

Heart Foundation Walking Webinar

Walking for Older Adults

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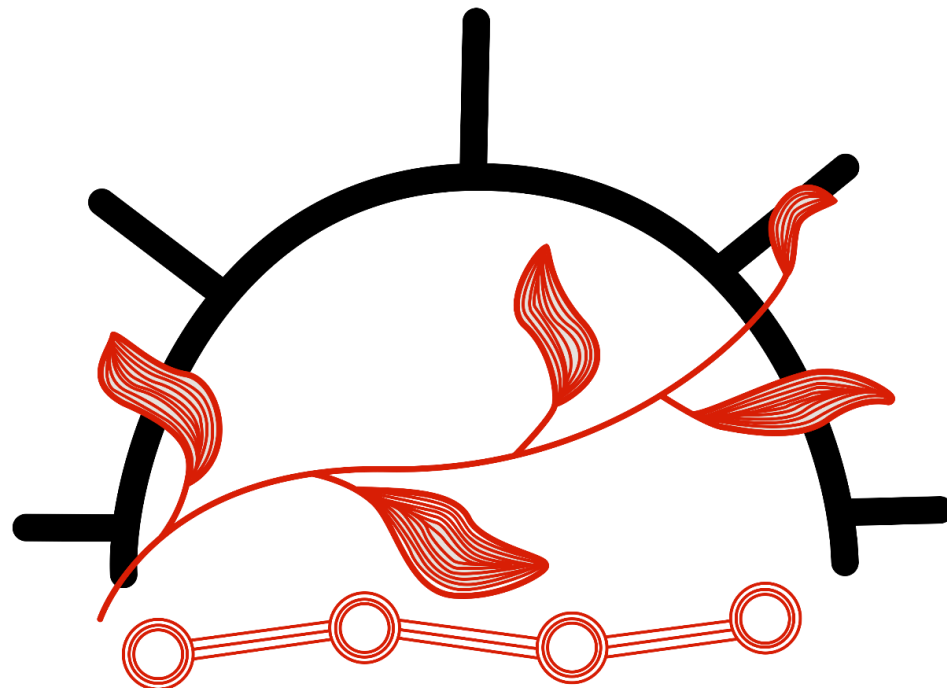


Acknowledgement of Country

We acknowledge that the Heart Foundation is spread across many of our traditional lands.

We pay respect to all traditional owners of these lands and those who under custodial law are charged with nurturing and protecting country.

We pay respect to elders past, present and emerging.



Walking for Older Adults

We will explore:

- The benefits of physical activity for older adults
- What physical activity is recommended for older adults
- How to engage older adults in physical activity, including tools, strategies, and key dates and events

Older Adults

Defined in this webinar as:

- Aged **65 years and over**
- or*
- Aged **55 years and over** for Indigenous Australians

Physical Activity: A Daily Dose



Why it's important to be active for 30-60 minutes every day¹



Why is this important?

Australia's ageing demographic

- In 2017, 15% of Australia's population over 65
 - projected to increase to 22% by 2047 ²
- 7 in 10 older people rate their own health as good, very good or excellent
 - more than half have chronic health problems²
- 1 in 5 older people have a disability in the form of a severe or profound core activity limitation²
- Functional capacity declines over the entire life course, but can be reduced through interventions
- Goal to increase years free of disability

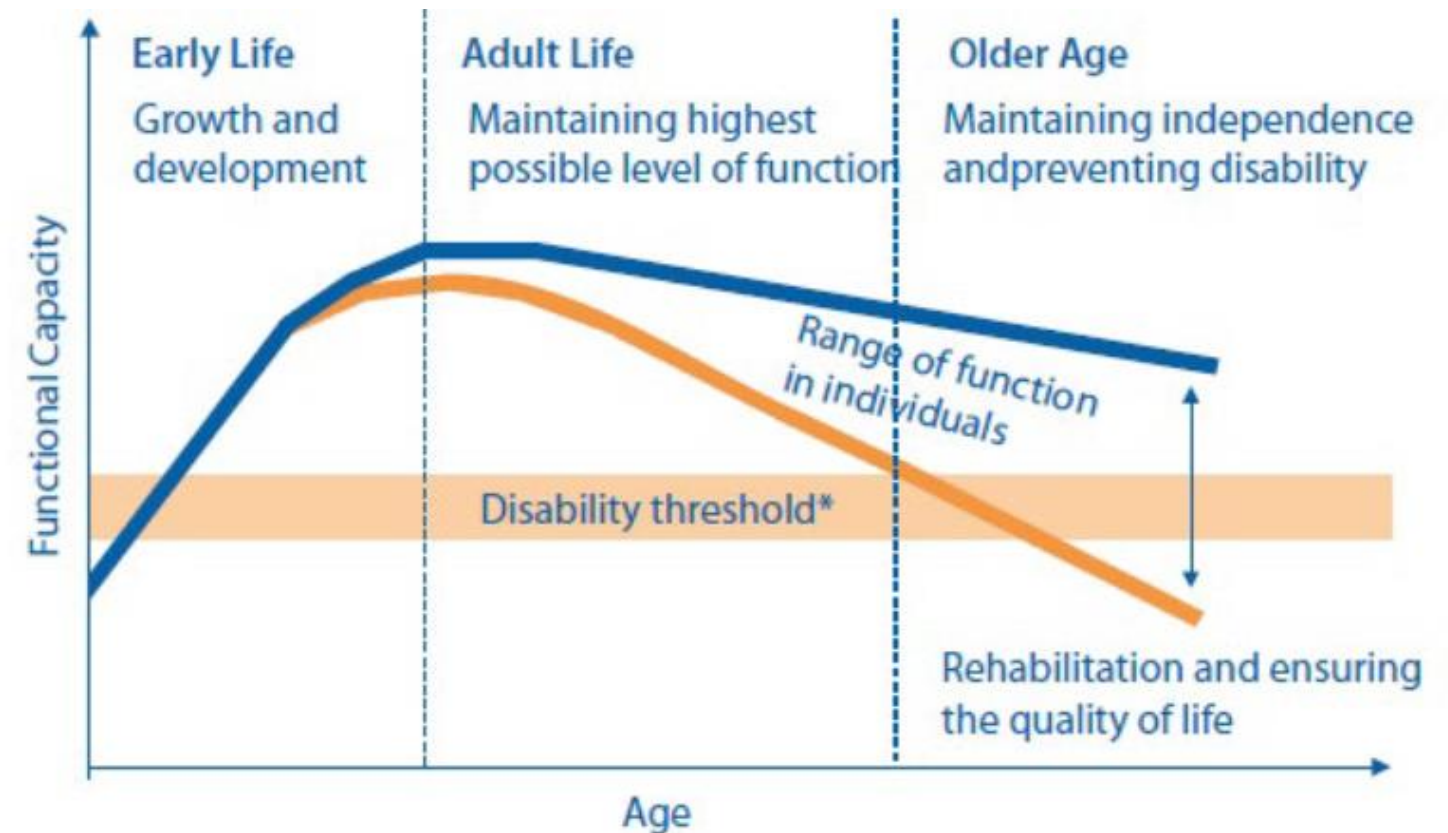
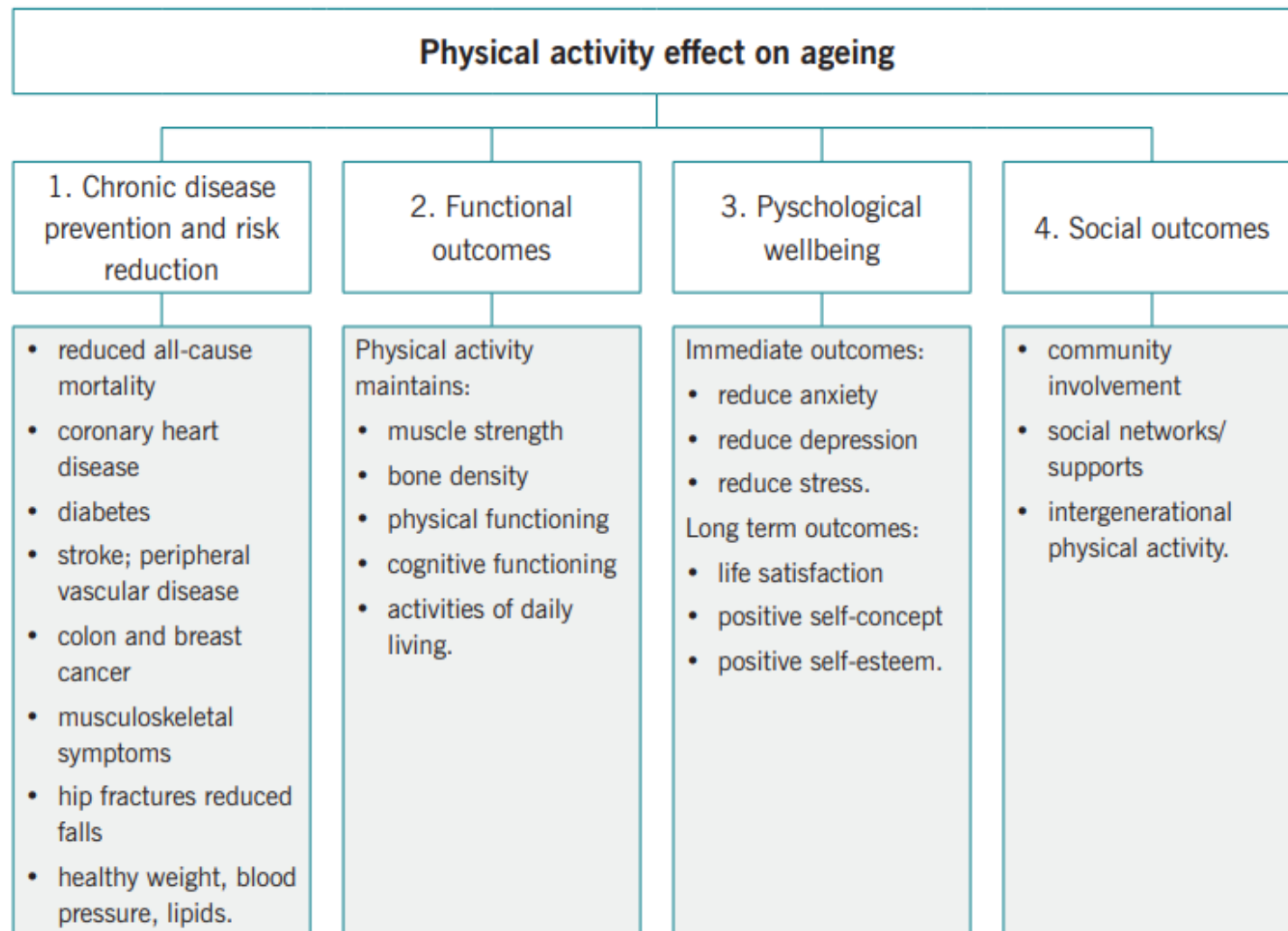


Figure 1: Functional capacity over the life-course.³

Active ageing

Positive effects of physical activity



***Adapted from Bauman et al.⁽¹¹⁾*

Figure 2: The beneficial effect of physical activity on healthy ageing⁵

- Increasing levels of physical activity
 - physical, social and mental health, and quality of life⁴
- Sustaining, and even increasing, physical activity as we age can lead to positive outcomes in:
 1. Chronic disease and risk reduction
 2. Functional outcomes
 3. Psychological wellbeing
 4. Social outcomes



Why walking?

A 'sport for all' approach

- Australia's most prevalent and population physical activity⁶
- Caters to diverse capabilities
- Accessible to almost everyone
- Little to no cost involved

How much physical activity should I aim for?

Evidence suggests that walking for half an hour a day on 5 days a week may increase life expectancy by up to 3 years.⁷

150 minutes (2 ½ hours) of **moderate** intensity physical activity, **or** 75 minutes (1 ¼ hours) of **vigorous** intensity physical activity each week, will help **improve blood pressure, cholesterol, heart health, as well as muscle and bone strength.**⁸

Each week, increasing to:

300 minutes (5 hours) of **moderate** intensity physical activity, **or** 150 minutes (2 ½ hours) of **vigorous** intensity physical activity, will help to **prevent some cancers and unhealthy weight gain.**⁸

*Muscle strengthening activities at least 2 days every week.

What are the physical activity recommendations for older Australians?

1. Older adults should do some form of physical activity, no matter what their age, weight, health problems or abilities
2. Older adults should be active every day in as many ways as possible doing a range of physical activities that incorporate fitness, strength, balance and flexibility
3. Older adults should accumulate at least 30 minutes of moderate-intensity physical activity on most, preferably all, days
4. Older adults who have stopped physical activity, or who are starting a new physical activity should start at a level that is manageable and gradually build up to the recommended amount, type and frequency of activity
5. Older adults who continue to enjoy vigorous physical activity should carry on into later life in a manner suited to their capability, provided recommended safety procedures and guidelines are adhered to.⁸



Are these recommendations being met?

Most older Australians are not currently active enough to support healthy ageing

- Less than one-third of people over 65 are doing recommended amounts of physical activity⁹
- Decline of more than 50% in prevalence of meeting guidelines between the ages of 75 and 87 ¹⁰

Just doing it!?

Older Australian's Physical Activity

National Seniors Australia Social Survey

Just doing it!?

Older Australians' Physical Activity

3 March 2020

National Seniors
AUSTRALIA



Older adults want to be more active

- Nearly 60% of 4,000 older adults surveyed would like to be more physically active⁵
 - Importance of physical activity understood but strategies are required to overcome barriers
- Older adults used to be advised to rest and not 'overdo it'
- Exercise has been found to counteract frailty and debilitating effects of some chronic diseases
 - With very little risk of harm¹¹
- We must address the barriers that prevent older adults from attaining desired and required physical activity levels

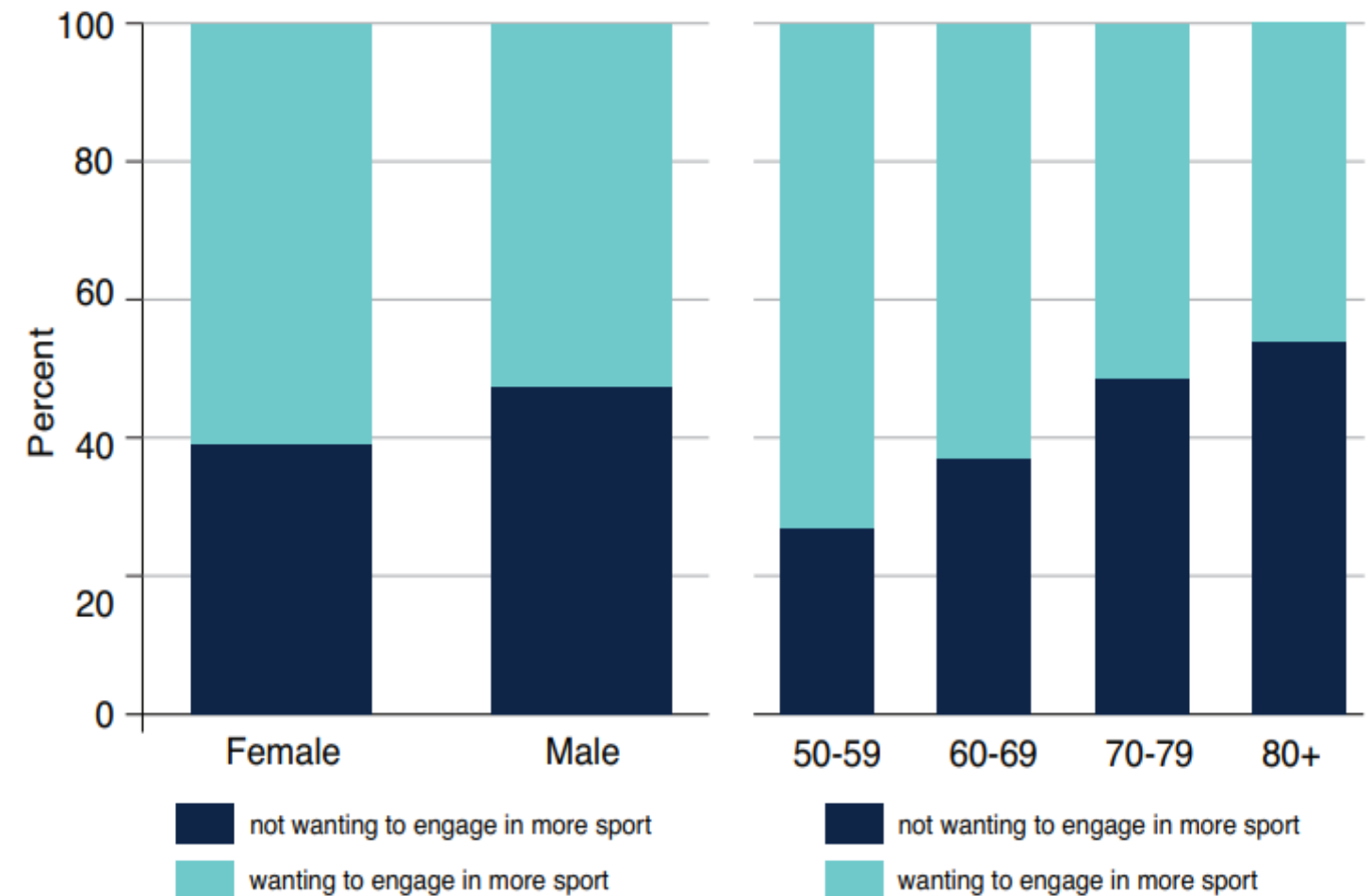


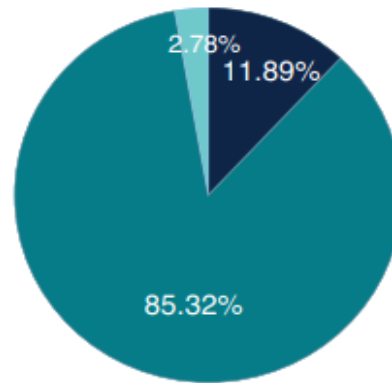
Figure 3: Desire to engage in more physical activity by gender and age⁵

Barriers to physical activity

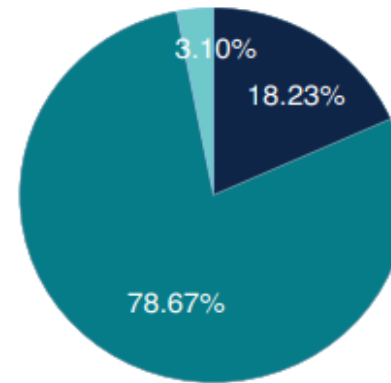
More than physical barriers

Figure 5B: Physical activity and exercise barriers

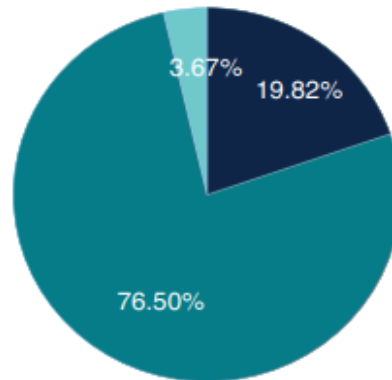
12% said "yes" to:
I don't have **time**
(13% of women,
10% of men)



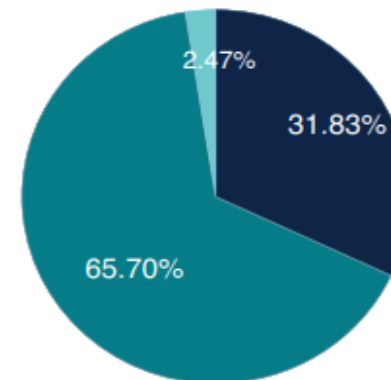
18% said "yes" to:
I am **too tired**
(23% of women,
13% of men)



20% said yes to:
**"I don't have anyone
to exercise with"**
(23% of women,
15% of men)



32% said "yes" to:
I am **not motivated**
(35% of women,
27% of men)



■ Yes ■ No ■ Don't know/rather not say

- Health, pain and mobility limitations frequently accompany ageing and fears of exacerbating these issues → unmotivated to exercise⁵
- Single main barriers to exercise⁵
 - Lack of motivation (32%)
 - Not having an exercise companion (20%)
 - Too tired (18%)
 - Time poor (12%)

Figure 4: Physical activity and exercise barriers⁵

How can I be more physically active?

How can I encourage other older adults to be more physically active?

Tips to stay physically active

If older people do not have the capacity to meet guidelines, lower volumes and intensity of activity will help to prevent and manage health problems and improve quality of life.¹²

At home

- Get off the couch to change the TV channel instead of using the remote.
- For short, local trips from home, walk or cycle where possible and leave the car at home.
- Being on your feet can help you keep active, so stand while folding the washing, surfing the net, washing the dog or talking on the phone.
- Watch one less TV program each week and do something active instead e.g. go for a walk.

While travelling

- Walk or cycle at least part way to your destination instead of driving.
- Park your car further away from where you need to be and walk the extra distance.
- Get on or off public transport one or two stops earlier and walk the extra distance.
- Walking somewhere instead of driving your car if you can.

While socialising

- Enjoy social activities that include physical activity, such as going to street or park festivals and community walks or runs.
- Join a Heart Foundation Walking Group!
- Go on outings that encourage walking, such as visiting the zoo, botanical gardens, fun parks, expos or historic sites.
- Visit your local park and take a picnic with friends and family.
- Meet with friends and discover your local walking tracks.

https://www.heartfoundation.org.au/images/uploads/main/Active_living/Be-active-everyday.pdf



How can we increase motivation and engage older adults?

Key strategies and messages

Two major barriers to exercise



1. No-one to exercise with
2. Not motivated



No-one to exercise with?

Join or create a Heart Foundation Walking Group!

- Walking group contributes social component to exercising that may play vital part in beneficial effects¹³
 - Majority of walkers rate Heart Foundation Walking as being very important to physical, social and mental wellbeing
 - Social aspect – main reason walkers would recommend Heart Foundation Walking to family and friends
- **Having fun, feeling good and sharing events** with others are immediate and pleasurable experiences that are more likely to motivate people to exercise¹⁴

Social aspect	51%
Exercise/Fitness	31%
Health benefits (physical/mental)	25%
Fun/enjoyable	13%
Encouraging/Motivating	12%
Other	16%

*Why are you likely to recommend Heart Foundation Walking to family and friends?
(open verbatim)*

	Very important	Somewhat important	Neither	Not very important	Not at all important
Physical wellbeing	79%	19%	1%	0%	0%
Social wellbeing	65%	29%	3%	2%	1%
Mental wellbeing	67%	26%	4%	2%	1%

In your opinion, how important is Heart Foundation Walking to your...?

Not motivated?

Once you have joined or created a group, try positive messaging!

- Older adults recognise and remember more positive than negative information¹⁵
- Older adults informed about the *benefits* of walking:¹⁶
 - walked significantly more
 - higher self-efficacy
- Compared to those informed about the *negative* consequences of failing to walk
- Positive messages increase:^{17,18}
 - motivation to walk
 - recognition memory for physical activity programs
- Don't focus on risks of sitting, but rather the **benefits of walking!**

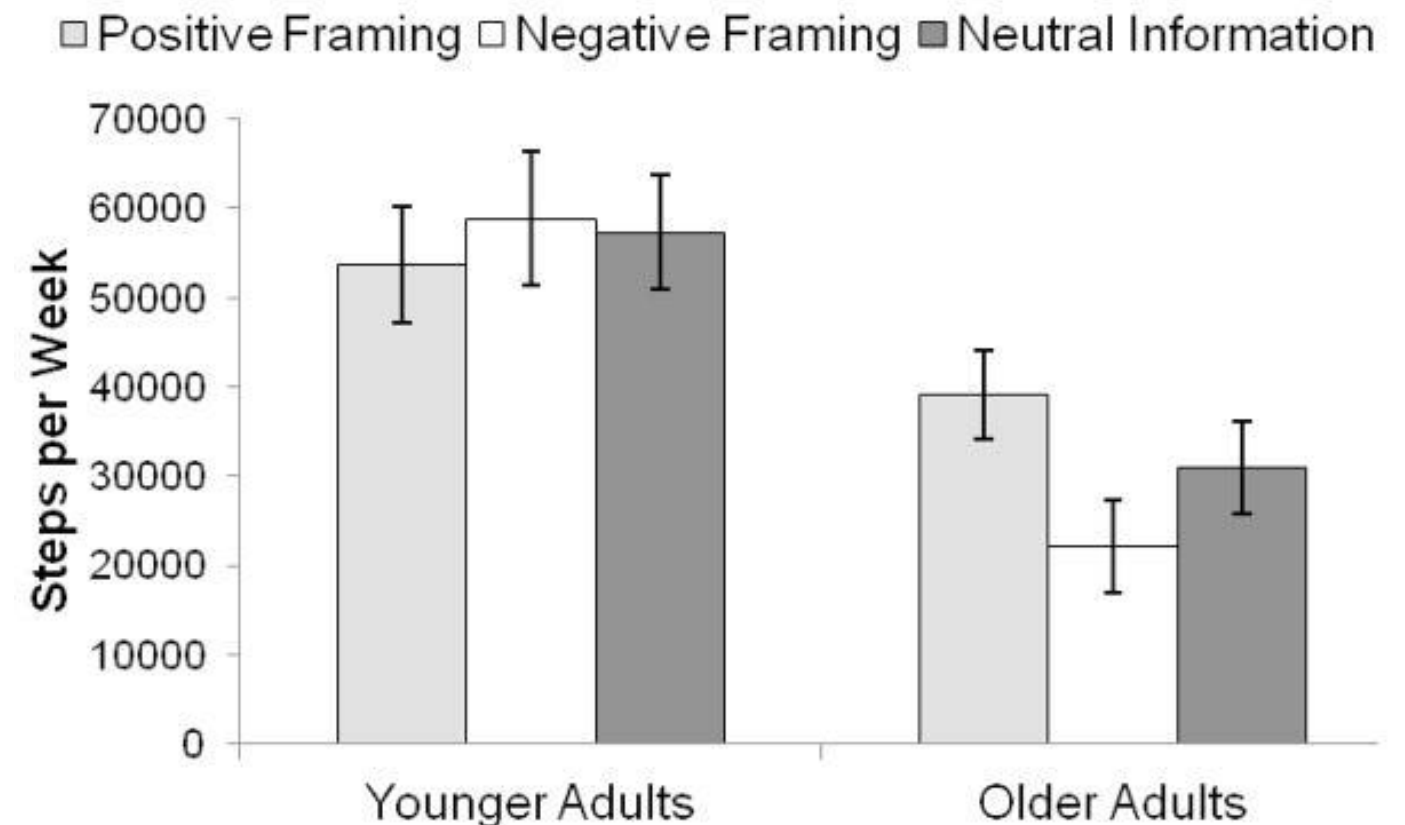
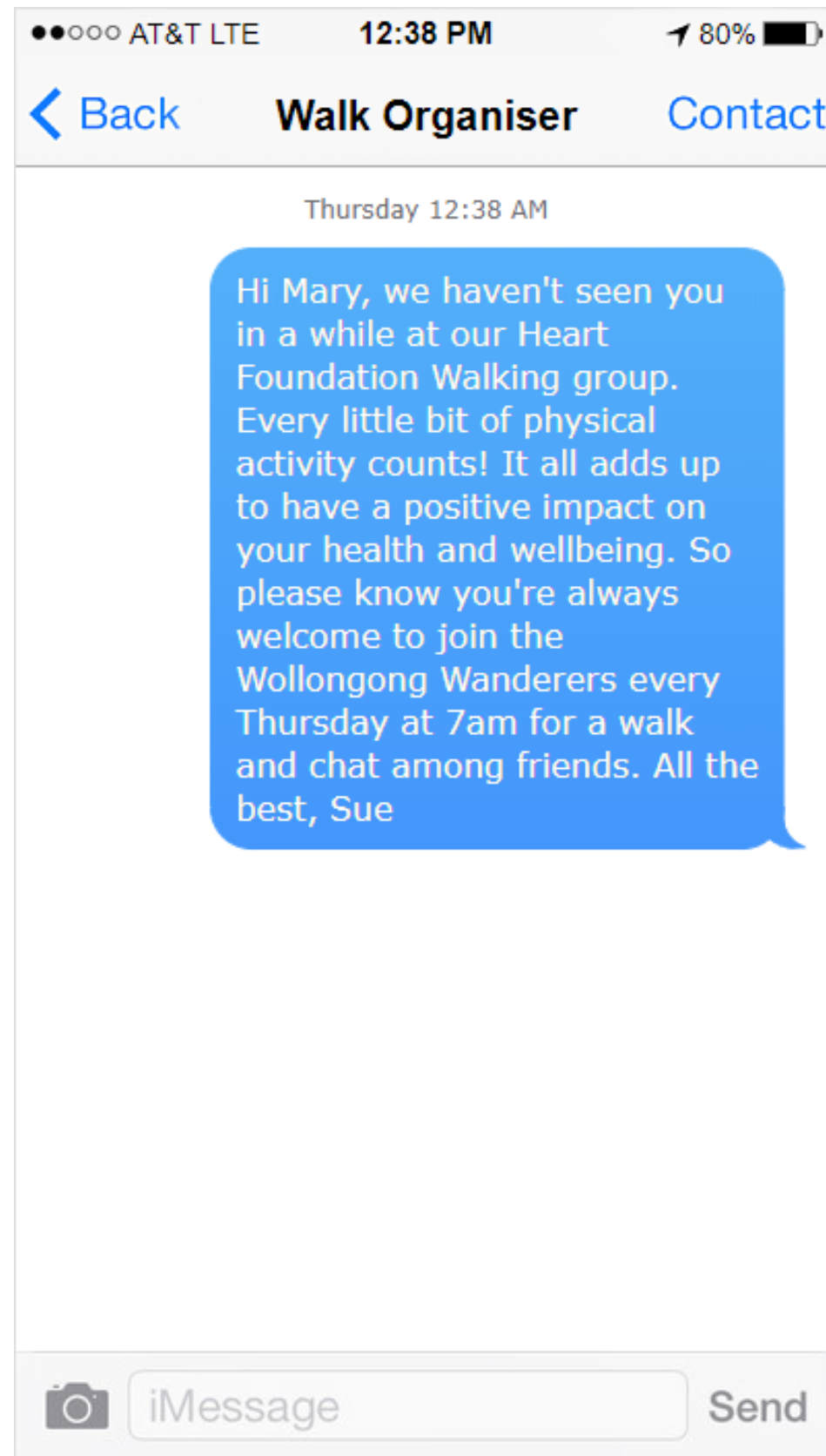


Figure 5: Average walking per week by age and messaging¹⁶

Positive key messages

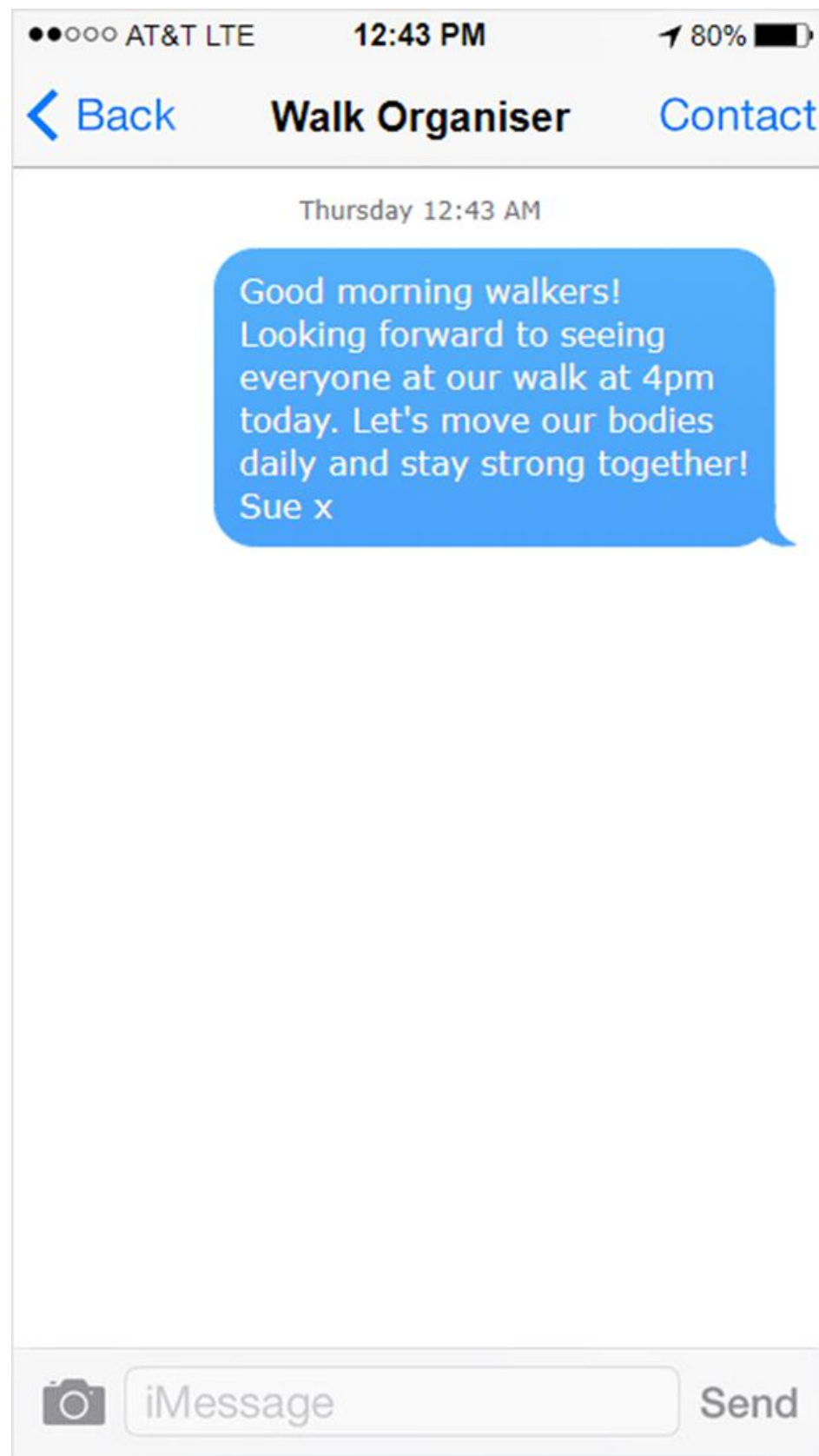
- Physical benefits (e.g. improve your balance)
 - Social benefits (e.g. make new friends)
 - Mental benefits (e.g. clear your mind)
 - Anything is better than nothing
 - Take 10 and do it again
 - It's never too late to start
-
- In self-isolation? Make use of the stairs as your personal gym!



Example: Text message to Walker

Could be used by Walk Organiser when...

- regular walker has not shown up to the group in a while
- new walker has signed up to the group but not attended a walk



Example: Text message to Walkers

Could be used by Walk Organiser anytime!

h

Hear

Walk yourself
happy
Heart Foundation Walking Heart Foundation



There's a
to feel happy
and we're h

Visit walking.heartf
or download
walk solo.



There's a fun, free and easy way
to feel happy and healthy. It's walking –
and we're here to help get you started.

Visit walking.heartfoundation.org.au to join a free walking group
or download the Heart Foundation Walking app to
walk solo. Call 13 11 12 for more information.

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Australian Government


Queensland Government



Example: Poster to recruit walkers

Could be used by Local Coordinators to:

- Recruit new walkers to existing group
- Start a new group
- Engage the local community

Various posters located in online portal

<https://walking.heartfoundation.org.au/dashboard/training/resources/>

How do I reach older adults?

What are some tips and tools to grow attendance?



Pathways to awareness

Most popular in older adults

- **Word of mouth**
- Direct referral
- Organisational networks
- Multi-channel advertising
- Community presence¹⁹

“I got to know it by accident, you know, from another lady, but I didn’t read it in the local paper or anywhere else.”

Promoting attendance

Useful steps to support walking attendance

- Supportive commencement
- Create bonding opportunities
- Learning about participant needs and activities of interest
- Facilitating transport
- Communicating multiple benefits¹⁹

Facilitating attendance

Useful steps to maintain walking attendance

- Personal recognition and support
- Encouraging volunteers
- Increasing group frequency
- Creating variety
- Prioritising enjoyment¹⁹

Key dates and events for older adults

Seniors Weeks dates across the country

Time of Year	State
February	NSW
August	NT & QLD*
September	ACT
October	VIC & TAS & SA
November	WA

Key dates and events for older adults

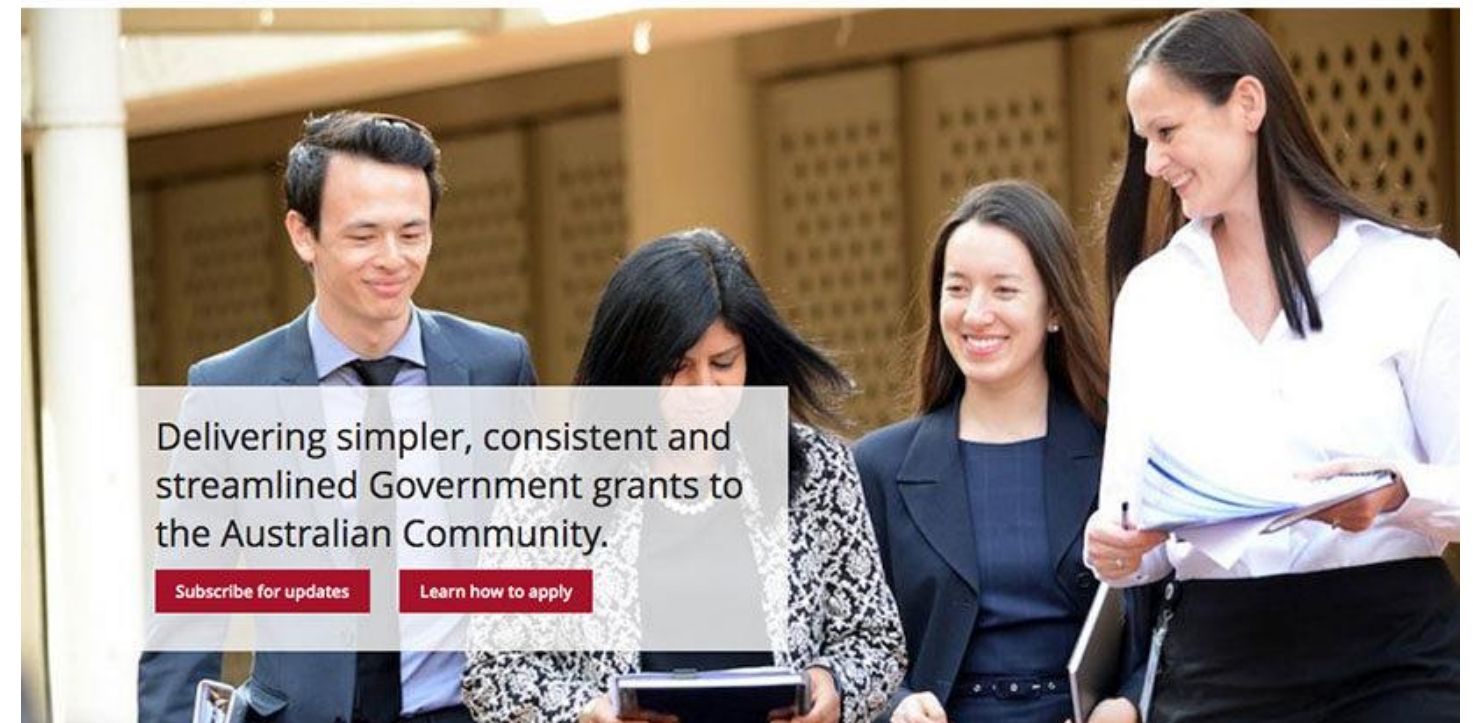
Other key dates

Date	What	Where
01 October	International Day of the Older Person	International
01 – 07 October	Active Ageing Week	International

Seniors Grants

Federal Government

- The Department of Social Services offers grants and funding for organisations providing services for seniors.
- To apply for a grant or for funding, you can visit the Community Grants Hub website at the following address: www.communitygrants.gov.au



Seniors Grants


State Government

Grants by State	Contact Details
SA Office for Ageing Well <ul style="list-style-type: none">Grants for SeniorsPositive Ageing Fellowship GrantsAge Friendly SA Grants	Email: ageingcommunitygrants@sa.gov.au Phone: (08) 8204 2420 Postal address: PO Box 196 Rundle Mall Adelaide SA 5000
QLD Dept of Communities, Disability Services and Seniors <ul style="list-style-type: none">Advancing Queensland: an age-friendly community grants program	Email: grantqueries@communities.qld.gov.au.au Phone: 13 QGOV (13 74 68) Postal address: GPO Box 806 Brisbane Qld 4001
NSW Dept of Communities and Justice <ul style="list-style-type: none">Seniors Staying Social Grants Program	Email: ageing@facs.nsw.gov.au Phone: (02) 9377 6000 Postal address: Locked Bag 10, Strawberry Hills NSW 2012
VIC Dept of Health and Human Services <ul style="list-style-type: none">Seniors Participation GrantsParticipation for CALD Seniors Grant ProgramImproving Liveability for Older People	Email: seniorsprojects@dhhs.vic.gov.au Phone: (03) 9096 7389 Postal address: 50 Lonsdale Street Melbourne VIC 3000
ACT Office for Seniors and Veterans <ul style="list-style-type: none">ACT Participation (Seniors and Veterans) Grant	Email: communityparticipation@act.gov.au Phone: (02) 6207 8830 Postal address: GPO Box 158 Canberra ACT 2601
WA Dept of Communities <ul style="list-style-type: none">Age Friendly Communities Planning GrantAge Friendly Communities Innovation and Implementation GrantAge-friendly and Dementia-friendly Community Grants	Phone: (08) 6217 6888 Postal address: PO Box 6334 East Perth WA 6892

Seniors Grants

Local Government


- Smaller grants available for older adults, particularly for non-for-profit community groups
- Visit your local Council's website to view the options available to you.

**Brisbane
City Council**

Home > Community and safety > Grants, awards and sponsorships > Seniors Celebration Donation

Seniors Celebration Donation

The Seniors Celebration Donation helps senior citizens' groups to cover the cost of activities such as social outings and Christmas parties.



Funding available

Funding amounts range from \$100 to \$300.

Funding round dates

Applications for this donation are closed. Applicants will be notified of the outcome of their application in November 2019.

Eligibility

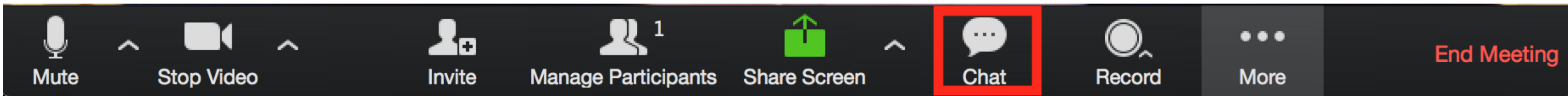
An applicant should be a:

- club or group providing activities for seniors that is not funded by other sources
- seniors' group that is part of other organisations.

Questions



Chat will be in the controls at the bottom of your screen.
Type your message and press **Enter** to send it.



Thank you



Can you view the recorded version of this webinar in your online portal
<https://walking.heartfoundation.org.au/dashboard/>



For free heart health
information and support
call our **Helpline on 13 11 12**

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