



Victorian Active Ageing Partnership (VAAP)

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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 re-inventing 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
- Major and specific objectives and rationale for each of the priority areas
- 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 eNews
Edition 1 - March 2016



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?

