation to provide further programs in the community for people with a disability.

Staff support was high and the groups involved in the project are keen to continue the program and to seek funds for them.

Note:

Owing to the success of this project and the involvement of various organisations, Mental Health/Ageing and Disability Department have provided funds to continue recreation programs for residents of Supported Boarding Houses.

Robert assisting Reg to putt.



Organisation:	Shotball Australia Inc.
Contact for Project:	Ms Colleen Wilson-Lord, OAM President, Shotball Australia Inc. Telephone: 0260 263 006
Partnerships:	Panania and Revesby Probus Clubs, Greater Murray Area Health Service, Rural Ageing and Lifestyle Group, Charles Sturt University, Age Concern Albury
Project Description:	The development of a new sport designed specifically for older adults based on netball and basketball.
Target Group:	Adults aged 50 years and over
Process Undertaken:	<ul style="list-style-type: none"> • Grant received from Department of Sport and Recreation to develop the sport throughout New South Wales. • Established a State Association. • Promotion undertaken through various community organisations. • Come 'n' try days undertaken in rural areas to promote the sport. • Resources developed including a manual, video, rule book, flyers.
Project Outcomes:	At the conclusion of the twelve-month period 187 registered members and 15 registered groups were formed.
Future Directions:	<p>A State Association has been established to ensure the future viability of the sport.</p> <p>It is planned to conduct thirteen workshops across NSW to further expand the sport.</p>



An evaluation on the health benefits associated with playing Shotball is to be conducted.

Participants enjoying a game of Shotball

ACTIVE AUSTRALIA

Active Australia

It is well documented that regular physical activity for all ages contributes to a healthier, more independent lifestyle. People with an active lifestyle feel healthier are more flexible and have an improved sense of wellbeing. Research shows that it also reduces the risk of heart disease, stroke, colon cancer and diabetes.

Participation in physical activity is also a great way to get out and meet new people, feel more relaxed, sleep better and have more fun.

Thirty minutes of moderate activity on most days of the week is all it takes to gain many health benefits. You can even accumulate the 30 minutes by doing three short 10 minute bouts, if that's easier for you.

There are lots of ways for older adults to be active. Activities such as walking, dancing, swimming, gentle exercise, aquafitness, gardening and golf are all excellent ways of keeping physically active and remember it is also important to maintain a healthy diet.

If you would like to receive a guide on ideas on ways to improve your physical activity, or more information on activities available in your local area, phone;

13 13 02

(TTY 9006 3701 – for people who are deaf or have a speech or hearing impairment)

