



We build strong **PEOPLE**
strong **FAMILIES** strong **COMMUNITIES**

Active Ageing Expert Assistance Program

or

Active Ageing Network



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Background

- OSV funded project
- YMCA lead agency
- Partnership with COTA
- AAEAP - one of a number of strategies included in the 'Go for your life' Strategic Plan (2006-10)
- Project timeframe



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AAEAP Focus

- Older people living in economically disadvantaged areas
- Disadvantaged groups of older people



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Objectives

- Develop strategies to increase participation in physical activities by older people
- Improve capacity of health & fitness sector to deliver activity programs
- Provide strength-training program grants, based on a needs analysis
- Improve access to to affordable, accessible strength training programs



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Objectives

- Conduct an evaluation of the Seniors 'Go for your life' strength training for Older Adults Program and AAEAP
- Establishment of a strength training program in every LGA by the end of 2010



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Objectives

- Develop an AAN that will:
 - Promote opportunities for participation in active living programs
 - Increase range and quality of activity opportunities
 - Build agency capacity
 - Improve organisational practice



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Activities

- Advisory Committee
- Stakeholder forums
- Practitioner Workshops
- Program support
- Industry Capacity Building
- Website



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Feedback

- What information would you like to see on the AAN website?
- What issues would you like to see addressed at future workshops around ageing and physical activity?
- Best ways for health practitioners to share information? How can we do this better?
- What information would help you in terms of program development, particularly with people from disadvantaged backgrounds and groups?