

MATURE AGE PHYSICAL ACTIVITY NETWORK

(MAPAN)

EMAIL UPDATE

JULY 2004

ANNOUNCEMENTS, RESOURCES AND UPDATES

TARGETING MATURE AGE PARTICIPANTS – NEW RESOURCE

Produced by the Office for Recreation and Sport, in conjunction with Active Ageing SA, this resource is designed to help organisations attract more mature age people to their physical activity programs. The resource highlights the barriers to participation and strategies to overcome the barriers, debunks the many myths and misconceptions regarding participation by this age group, and provides suggestions for organising and promoting physical activity programs to potential participants.

The resource is available free of charge by contacting Laura Perdue at the Office for Recreation and Sport on 8416 6614 or via email perdue.laura@saugov.sa.gov.au. A pdf version is also available. **Stay tuned for announcements regarding workshops based on this resource.**

LIVING LONGER LIVING STRONGER PROJECT

<i>Editors Note – Some of you will recall hearing about this project at the Mature Age be active Forum 2003. There has been a significant amount of progress since the Forum and I thought it would be beneficial to update everyone on the project.</i>
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The Living Longer Living Stronger Project is being conducted by COTA National Seniors and is supported by the Department of Human Services, Office for Recreation and Sport and the Department of Veterans' Affairs.

It aims to increase the quality and quantity of strength training programs for older people by endorsing fitness providers who adhere to set criteria and by encouraging older people to engage in strength training for the benefits to both health and lifestyle.

The Endorsement Scheme requires all fitness providers (Partners) to provide regular, supervised, progressive strength training sessions at a time suitable for older people (ie during the day) and at a low cost (no more than \$5 per session or equivalent). All clients need to be assessed individually and given a personal program, but will exercise in a group environment.

To encourage participation, COTA National Seniors will undertake an extensive promotional campaign including articles and advertisements in COTA National Seniors' publications and local print media, direct marketing to older person groups, and the publication of an Endorsed Partners brochure outlining the details of endorsed centres.

The project has so far been directly promoted to the fitness industry and the health, rehabilitation and community sectors through presentations and forums. Considerable interest has been shown and a number of fitness centres are looking to sign up to the scheme. With the groundwork almost complete, the Living Longer Living Stronger project aims to conduct an in-service training program for Endorsed Partners in late July 04, and commence the promotion of the program to consumers and stakeholders thereafter.

For further enquiries, please call Christian Hall at COTA National Seniors on 8232 0422.

ACTIVE AGEING SA PHYSICAL ACTIVITY RESOURCE DIRECTORIES

AASA have a series of physical activity directories available for reference. These directories, highlight the local physical activity opportunities available for mature age people and are designated by local government areas. The directories are available on their website at <http://www.activeageingsa.net.au/resource.html> or by ringing their Hotline on 8232 9077.

SENIORS INFORMATION SERVICE FACT SHEET ON PHYSICAL ACTIVITY

Some of you may be aware that the Seniors Information Service has a series of fact sheets on health and well-being. There is now a fact sheet on physical activity (produced by the Office for Recreation and Sport in conjunction with Active Ageing SA) in the series. The fact sheets can be obtained in hard copy by contacting the SIS on Metropolitan 8232 1441 or Country Freecall 1800 636 368. Clicking on the link below will take you directly to the physical activity fact sheet, which may be useful in advocating for or promoting mature age physical activity.

<http://www.seniors.asn.au/HWfiles/hwPhysicalActivity.pdf>

PROFESSIONAL DEVELOPMENT OPPORTUNITIES

ANNUAL FALLS FORUM

The annual Falls Forum, supported by the Statewide Falls Prevention Network and Department of Health, is on again! The date is **Tuesday October 5**, so please put this in your diary now. Venue: Education Development Centre, Hindmarsh. Cost: \$66 (incl. GST)

This year, Active Ageing SA has been secured by Health Promotion SA to plan and manage the Forum. For further information or to register contact the Project Manager, Katrina Reschke Tel 08 8232 4467 (B) or 0414 594 347 (M). katrinareschke@activeageingsa.net.au

CENTRE FOR PHYSICAL ACTIVITY IN AGEING - EXERCISE AND THE OLDER ADULT COURSE

Date: 23 & 24 July and 21 July & 1 August (conducted over two weekends)
Venue: CPAA , Hampstead Rehabilitation Centre, Hampstead Road, Northfield
Cost: Fitness Leader Certificate Level \$180, Certificate of Attendance \$130, Students \$100

This course provides essential and up to date information concerning the safe and effective conduct of exercise and activity programs for older persons.

It is designed for fitness leaders, personal trainers, exercise physiologists, exercise and sports science students, therapy aides and other health professionals who may be conducting "older adult" fitness classes or intending to incorporate exercise into a program specifically aimed at older persons. Nb: for certificate level accreditation, you must first complete the Core Course and One elective eg: Gym Instructor

For further information or to register contact Linda Fretwell at CPAA on 8222 1767 or email lfretwell@hampstead.rah.sa.gov.au

be active UPDATE – NEWSLETTER PUBLISHED

The **be active** Newsletter has been developed by the Physical Activity Council (PAC) in response to public interest in the area of physical activity.

The newsletter provides information regarding the Government's efforts in this area, highlights various Government grants available that support physical activity initiatives, as well as the involvement of **be active** at events such as the Jacob's Creek Tour Down Under and the Royal Adelaide Show. The newsletter also provides an update on activities in DECS and other government departments as well sport and recreation opportunities for people with disabilities and the mature age.

The newsletter will be produced quarterly and will be produced in hard copy for the first 12 months with an anticipated electronic version being developed in the near future. To obtain a copy of the current newsletter (or multiple copies to distribute to your networks) or be placed on the mailing list for future newsletters, please contact the Executive Officer to the Physical Activity Council, Ms Terri Lamoree, on 8416 6722 or via email lamoree.terri@saugov.sa.gov.au

MOVE IT – NEW GRANTS PROGRAM LAUNCHED

*Editor's note: Please see below about a new grants program that is being rolled out. There is a strong focus on increasing opportunities for people from specific population groups and on community development/partnership programs. Only community based **non-profit sport and active recreation organisations** are eligible to apply, however, community groups such as seniors clubs, ethnic clubs, service clubs, community health and support agencies etc could partner with a community recreation and sport organisation to develop a joint project that meets the needs of their members/clients.*

The Minister for Recreation, Sport and Racing is pleased to invite applications for grants through the inaugural **MOVE IT! Making Communities Active** program.

- Increase participation in physical activity in active recreation and sport
- Increase access to active recreation and sport opportunities
- Increase the participation of people from specific population groups
- Provide innovative solutions that address barriers to the community's participation
- Foster coordination and collaboration amongst stakeholders
- Provide education and information regarding the benefits of being physically active
- Encourage those currently not participating in active recreation and sport to participate
- Link organisations within the community as a means of fostering partnerships to address community health through active recreation and sport; and
- Increase, within the recreation and sport sector, knowledge of successful strategies for getting people to be physically active.

Amount of Funding available

Grants of up to \$50,000 are available to eligible active recreation and sporting organisations.

Information Sessions will be conducted at the Office for Recreation and Sport, 27 Valetta Road, Kidman Park, on

- Monday 19 July commencing at 7pm
- Tuesday 20 July commencing at 10am. **Registrations are essential.**

To register for one of the information sessions or to receive an application form, please call the Office for Recreation and Sport on 8416 6708 or visit our website at http://www.recsport.sa.gov.au/move_it.shtml. Application forms are also available at reception.

APPLICATIONS CLOSE: FRIDAY 6 AUGUST 2004

For further information please contact:

Rachel Militz
Grants Consultant - Move It! Making Communities Active Program
Phone: 61 8 8416 6712
Email: militz.rachel@saugov.sa.gov.au

LINKED UP

International Council on Active Ageing

Editor's Note: - I would encourage everyone to have a look at this Canadian site. I came across it by chance and have found the information interesting, useful and very progressive. In particular check out their published articles. There is something there for everyone.

The International Council on Active Aging (ICAA) is dedicated to changing the way we age by uniting professionals in the retirement, assisted living, fitness, rehabilitation, and wellness fields to help dispel society's myths about aging. We will also help these professionals to empower aging baby boomers and older adults to improve their quality of life and maintain their dignity.
<http://www.icaa.cc>

The British Medical Journal reviews the history of research into physical activity and heart disease
<http://bmj.bmjournals.com/cgi/content/full/328/7448/1089>

Health *Insite* is an Australian Government initiative, funded by the Department of Health and Ageing. It aims to improve the health of Australians by providing easy access to quality information about human health. Click on the link below to take you to the part of the site containing resources and links regarding exercise for older people.
http://www.healthinsite.gov.au/topics/Exercise_for_Older_People

Exercise staves off the effects of aging on the brain
<http://www.intelihealth.com/IH/ih/IH/WSIHW000/333/7228/381846.html>

Weight loss and exercise help ease arthritis
<http://www.newswise.com/articles/view/504662>

Preventing Falls – Updated Literature Review
The updated literature review on falls and falls injury prevention, An analysis of research on preventing falls and falls injury in older people: community, residential care and hospital settings, is available at:
<http://www.health.gov.au/pubhlth/strateg/injury/falls/index.htm>