



2009 *Strength Training for Older People* Innovation Awards

Aims:

1. To identify examples of good practice in the delivery of strength training programs for older people
2. To recognise providers of innovative and effective strength training programs
3. To promote effective strategies to increase participation in strength training by older people, and in particular disadvantaged groups.

How to nominate:

Complete the appropriate nomination form (see over for selection criteria).

Nomination forms are available from Stephanie Harper at COTA (email activemanager@cotavic.org.au) or can be downloaded from http://www.cotavic.org.au/healthy_and_active_ageing.

Nominations must reach COTA by COB Tuesday 15 December 2009 either via email to activemanager@cotavic.org.au (include *Strength Training for Older People Innovation Awards* in subject line) or by post to:

Strength Training for Older People Innovation Awards
COTA
L4, Block Arcade
98 Elizabeth St
Melbourne VIC 3000

General Guidelines:

- The awards are open to providers of strength training programs for older people in Victoria, including those who deliver Living Longer Living Stronger™ and recipients of a *Go for your life* strength training improvement or development grant. If you offer programs at more than one venue, you can nominate EITHER one venue or your whole program – do not submit nominations for more than one venue.
- Nominations should address the selection criteria (as indicated below and on the nomination form)
- A maximum of two A4 pages of information supporting the nomination may be submitted. This might include for example, participant testimonials, participation data, promotional materials that have been effective in engaging specific groups.



Selection Criteria:

All programs nominated must:

- Offer at least two regular progressive resistance (strength) training sessions specifically for people over 50 years of age and have been doing so for at least 12 months
- Incorporate medical clearances (where appropriate) and initial assessments
- Prescribe individual programs for participants that are regularly reviewed
- Be low cost with a payment structure that does not require a long-term financial commitment from participants
- Ensure all sessions are supervised, and programs are prepared by appropriately qualified instructors
- Be committed to continuing the program and be able to identify strategies to make the program sustainable
- Demonstrate strategies to promote social interaction amongst participants
- Be implementing innovative strategies to engage and retain participants who experience disadvantage or are from culturally and linguistically diverse (CALD) or indigenous backgrounds.

More than one provider may be recognised.

Award presentations:

Awards will be presented at a special event to be conducted in early 2010. Finalists will be notified by late January (prior to the event).

For further information contact:

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