

Evaluation of the Moving Age Questionnaire 2016

Summary:

It took some time to be able to evaluate the Moving Age questionnaire 2016 with a reasonable number of answers. But at least I got 15 replies, which means that about 50% of the official Moving Age partners participated. A brief overview on the quantitative results is proof of the high activity of Moving Age partners promoting activities for elderly people in the last 2 years. All types of activities, listed within the questionnaire, had been mentioned with a fairly high frequency. And many diverse activities are further on in the pipeline for the next 2 years by nearly all replying partners.

There is as well unanimously interest to participate further on in the Moving Age actions and in participating in a Moving Age Conference in 2017. This is an encouraging message to continue with our initiatives.

Looking at the qualitative results of the questioning you'll be able to identify very interesting activities and initiatives carried out last 2 years across the different types. And also a lot of new ideas are already in the pipeline for the next 2 years.

All in all we see, that the engagement for the target group of elderly people is still rather high within the Moving Age partners and that we can expect creative new initiatives in the next years as well. But just as well the partners expect that the Moving Age Network continues with its efforts to support their own engagement.

Quantitative results:

Number of replies: 15

1. Is your organisation still active in in the area of physical activity promotion for elderly people?

Yes: 14 No: 1

2. Did your organisation develop new initiatives for the target groups of elderly in 2015/16?

Yes: 10 No: 5

3. The type of the initiative

- a) Exercise program: 10
- b) Strategy/Action Plan: 7
- c) Instructor education: 8
- d) Political advocacy: 5
- e) New partnerships: 8
- f) Others: 3

4. Do you have special initiatives for 2017/18 in the pipeline?

Yes: 13 No: 2

5. Are you still interested in Moving Age Network actions?

Yes: 15 No: -

6. Would you like to participate in a Moving Age Conference in 2017?

Yes: 15 No: -

Qualitative results:

Questions 3: Please characterise shortly the type, name and the content of the initiative

- **Exercise program:** **DGI:** Smart Training; **SOKOL:** Test battery for seniors, completed by a file with recommendations how seniors can improve their fitness with the tests; **DTB:** ATP – Every day Training Program; **Generation Games:** Ongoing editions of Generation Games; **VJF:** Power training program anti-sarcopenia for 55+ (in cooperation with University of Leuven and Sport Vlaanderen Government); **SLLC:** Active days (morning exercise for 50+); Senior Fitness Classes, Dance Classes for 50+; **DGI East Jutland:** “You turn” (a program which helps the participants to change their “life habits” through exercise, eating, etc.), “Into the wild – into life” (outdoor training for chronic illnesses and other persons with special needs); **CASPV:** Physical activity program for “Golder Age”;
- **Strategy/Action Plan:** **DGI** Strategic Program 2017-2020; **Im Fine:** Health Life Styles (Radio/TV/publications); **SOKOL:** Questioning of SOKOL units to get more information about their senior activities, opening of such activities for newcomers, improvement of cooperation with senior instructors; **DTB:** ongoing process to implement the existing Active Age Strategy; **VJF:** Plan 2017-2020; **DGI East Jutland:** New national and regional strategy under development;
- **Instructor education:** **Im Fine:** PE Education – Elderly; **SOKOL:** special education courses to qualify current instructors for exercises for elderly people; **DTB:** numerous further education measures on the national, regional and local level (Congresses; Conventions; ...); **VJF:** Follow up course about use of walking sticks and a gymball in the practise of Judo; **SLLC:** dedicated member of staff to facilitate this; **DGI East Jutland:** Education as part of the “You Turn” and the “Into the wild – into life” program; **CASPV:** Courses and seminars for instructors of seniors;
- **Political advocacy:** **DGI:** Focus on “25 year role for public support”); **DGI East Jutland:** Not directly, but a lot of dialogue with municipalities;
- **New partnerships:** **DGI & DGF** in partnership “Bevaeg dig for livet” project 2016-2019; **Im Fine:** FRAILOMICS; **SOKOL:** improved partnership with SfA organisations taking care for seniors and with general senior organisations (Czech Seniors Organisation; Club Active); **SLLC:** Strong links with Seniors Together and Forward @50; **DGI East Jutland:** Partnership with almost every municipality in the area; **CASPV:** Masaryk University Brno, Faculty of physical Culture Palacky University Olomouc – UECAPA (European Congress of Adapted Physical Activity);
- **Others:** **DGI:**Nordea Foundation, Centre of Healthy Aging; Copenhagen University and Slots- and Kulturstyrelse; Ministry of Libraries in Denmark; **Im Fine:** Research project Exernet-3 and FRAILOMICS; Exercise in Medicine Spain (Program ACSM);

DGI East Jutland: A steep increase in the activity Krolf (a mix of Croquet and Golf) with a lot of new active elderly people;

Question 4: Do you have special initiatives for 2017/18 in the pipeline?

DGI: A new project possibly called “Hold hjernen frisk” (Keep your brain fresh and fit); not yet financed). Intend to do large scale international conference in 2018 focusing on seniors.

- **Im Fine:** Initiative together with Exercise in Medicine Spain.
- **Okra Sport 50+:** We are working out a new project concerning movement, nutrition and counteracting sedentarily behaviour.
- **UMFI:** We want to encourage sport clubs to take more initiative to offer more activity for elderly people. We are going to create a special unit taking care for the target group of elderly people.
- **VJF:** Education of instructors and Judo teachers in the new Power Program 50+.
- **Lunga Vita Attiva:** Awareness Campaign on social media; “Pills of Active Life” seminars and workshops; Slow Swimming Course for 60+; Network “Trieste in Movimento”; New partnerships with other Active Aging associations; Program to the Regional Government for Policy Advocacy.
- **SLLC:** We aim to keep growing our “Active Days” initiative and increase our membership sales for older people.
- **DGI East Jutland:** Strategic partnership regarding activities for elderly with the second largest municipality in Denmark, Aarhus. Moreover we’re upscaling our activities for elderly people in 2017, so hopefully a lot of new initiatives will come around.
- **CASPV:** Cooperation with Senior Home Prague – Haje (Parkinson disease, multisensory activities, offer for old-old seniors). Activities for seniors and their dogs.

Question 7: What are your expectations for Moving Age Net actions in the future?

Most frequent answers:

- Sharing results from researches in the field of healthy lifestyle of seniors.
- Meeting other organisations to be inspired for our own work and to inspire others likewise.
- If possible establish a new EU project together with ISCA and other organisations.
- Exchange of experiences and good practises among continents and organisations within the Moving Age Network.
- Inspiration of and participation in congresses, conferences etc. organised by Moving Age partners for instructors, leaders and other stakeholders.
- Pay attention to groups with special needs (e.g. frail elderly)
- Identification of prospective developments and trends.

- Advocating at EU authorities for the importance of physical activities for elderly as a major part of health prevention.
- Focussing again on the importance of strategic planning and action plans in sport organisations to implement activities for elderly people sustainable.
- Creating a common program and/or event.