Active Neighbourhoods for Older Australians

Webinar 2

Reaching and engaging older people

Benefits of organised physical activity

Chronic disease prevention and management

Injury prevention

Maintaining functional independence

Promoting cognitive functioning

Mental well-being

Identifying steps to engage older people

Reviewed peer-reviewed and grey literature 1995-2015 (quantitative and qualitative)

Verified findings with 15 program providers

Strategies for engaging older people

Committed & equipped organisations

Values

Networks

Resources

Policies & systems

Strategies for engaging older people

Skilled & attentive leaders

Expert

Responsive

Nurturing

Connected

Strategies for engaging older people

Appropriate & rewarding programs

Accessible

Friendly

Safe

Beneficial

Evidence based best practice framework

Translating research into practice

Self-assessment Tool and Resources (SaTR)

About the VAAP SaTR

- Designed to encourage reflection and review and assist in organisational quality improvement and planning activities

- A guidance tool within a quality improvement approach

Other development considerations

- Understand the user of the tool
- Consider workload involved in using the tool
- Gain input of the users of the tool in its development
- Ease of use
- Clarity of language and the criteria
- Usefulness of criteria in identifying strengths and areas for improvement
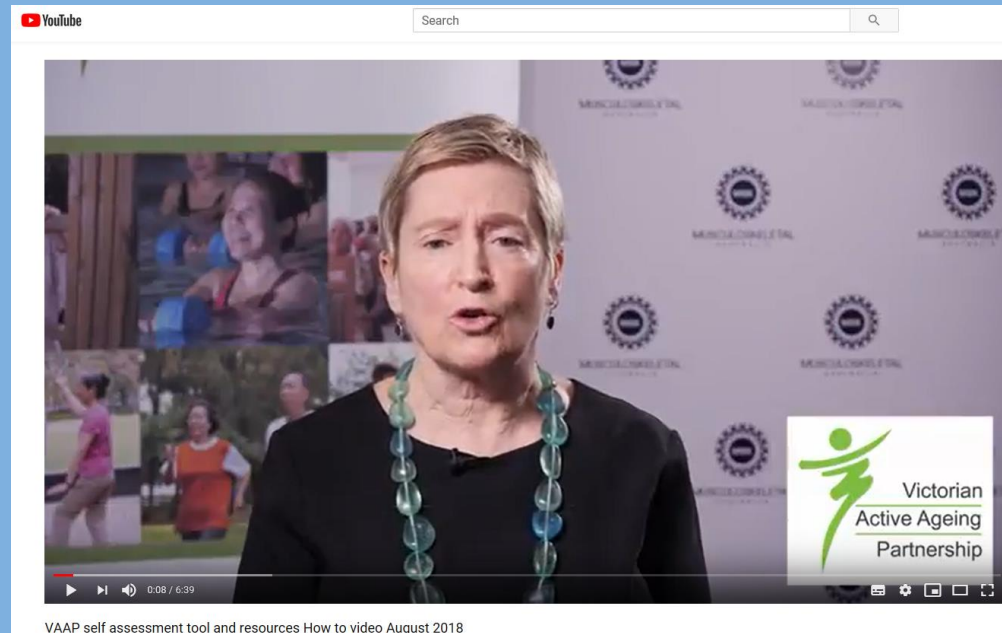- How to promote its use and uptake

SaTR Working Group

- Community health services

- Fitness/leisure centres

- Local councils

- Neighbourhood Houses Victoria

- Regional sports assembly

- Sports industry

- U3A Network Victoria

SaTR development process

SaTR Working Group
↓
Consultation
↓
'Back to the drawing board'
↓
Pilot
↓
Finalisation
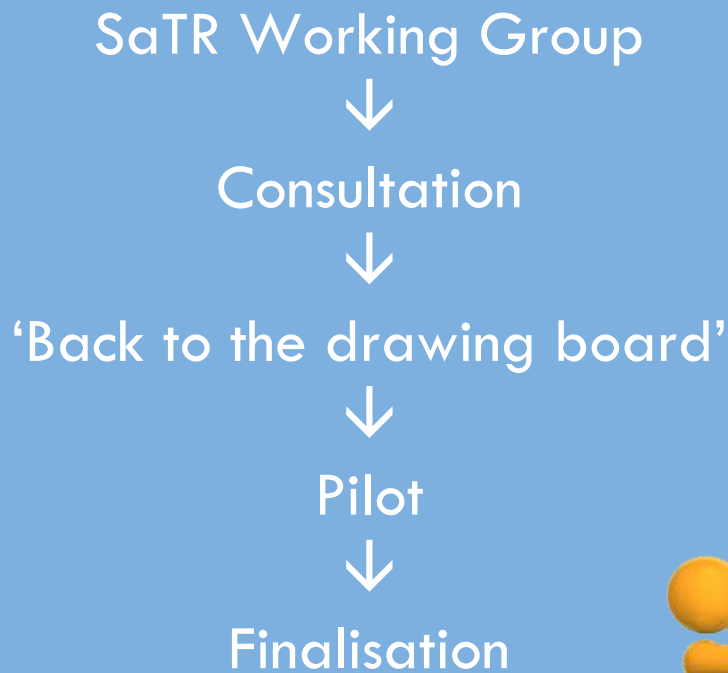
Short film about the VAAP SaTR

VAAP self assessment tool and resources How to video August 2018

Link to short film about the SaTR:

www.youtube.com/watch?v=ywYEY8trc_4&feature=youtu.be

VAAP SaTR – 'Organisations' tab

Victorian Active Ageing Partnership
Self-assessment Tool and Resources (SaTR) for Engaging Older People in Physical Activi...

move | VICTORIA State Government | Fitness Australia | MONASH University | Victorian Active Ageing Partnership

Component	Key Feature	Criteria (What does the key feature look like in practice?) ▼ (Hover mouse over for further information)	Does it currently exist? Y=Yes N=No P=Partly	What are we currently doing well? What might we need to improve?	What we could do to improve – Tips and resources
ORGANISATIONS: Organisations are committed and have required resources					
	Attention and Care	Physical activity is tailored to the abilities and preferences of participants			Helpful Tips and Resources
		Risk management actions promote safety and appropriateness of the physical activity and the physical activity environment			
	Positive ageing	Older people are valued, respected and welcomed by all staff			Helpful Tips and Resources
		A written policy, vision or organisational statement outlining organisational commitment and actions to working positively with older people exists			

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VAAP SaTR – 'Programs' tab

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Self-assessment Tool and Resources (SaTR) for Engaging Older People in Physical Activity

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Component	Key Feature	Criteria (What does the key feature look like in practice?) ◀ (Hover mouse over for further information)	Does it currently exist? Y=Yes N=No P=Partly	What are we currently doing well? What might we need to improve?	What we could do to improve – Tips and resources
PROGRAMS: Programs are appropriate and older people find them rewarding					
Accessible	Affordable	At least some physical activity programs are offered at low or no cost			Helpful Tips and Resources
	Convenient locations	Physical activity is offered at, or close to, other community amenities (e.g. shops, seniors' centres)			Helpful Tips and Resources
	Transport options	Nearby public transport is available or transport assistance is organised for older people, as needed			Helpful Tips and Resources
	Varied times	Physical activity options are offered on different days and at different times			
	Acknowledges diversity	Physical activity programs are inclusive, welcoming and supportive of attendance by older people with diverse backgrounds			Helpful Tips and Resources

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VAAP SaTR – 'Leaders' tab

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Self-assessment Tool and Resources (SaTR) for Engaging Older People in Physical Activity

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Component	Key Feature	(What does the key feature look like in practice?) ◄ (Hover mouse over for further information)	Does it currently exist? Y=Yes N=No P=Partly	What are we currently doing well? What might we need to improve?	What we could do to improve – Tips and resources
LEADERS: Leaders are skilled and attentive					
	Trained	The leader holds a current relevant qualification relevant to the prescription of exercise, the delivery of a physical activity program or a national coaching qualification			Helpful Tips and Resources
		The leader has undertaken training in appropriate forms of physical activity for older people			
		The leader has a good knowledge of organisational policies and procedures relevant to his/her roles and responsibilities			

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SaTR coming your way!

Questions

Strategies for engaging the hard-to-reach

Who are likely to be the 'hard-to-reach' (or underrepresented) older people in physical activity programs?

Strategies for engaging the hard-to-reach

Qualitative study focusing on 'hard-to-reach' groups (low SES, PWD, CALD, isolated,)

Semi-structured interviews with 30 providers; focus groups with 42 older people

Pathways to awareness

Word of mouth

Direct referral

Organisational networks

Multi-channel advertising

Community presence

Promoting attendance

VAAP Engaging older people in physical activity Part 2 Promoting Attendance

https://www.youtube.com/watch?v=ubvHVFcSIfA

Promoting attendance

Supportive commencement

Identifying activities of interest

Create bonding opportunities

Learning about participant needs

Fostering inclusion and safety

Using diversity to reduce stigma

Upskilling leaders

Adapting the program

Communicating multiple benefits

Offering at no/low cost

Facilitating transport

Facilitating adherence

Fostering belonging

Personal recognition and support

Consultation/co-design

Reinforcing program benefits

Engaging participants as volunteers

Increasing group frequency

Offering rewards

Creating variety

Prioritising enjoyment

Matching staff to groups

Questions and comments