

Active Neighbourhoods for Older Australians

Community Connectors Program

Group Training Program



Introduction & welcome

Watch a short Community Connectors training introduction video :

<https://www.youtube.com/watch?v=nWVpn-JORBE&feature=youtu.be>



Module 1: What are Community Connectors?

The purpose of this module is to provide you with an initial overview and understanding of the Community Connector role.

Activity 1:

Watch the video to find out about Community Connectors and why they are valuable

<https://youtu.be/37PErAFsF-Q>



Module 1: continued

Activity 2:

Spend 5 minutes discussing the ways in which someone of the same age or with a similar experience might be able to assist another person to engage in physical activity.



Module 1: continued

Activity 3:

Watch the video to find out what people might do in their role as Community Connectors.

<https://youtu.be/FxBOFzNHoNg>



Module 1: continued

Activity 4:

In the Community Connectors Handbook '**Module 1 - Activity 4**' answer questions regarding **what you think** might be some important personal qualities of a Community Connector.



Module 2: The importance of physical activity for older people

The purpose of this module is to provide you with an understanding of how important physical activity is to the physical, cognitive, mental and social health and wellbeing of older people.



Module 2: continued

Activity 1:

In the Community Connectors Handbook '**Module 2 - Activity 1**' provide:

- 3 examples of the benefits to older people of being physically active and
- 3 benefits you have experienced by being physically active yourself.

Module 2: continued

Activity 2:

Watch the video to find out what the research tells us about the importance of physical activity for older people.

<https://youtu.be/C2YWhkBUqY>



Module 2: continued

Activity 3:

In the Community Connectors Handbook '**Module 2 - Activity 3**' provide 2 examples of other benefits for older people of being physically active that you learned from the video presentation.



Module 2: continued

Activity 4:

Watch the video titled **'Active Beyond Running'**.

<https://youtu.be/xtVnM08GxfQ>



Module 2: continued

Activity 5:

In the Community Connectors Handbook '**Module 2 - Activity 5**' answer some questions about the key messages in the video 'Active Beyond Running'.



Module 2: continued

Activity 6:

Watch the video **'Physical activity for older people'**.

www.youtube.com/watch?v=xBnk9GnQAv0



Module 2: continued

Activity 7:

With the group, discuss the key messages about the importance of physical activity and older people from the video, 'Physical activity for older people'.



Module 3: Barriers and facilitators to older people being physically active

The purpose of this module is to provide you with an understanding of some of the factors that can make it difficult for some older people to be physically active. This module also includes ideas and actions that can help them to be physically active.



Module 3: continued

Activity 1:

In the Community Connectors Handbook '**Module 3 - Activity 1**', provide at least 2 reasons why you think some older people aren't physically active or don't join in physical activity programs.



Module 3: continued

Activity 2:

Read the short article in the Community Connectors Handbook **‘Module 3 - Activity 2’** to find out about the factors and issues that influence whether older people are physically active or not. Then answer the true or false questions.



Module 3: continued

Activity 3:

Watch the video about the reasons why some older people don't engage in physical activity. It also provides some ideas and strategies that can help them become more active.

<https://www.youtube.com/watch?v=BwHB21qsxsk&feature=youtu.be>

Module 3: continued

Activity 4:

In the Community Connectors Handbook **‘Module 3 - Activity 4’** answer multiple-choice questions about why older people don’t engage in physical activity, and some of the things you have learned that can help people become more active.



Module 3: continued

Activity 5:

With the group, discuss any local groups of older people that may not currently attend your neighbourhood house or community centre, or the physical activity programs at your house or centre. Also discuss possible ways Community Connectors might be able to assist these people.



Module 4: When encouraging other older people to be physically active ...

The purpose of this module is to provide you with some tips to help you when communicating with older people you don't know.

This module will also provide some examples about how you as a Community Connector can promote the importance of physical activity and encourage other older people to join the physical activity programs at your Neighbourhood House or Centre.

Module 4: continued

Activity 1:

Watch the video for some tips to keep in mind when communicating with older people you don't know.

<https://youtu.be/U7xqJl8yPhg>



Module 4: continued

Activity 2:

In the Community Connectors Handbook '**Module 4 - Activity 2**' answer the true or false questions about communicating with older people you don't know.



Module 4: continued

Activity 3:

Watch the video for more tips to help you communicate with older people you don't know.

https://youtu.be/Kityw0_NGqI



Module 4: continued

Activity 4:

In the Community Connectors Handbook read **Case Study No.1** at '**Module 4 - Activity 4**' and discuss the questions as a group.



Module 4: continued

Activity 5:

In the Community Connectors Handbook read **Case Study No.2** at '**Module 4 - Activity 5**' and discuss the questions as a group



Module 5: The Community Connector Program at your Neighbourhood House

The purpose of this module is to think about and discuss how the Community Connector role will be implemented at your Neighbourhood House or Centre.

Activity 1:

With the group, spend 5-10 minutes discussing what each of you personally hope to get out of being a Community Connector.

Module 5: continued

Activity 2:

The Neighbourhood House or Centre manager or staff member leading the training will explain how the Community Connector role will be implemented at your Neighbourhood House or Centre and discuss.



Conclusion

Watch the video conclusion video:

<https://youtu.be/T4AGHvTFsU4>

Please complete the training feedback form which is also in the training section of the Community Connectors Handbook.



Please Note

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