

Ageing well: Maintaining health as we age

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Ageing well

- Funded by Dept of The Department of Industry, Innovation, Science, Research and Tertiary Education in 2013 (ceased June 2014)
- Under Broadband for Seniors
- Aim was to facilitate community engagement, skill-building and encourage peer support
- Skills-building related to using internet and IT

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- The terms of the grant (skills-building) influenced the design
- Worked in partnership with NARI and U3A On-Line
- Took the NARI Healthy Ageing quiz and made it an interactive program

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- Aims of our program were:
 - Create a program that assists older people to sustain healthy behaviours as an adjunct to self-management
 - Develop their skills in searching for self-management resources.

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Building skills through this program:

- Allows older people to self-assess their ability to self-manage;
- Identifies where they can improve;
- Provides on-line information about community programs and on-line resources they can access in their local communities and remotely;
- Introduces them to U3A On-Line

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- On-line learning platform: Moodle
- Ageing Well is a Moodle course
- Central feature of the course is the Healthy Ageing Quiz which provides automatic feedback to each person on where they are doing well and where they can improve.
- Feedback includes an explanation of why it is important to make improvements in these areas.

- Resources and activities
 - Links
 - Downloads: fact sheets and booklet
 - Contacts for community based programs

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- Evaluation
 - Moodle allows the course leader to monitor who completes the course and how many resources they access.
 - We have also asked people to complete evaluation sheets on how they have changed their behaviours over time.

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- Now for a demonstration!

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