



Gymnastics
Victoria

VAAP Self-Assessment Tool & Resources (SaTR)

***Move for Life* program**

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Program Background

- SSA's are modifying traditional programs to engage older adults
- *Move for Life:*
 - Adults aged 55+
 - Fun and social
 - Improves functional mobility, strength, coordination and balance
 - Novelty/creative alternative to traditional physical activity



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SaTR Evaluation



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- Utilised 4 times over 4-6 weeks
- Provides a framework for evaluation across the lifespan of the program
- Key Benefits:
 - Identify key areas for improvement
 - Develop an action plan
 - Inform the annual review process

