

Working with community exercise providers:

The Victorian Active Ageing Partnership

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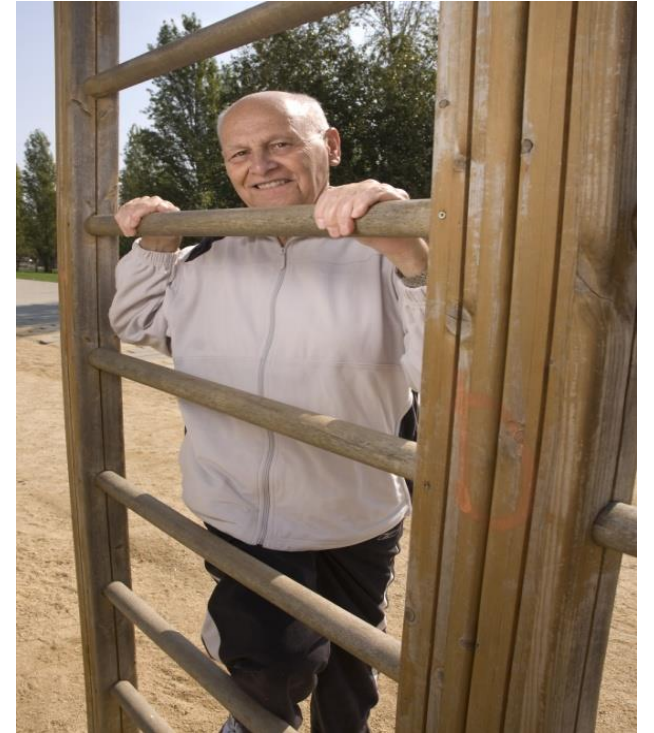
Victorian Active Ageing Partnership

“...to increase opportunities for participation in physical activity for older Victorians, especially in areas of socio-economic disadvantage and among isolated, lonely, older people not currently involved in physical activity.”

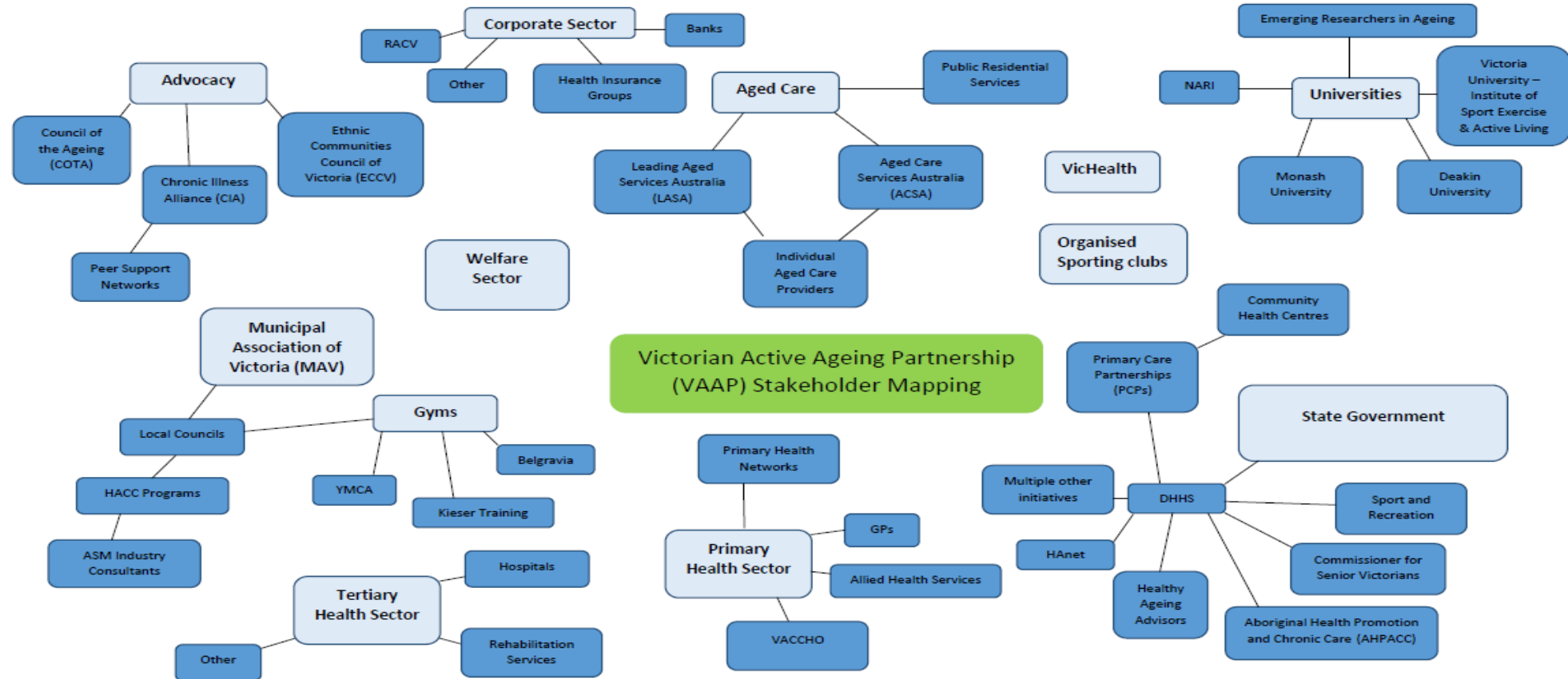


VAAP key priority areas

- Promoting and facilitating partnerships
- Building workforce and organisational capacity
- Developing pathways for engagement of older people



Initial mapping of relevant stakeholders



- Peak Organisations**
- Heart Foundation
 - Diabetes Australia (Vic)
 - Cancer Council of Victoria
 - Asthma Foundation
 - Australian CD Prevention Alliance
 - Volunteering Victoria
 - Stroke Foundation
 - Beyondblue
 - Alzheimers Australia (Vic)
 - Vision Australia
 - Carers' Victoria
 - Other

- Older Persons' Physical Activity +**
- U3A
 - Victoria Walks
 - Bicycle Network
 - Parks Victoria
 - Bowls Victoria
 - Senior Citizens Clubs
 - Other

- Professional Associations**
- Fitness Australia
 - Physical Activity Australia
 - ESSA
 - APA
 - RACGP
 - APNA
 - Other

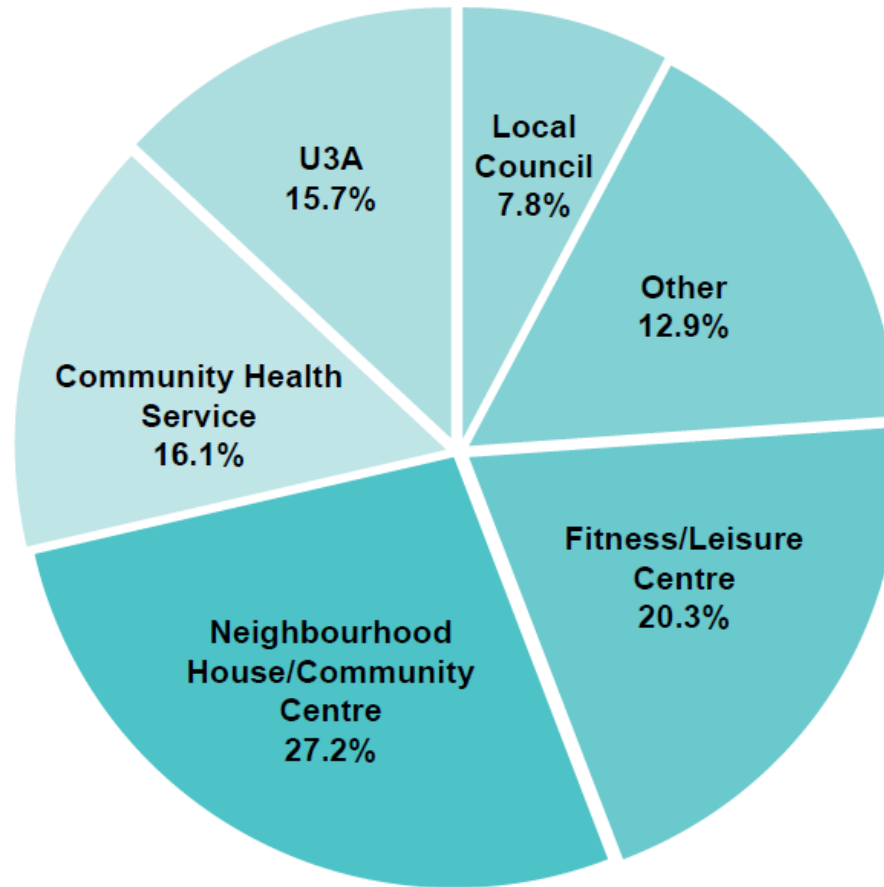
- Professional Training**
- Universities
 - RTOs
 - Australian Institute of Fitness
 - Other

VAAP Project Advisory Group



Program audit and gap analysis

Providers of structured physical activity programs for older people



Key stakeholders groups and settings

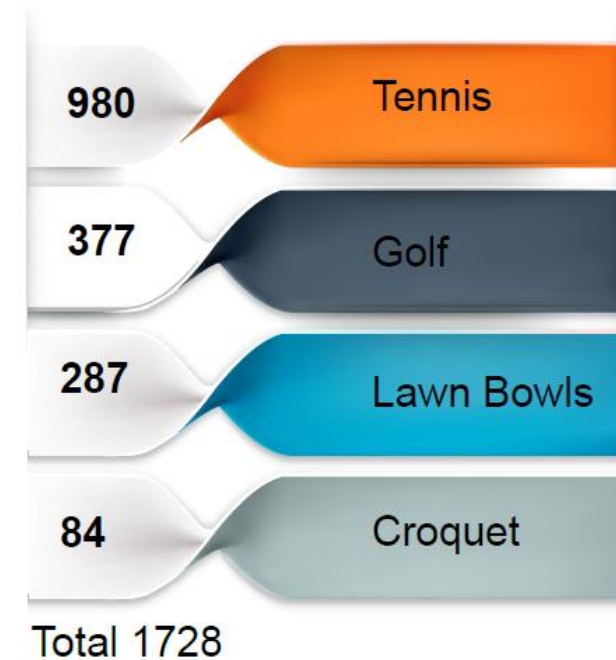
- Community health services
- Local councils
- Fitness/leisure centres
- Neighbourhood houses
- University of the Third Age (U3A)
- Sporting associations and clubs
- Other



Program audit and gap analysis

Total of 4469 physical activity opportunities available

| Activity Type | Number of programs |
|-----------------------|--------------------|
| Group Exercise (land) | 646 |
| Yoga/Pilates | 449 |
| Walking | 410 |
| Other | 370 |
| Tai Chi/Qi Gong | 348 |
| Strength Training | 276 |
| Hydro/Water Exercise | 242 |
| Total | 2741 |



Key working approaches

- Peak agency involvement
- Evidence-informed approach
- Extensive initial stakeholder engagement and ongoing communication
- Acknowledgement of diverse settings and challenges
- Genuine consultation and collaboration
- Aimed to meet the needs of program providers (within the scope of the project)



Overview of VAAP initiatives 2016-19

- Statewide programs audit and gap analysis
- Best Practice Framework
- Program Self-Assessment Tools and Resources
- Online resources about engaging the 'hard to reach'
- Annual Research and Practice Forums + regional seminars
- Research and practice eNews
- Case studies of successful transition pathways
- Development of pre-exercise assessment and planning tool
- Identification of models for engaging carers
- Numerous conference and seminar presentations



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VICTORIAN ACTIVE AGEING PARTNERSHIP

MSK, in collaboration with Fitness Australia, Monash University and Vicsport, is coordinating the Victorian Active Ageing Partnership (VAAP) on behalf of the Victorian Government.

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The VAAP is a three year project that began in October 2015. It aims to increase opportunities for participation in physical activity for older Victorians, especially in areas of socio-economic disadvantage and among isolated, lonely older people not currently involved in physical activity. Find out more about the Victorian Active Ageing Partnership and how you can become involved.

Further information

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