

# Overview of the Active Neighbourhoods for Older Australians (ANOA) project for funded houses



Active Neighbourhoods  
for Older Australians



MUSCULOSKELETAL  
AUSTRALIA

# Musculoskeletal Australia (MSK)

Musculoskeletal Australia has been supporting people with arthritis and musculoskeletal conditions for 50 years.

MSK is a place for those living with musculoskeletal conditions to get informed and get supported.

**MSK Website:**

<https://www.msk.org.au/>

**Help line:**

Weekdays 9am-5pm

Contact our MSK Help Line on 1800 263 265 or email [helpline@msk.org.au](mailto:helpline@msk.org.au).



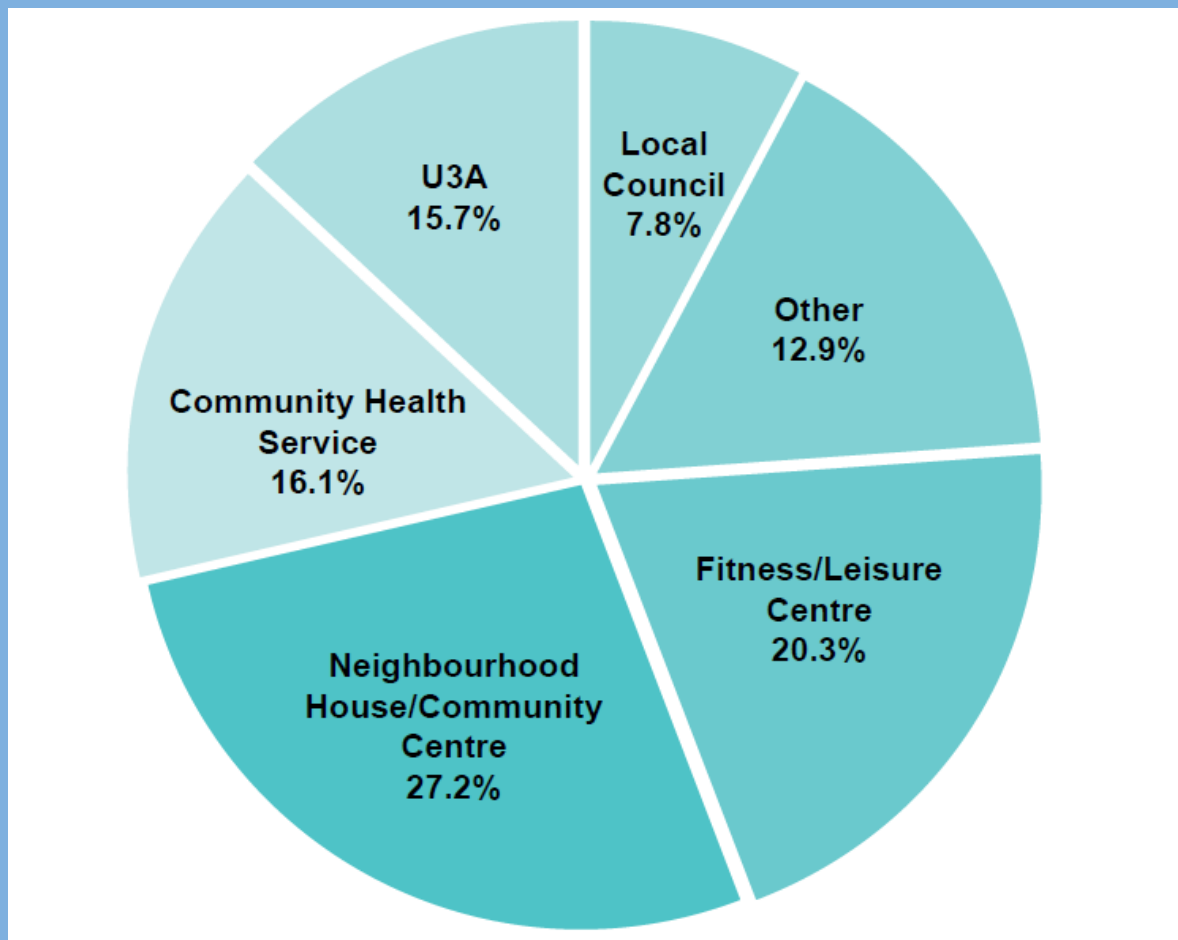
# *Active Neighbourhood for Older Australians (ANOVA) Project*

The 'Active Neighbourhoods for Older Australians' project will aim to:

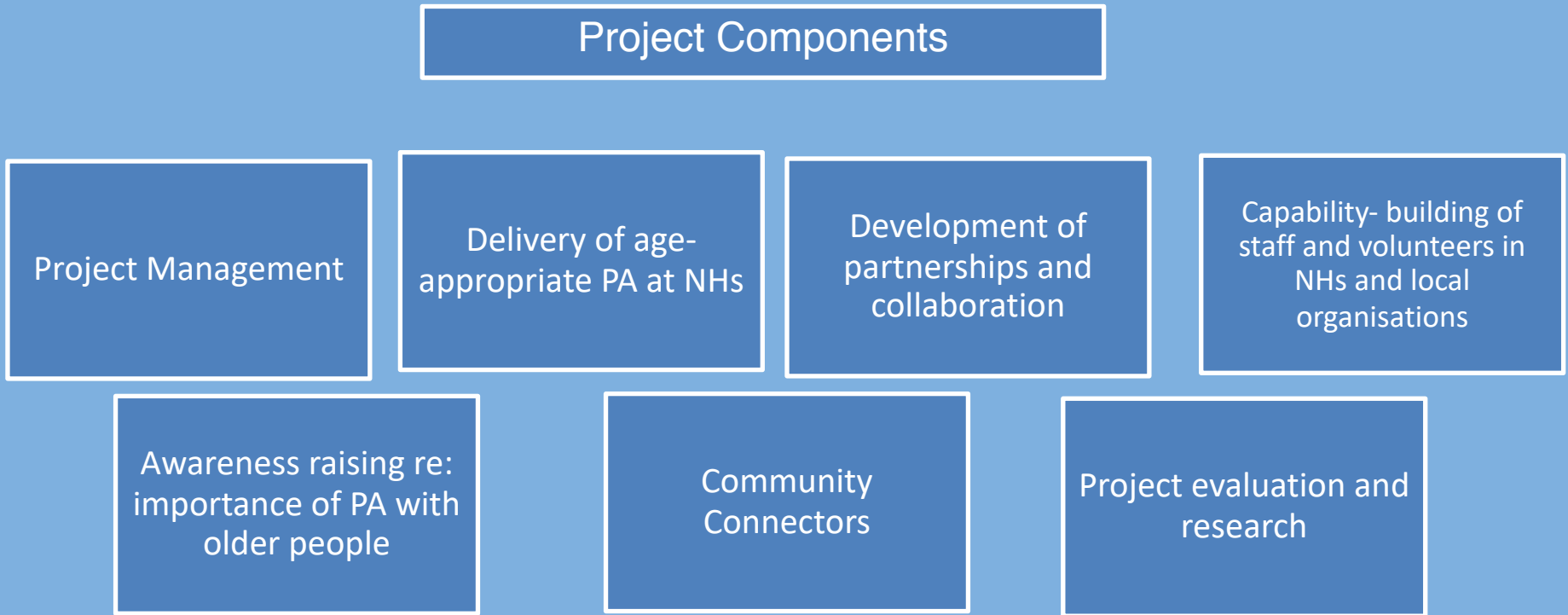
- enhance understanding of the benefits of regular PA;
- improve access to PA amongst older people through Neighbourhood Houses
- enable PA to be a regular component of the participants' lives;
- support engagement in PA by developing a peer support program; and
- improve the knowledge and skills of staff and volunteers



# Providers of structured PA programs for older people in Victoria



# Project Components



# *Supporting older people's engagement in physical activity at Neighbourhood Houses (NHs).*

**Active Neighbourhoods for Older Australians (ANOA) recently funded 64 Neighbourhood Houses or Centres across Australia.**

The funding will assist:

64 NHs to provide new PA programs for older people

95 new PA programs will be provided across Australia

approximately 5602 new participants will engage in these programs

approximately 1959 existing participants will benefit from increase in programs.

MSK will be funding another 30 NHs across Australia to commence programs in 2020, which will mean even more PA programs available.

\*based on project plan figures

# Marketing & Social Media

## Brand Toolkit

Both the ANOA logo and Sports Australia logo should appear on any relevant communications and materials.

## Social media

ANOA uses Facebook and Instagram to connect daily with supports.

[facebook.com/activeolderpeople](https://facebook.com/activeolderpeople)

[instagram.com/activeolderpeople](https://instagram.com/activeolderpeople)

## Tags

@activeolderpeople (instagram) or

@activeolderpeople (facebook)

with the hashtag #moveitausgrants and #activeneighbourhoods

More information at [msk.org.au/active-neighbourhoods/](https://msk.org.au/active-neighbourhoods/)

# Contact Details

**ANOA Website:** <https://www.msk.org.au/active-neighbourhoods/>

**Email:** [ANOA@msk.org.au](mailto:ANOA@msk.org.au)

**Instagram:** @ activeneighbourhoods

**Facebook:** @activeolderpeople



**Emma Cross – Project Manager** | [emma@msk.org.au](mailto:emma@msk.org.au) | 03 8531 8020



**Bec Benini – Health Promotion Coordinator** | [bec@msk.org.au](mailto:bec@msk.org.au) | 03 8531 8045



# Questions



# *ANOA Project- evaluation and learning*

## Purposes

- gain insights into methods of reaching and engaging older people in physical activity at NHs
- report to Sport Australia on participation impacts

# *Holistic benefits of physical activity*

*“Basically my wife died about 10 months ago and I belong to the art crafts but I didn’t have anybody else to speak to, so I used to, you know, only Thursday mornings I’d have anybody to speak to so I had to go the whole week before I spoke to somebody again. And so therefore I’ve joined this group because at least I have somebody to talk to and somebody to make friends with”*

*“We feel the stress is released and it helps our mental health and we don’t feel as stressed and we feel happier. Especially with people living alone. I live alone and I feel when I go out I feel much better and all my life changes.”*

# *Guiding principles*

- It's about learning
- Describing different approaches NHs used
- Showing collective contribution
- Participant data collection is ethically approved
- We are here to offer support
- All learning reported back to NHs

# *Process evaluation elements*

- Partnership development
- Awareness raising activities
- Education activities
- Outreach activities (e.g., community connectors)
- Types of physical activity program
- Program modifications

# *Process evaluation methods*

	Survey monkey (start and end)	Progress reports (x3)	Interviews (end)
Partnerships	✓	✓	✓
Awareness raising		✓	✓
Education		✓	✓
Outreach		✓	✓
Program types		✓	✓
Program modifications		✓	✓

# *Impact evaluation elements*

- Participant numbers and characteristics
- Participant benefits (knowledge, behaviours, well-being)
- Frequency of participation
- Volunteer outcomes (knowledge, behaviours, well-being)

# Impact evaluation methods

	Progress report (x3)	Hard copy surveys (x3)	Attendance records	Survey monkey (x2)
Participant numbers	✓			
Participant outcomes		✓		
Participation frequency*			✓	
Volunteer outcomes*				✓

\*optional



# *Participant outcomes survey*

- New participants only
- An invitation (not a requirement)
- Baseline survey completed by second group session
- Follow-up after every two terms (ie. 6 months)
- Store surveys in locked drawer/cabinet
- Return in Registered Post envelopes at end of term

# *Schedule for participant outcomes surveys*

	Term 4 2019	Term 1 2020		Term 2 2020		Term 3 2020		Term 4 2020
	START	START	END	START	END	START	END	END
Group 1	✓		✓				✓	
Group 2		✓			✓			✓
Group 3				✓			✓	
Group 4						✓		✓

# *Additional evaluations*

- Project 1:            Learning about impact of volunteers in recruitment  
-pre-post survey of volunteers  
-interviews with NH staff, volunteers and older participants
- Project 2:            Identifying what predicts and facilitates program attendance  
-collecting attendance records  
-interviews with high and low attenders and NH staff

Both carried out in 2020

Email invitation will be sent out to funded NHs

# Questions

