

Victorian Active Ageing Partnership Seniors Physical Activity PEP (Program Engagement and Planning) Guide

This Guide has been developed to enable providers of physical activity programs for older people to better understand the interests, capacities and needs of new participants. Listening to the preferences and concerns of older people, and taking these into account in program delivery, has been found to assist their ongoing involvement in organised physical activity.

The Guide includes four modules, exploring 'Your goals', 'Your background in physical activity', 'Your program interests', and 'Your support needs'. Providers can choose any of these modules, and any of the questions within them, to provide information **that you can use** to adapt program delivery and provide support for new participants. Only those questions which gather information that can be acted upon should be asked.

The questions in the Guide may be self-completed by older participants or incorporated into an interview at the time they are joining the program. The answers given may be used as discussion starters, and an opportunity to provide information to the participant about the physical activities offered, benefits that may be gained, and arrangements (e.g. transport) that could support their attendance. Questions about levels of physical activity, motivation and confidence, may be asked at regular intervals (e.g. 6 months), to assess impacts that the program may be having.

It is important that the information collected through the Guide be **treated as confidential**. This should only be shared with another party (e.g. physical activity program leader) if permission is first obtained from the participant.

Your goals	Comments for program providers
What would you like to achieve by joining a physical activity	Assisting program participants to attain
program?	valued outcomes (physical, mental, social)
	will contribute to their ongoing
	engagement. This question will also reveal
	the potential benefits of physical activity
	that new participants are aware of,
	suggesting additional areas for education
	during the program.
Can you identify any daily activities (at home or elsewhere) you	Achieving improvements in physical
would like to do more easily as a result of being physically active?	functioning is a significant motivator
G , , , , , , , , , , , , , , , , , , ,	towards participation. The information
	gathered here can inform the kinds of
	exercises that may be incorporated to
	provide functional benefits for participants.
Your background in physical activity	
In the past week, on how many days have you done a total of 30	This standard assessment question will
mins or more of physical activity, which was enough to raise your	indicate whether new participants have
breathing rate (including sport, exercise, brisk walking, BUT NOT	been recently inactive or moderately
housework or physical activity that is part of your job)?	active, and the level at which they may be
	able commence in a new program. Asking
0 days 1 day 2 days 3 days 4 days 5 days 6 days 7 days	this at repeated intervals (e.g. after 6 mths)
	will reveal the extent to which the program
	has contributed to their total physical
	activity.
In recent years have you taken part in any organised physical activity	Where possible, incorporating elements
programs?	into physical activity programs that older
	people find rewarding and enjoyable will
Yes No	contribute to their ongoing involvement.
	Demonstrating a willingness to take these
If yes, what did you find most valuable in this experience?	preferences into account will assist
	participants to feel valued within the
	group.
On a scale of 1 to 10 how important is it now for you to engage in	Motivation is an important predictor of
regular physical activity	sustained involvement in physical activity,
	and the answer to this question will
0 1 2 3 4 5 6 7 8 9 10	highlight how much this needs to be
Not at all Extremely	addressed in interactions with the
important important	participant. Asking this question at
	repeated intervals will show whether their
	motivation has increased, which is one
	indicator of whether the program has
	provided valued benefits.
And, on scale of 1 to 10, how confident are you that you can engage	Confidence, or self-efficacy, is also a strong
in regular physical activity	influence upon physical activity
	participation. The answer to this question
012345678910	will reveal the extent to which the
Not at all Extremely	participant's confidence will need to be
confident confident	strengthened (e.g. by recognizing
	improvements). It would be useful to ask
	this question at repeated intervals.

Your program interests		
Which of the following types of physica	al activity are of most interest	This question explores particular forms of
to you?:	•	physical activity that participants consider
,		worthwhile, that may be incorporated into
Walking/mobility	Muscle strength	the program to increase the value that
Balance	Cardiac fitness/endurance	they gain from it. The options listed should
Flexibility	Grip strength	be adjusted according to the opportunities
Others:	op oo	provided by the organization. The answers
ourers.		may also reflect a lack of awareness of
		various types of exercise, that they could
		be introduced to in the program.
Are there particular types of physical a	ctivity or movement that	An ability to perform particular forms of
Are there particular types of physical activity or movement that present concerns or difficulties for you?		physical activity, or the experience of pain
present concerns of difficulties for you	:	
		or fear when doing so, can be a
		discouragement to program participation.
		The answer here will suggest whether
		certain exercises should be modified or
		excluded for participants.
What time(s) of the week would you p	. •	This question can be asked if it is possible
Day(s) Time(s	s)	for the participant to attend at different
		times of the week, and/or on multiple
		occasions in the week. More frequent
How frequently would you like to atter	nd this program?	participation in physical activity programs
times per week		will increase the benefits that are gained,
		help in the establishment of a routine, and
		contribute to ongoing adherence.
How do you feel about doing physical a	activity with others in a group	The level of social comfort in the group
environment?		environment is a major influence upon the
		willingness of participants to attend,
01234567	8 9 10	particularly for those who have
Not at all	Extremely	experienced isolation or disadvantage. This
comfortable	comfortable	question will suggest the need to take
		additional steps to make the participant
		feel welcomed and accepted (e.g.
		arranging a 'buddy'), and to help them to
		build relationships with others in the
		group.
Your support needs		6. osp.
In order to find out the kinds of suppor	t that might be helpful for	An understanding of participant's living
you, we would like to first ask what you		circumstances may provide insight into the
, , , , , , , , , , , , , , , , , , , ,		support that is available to them, and
Alone at home	At home with family/other	whether they are at risk of social isolation.
Supported aged care facility	. te nome with farmly/other	However, this question may be perceived
supported aged care racinty		to be intrusive, and is most suitable for
		organisations (e.g. community health
		services) that can offer social and/or
		psychological support to the participant.
Do you have transport to attend the pr	rogram?	Transport difficulties can be a barrier to
bo you have transport to attend the pr	ogrann:	program participation, and this question
Vos No /I would like to disc	auce)	
Yes No (I would like to disc	.ussj	will indicate whether transport advice
		and/or assistance may be needed.

Are the program fees aff	ordable for you?	While discussions of program affordability
		may cause embarrassment for some older
Yes No (I wo	uld like to discuss)	people, this issue may be an impediment
		to participation. This question could be
		asked when a provider is able to offer
		modified fees for those experiencing
		financial difficulties.
Are you able to commun	icate easily in English? Yes No	Older people from culturally and
		linguistically diverse backgrounds may feel
What language do you usually speak at home?		more welcomed and comfortable when
		information is provided in a language that
		they prefer, and their customs and
		religious practices are respected in the way
		that the group is conducted.
Do you have any dietary	needs? Yes (write below) No	When programs offer food and/or drink for
		participants, which can be occasions to
Allergies (specify)		build social relationships within the group,
Cultural/religious (specify)		it is valuable take account of various
Other (specify)		dietary needs.
Do any of these health is	ssues affect your participation in physical	These questions will highlight physical
activity?:		limitations to take into account in program
		design and supports that could be provided
Reduced mobility	Balance problems	to improve participant comfort and safety.
Breathing difficulties	Heart problems	Programs which have a standard health
Bodily pain	Bowel/bladder issues	assessment and/or medical clearance
/ I ² -	-,	process for new participants will not need
		to ask these questions.
Do you have any other h	ealth or personal factors that may affect	This is a broad question to identify other
your involvement in this program?		physical, mental, social and/or practical
,		factors that could be addressed to assist
		program participation.
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