



Aim of the Active Ageing Network

The Active Ageing Network aims to increase the range and number of sustainable physical activity programs for older people in Victoria, particularly from disadvantaged groups and areas of disadvantage, including: culturally and linguistically diverse (CALD), indigenous, socially isolated, economically or transport disadvantaged and people with a disability or carers.

A variety of strategies are being employed by the Active Ageing Network to increase the number and capacity of physical activity programs, including:

- Providing information and resources to health and fitness practitioners and opportunities for networking, development and support; and
- Giving older adults a means to get active and to find a program to suit their needs.

Aim of the Active Ageing Network Website

From a practitioner perspective, the Active Ageing Network aims to increase the level of interaction between practitioners, provide a central resource of information and improve links between organisations, thus enhancing capacity building.

Practitioner Resources

Case studies have been identified as a valuable resource that will assist you - health and fitness practitioners – in your work to engage and retain older people, particularly those who are disadvantaged and CALD, in physical activity.

The Active Ageing Network is seeking case studies (for inclusion on the website) from organisations/agencies demonstrating projects/programs that have been effective in promoting and retaining participation in physical activity by older adults, particularly those who are disadvantaged or CALD. In addition, information is sought on the strategies that are in place to facilitate the projects/program's sustainability, including partnerships.

Contributing a case study for display on the Active Ageing Network website is a great way to showcase your project/program to other health and fitness practitioners – free of charge!

Following is a case study template. Please write your answers in the space provided.

Case Study Template

Name of Project/Program:

Description of Project/Program:

Type of Program: (eg strength training, walking; aqua aerobics etc if not clear from program name)

.....

The name of the organisation/agency that manages the program:

.....

Why the program was established:

.....

.....

.....

.....

The target audience (if more specific than older people in general eg CALD group, economically disadvantaged):

.....

.....

.....

.....

How long the program has been in operation:

.....
.....
.....
.....

The funding source for the program:

.....
.....

Where the program is implemented (please include local government area, suburb/s or town/s):

.....
.....
.....
.....

Program details (please include number of sessions per week offered, time of day, equipment required etc)

.....
.....
.....
.....
.....
.....

What is the average number of participants per session? Is this increasing/decreasing?

.....
.....

What is the cost to participants?

.....
.....

How the program is promoted/participation is facilitated and maintained:

.....
.....
.....
.....
.....
.....

Partnerships:

Please provide a list of significant partners involved in the Project/Program in dot-point form and briefly outline their role in the partnership.

.....
.....
.....
.....
.....
.....

Outcomes of Program:

Please provide a list of Program outcomes in dot-point form.

.....

.....

.....

.....

.....

.....

Lessons Learnt:

Please provide a list of lessons learnt in dot-point form.

.....

.....

.....

.....

.....

.....

Issues/Barriers:

Are there issues or barriers you have been unable to overcome? Please discuss.

.....

.....

.....

.....

.....

.....

Program Sustainability:

Please include information on strategies that are in place to facilitate the Program’s sustainability, including partnerships (if relevant).

.....

.....

.....

.....

.....

.....

Participant Feedback/Quotes/Photographs:

If available, please include at least one and up to 3 quotes from Program participants. If you would like to provide photographs, please provide electronically and in high resolution. (Please see the photo release form on page 7.)

.....

.....

.....

.....

Thank you for completing the Active Ageing Network Case Study Template. This case study will be uploaded onto the Active Ageing Network website in the Practitioner Resource library under the Case Studies category. Thank you for assisting the Network to increase the level of interaction between practitioners and enhancing capacity building in the health and fitness sector.

To provide the opportunity for fellow practitioners to contact you about your Project/Program, please complete the following (please note, these details will be included on the website):

For more information about <Project/Program Name>, please contact <Name> at <Organisation> on <Phone> or <Email>.

Please send your completed case study, including the photo release form, to: Elizabeth Charalambakis, Elizabeth.Charalambakis@ymca.org.au

In conjunction with the Office of Senior Victorians, COTA and the YMCA Victoria, is delivering the Active Ageing Network. The Network aims to increase the number and range of sustainable physical activity programs for older people (aged 50 years and over) in Victoria, particularly from disadvantaged groups and areas of disadvantage. The Active Ageing Network requests the right to use these photos in the promotion of the Active Ageing Network Program.

Rights to Use Image

In signing this release form, I hereby grant permission to the Active Ageing Network the right to use my physical likeness without restriction in any promotion or promotional material created by or for the Active Ageing Network.

I accept that no fee or remuneration will be provided for my appearance in any Active Ageing Network Program and/or related promotions and grant unlimited use of my image for this purpose only.

Participants Release Form

Participants Name(s):	1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____ 8. _____	Signature(s):	_____ _____ _____ _____ _____ _____ _____
-----------------------	--	---------------	---

Date: _____ Contact Number: _____

I/ We represent _____(Organisation) in the following activities

-
-
-

Or

- Individual Participant

If you are 18 years of age a parent/guardian is required to give consent for a child's image to be used.

Parent's /Guardian Name: _____

Signature: _____ Date: _____

Phone Number: _____

Privacy Statement:

The Active Ageing Network acknowledges and respects the privacy of individuals. The information that is being collected on this form is for the purpose of permitting the Active Ageing Network to use any photographs taken of you, your child and/or team members in any promotion or promotional program that is created by the Active Ageing Network for the Active Ageing Network. You have the right to access and alter personal information concerning yourself, your children and/or team members whose details appear on this standard release form.