



Victorian Active Ageing Partnership (VAAP)

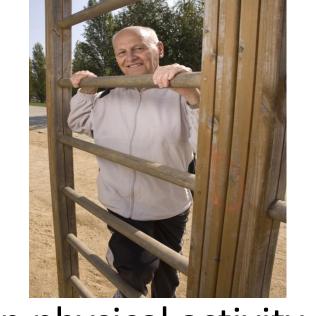
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Thursday 28 April 2016

Purpose of the VAAP

To increase opportunities for participation in

physical activity options for older Victorians, especially in areas of socio-economic disadvantage and among isolated, lonely, older



people not currently involved in physical activity



VAAP Coordination Team









Three Key Priority Areas

Development of Partnerships

 Development of Workforce and Organisational Capacity



 Development of Pathways for Engagement of Older People



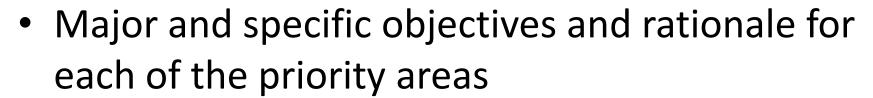
Our Thinking and Approach

- Not a 'green fields' situation
- Needs to be a value-adding approach (not reinventing the wheel)
- Profile of the issue needs a boost!
- Stakeholder engagement is paramount
- Evidence-based approach
- Monitoring and evaluation is central
- Iterative and integrated approach
- Remain realistic



Detailed Project Plan

- Vision
- Purpose
- Goals/outcomes
- Guiding principles



Key strategies





Key Strategies – Development of Partnerships

- Project Advisory Group
- VAAP eNewsletter
- Annual research and practice forum
- Raising awareness of the VAAP
- Information-sharing



VAAP Project Advisory Group

- VicHealth
- VicSport
- YMCA
- RecLink Victoria
- ECCV
- U3A
- COTA Victoria
- MAV and others





VAAP eNewsletter





VAAP Research and Practice Forum

Save the Date!

Thursday 25 August 2016





Key Strategies – Development of Workforce and Organisational Capacity

- Evidence synthesis
- Best practice framework
- Review of training/education content
- Organisational audit tool and resource kit
- Development and multi-modal delivery of PD initiatives



Key Strategies – Development of Pathways for Engagement of Older People

- Information-gathering and gap analysis
- Engaging 'hard to reach' older people – qualitative study and workshops



Examination of assisted/referral pathways



Information-gathering and Gap Analysis

Physical activity programs for older people by LGA:

- Walking groups
- Strength training
- Tai Chi
- Group exercise (land)
- Hydrotherapy (Water exercise)
- Yoga/ Pilates
- Other



Information-gathering and Gap Analysis (2)

- Local councils
- Fitness centres/gyms
- Community health services
- U3A
- Neighbourhood houses
- Seniors citizens clubs, etc
- Leisure pursuits



Information-gathering and Gap Analysis (3)

- Variety of programs?
- Cost?
- Frequency?
- Transport assistance?
- Assisted pathways?
- Language/cultural support?
- Professional/volunteer led?





'Come and Try' Initiative

- Victorians Seniors Festival
 - October 2016
- An opportunity for older Victorians to try various physical activities



 An opportunity for clubs and organisations to showcase what they offer



How To Get Involved

- Webpage:
 - http://www.arthritisvic.org.au/VAAP
- Subscribe and contribute to the VAAP e-newsletter
- Get involved in the 'come and try' initiative in Seniors Month



VAAP Research and Practice Forum



Contact Details

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Questions/Discussion?

