

Victorian Active Ageing Partnership Project Plan – Overview – November 2015

Victorian Active Ageing Partnership (VAAP)				
Vision	A Victoria where all older people's health and well-being is enhanced by opportunities to engage in physical activity (PA)			
Purpose	Increase opportunities for participation in PA for older Victorians, especially in areas of socio-economic disadvantage and among isolated, lonely older people not currently involved in physical activity			
Goals/outcomes of VAAP	Improve access to, and availability of, PA opportunities for older people	Improve workforce and organisational capacity to better provide PA opportunities for older people	Improve the confidence and readiness of older people to engage in PA	Embed mechanisms for sustainable change
Guiding Principles	Evidence-based	Collaboration	Effectiveness	Reach
Priority Areas	Development of Partnerships		Development of Workforce and Organisational Capacity	
Rationale	Agencies working in a collaborative manner to enable the sharing of knowledge, skills and resources, will result in improved service provision		Improved access to PA opportunities, together with greater awareness and support, will result in improved uptake of PA by older people, especially those not currently engaged	
Major Objective of the Priority Area	Establish, enable and support networking and collaboration between relevant stakeholders		Improve mechanisms by which PA opportunities for older people are more accessible	
	Contribute to the evidence base around the engagement of older people in physical activity			
Specific Objectives	<ul style="list-style-type: none"> Share ideas, resources and examples of good practice amongst relevant stakeholders Establish and maintain improved communication between stakeholders Improve integration and linkages between various organisations and initiatives 	<ul style="list-style-type: none"> Better understand the organisational and workforce factors that promote/hinder the engagement of older people in PA Build organisational and workforce capacity Promote and provide guidance on the translation of evidence into practice Increase the workforce's use of tools and resources (e.g. via VAAP e-newsletter, HANet) Engage and empower staff to identify and make changes in their workplace 	<ul style="list-style-type: none"> Better understand what activities are currently available for older people Identify geographic and service delivery areas where the range of activities currently available is limited Examine further the barriers and support needs of older people not engaged in PA Determine strategies for increased engagement of older people in PA 	
Key Strategies	<ul style="list-style-type: none"> Project Advisory Group Liaison with peak agencies Integration with Victorian Government initiatives Presence/attendance at relevant conferences VAAP e-newsletter Annual VAAP research and practice forums 	<ul style="list-style-type: none"> Evidence syntheses Review of issue coverage in undergraduate education Linking in with Positive Ageing and Municipal Public Health and Well-being Plans Targeted PD for relevant workforce Development and promotion of organisational audit tool and resources Development of best practice framework 	<ul style="list-style-type: none"> Mapping and analysis of current activities followed by periodic updating and promotion of listing on Seniors Online Qualitative study and workshops (re: unengaged people) Examination of assisted pathways/referral strategies and models Promotion of the 'come and try', peer support and sector outreach approaches to engaging older people in PA 	
	Monitoring and evaluation			