



Active Neighbourhoods for Older Australians

Welcome to the Active Neighbourhoods for Older Australians (ANOA) team! We are looking forward to working with you throughout this project and to see how our work will help to encourage over 65's to enjoy physical activity and improve their overall wellbeing.

Overview of Project

Musculoskeletal Australia (MSK) have been successful in securing an Australian government grant through the Sport Australia 'Move it AUS- Better Ageing' initiative. Musculoskeletal Australia will be working with the University of Sydney to oversee and implement the Project.

The 'Active Neighbourhoods for Older Australians' project will aim to:

1. enhance older people's understanding of the benefits of regular physical activity (PA);
2. improve access to PA amongst older people (especially those who are socially isolated and disadvantaged and currently not engaged in PA) through Neighbourhood Houses providing more age-appropriate PA opportunities;
3. enable PA to be a regular component of the participants' lives;
4. support older people's engagement in PA at Neighbourhood houses by developing a peer support program; and
5. improve the knowledge and skills of Neighbourhood House staff and volunteers involved in planning and delivering age-appropriate PA activities to older people.

The 'Active Neighbourhoods for Older Australians' project will support the expansion of PA programs for older people in all Neighbourhood Houses and Centres across Australia through capacity building, partnership development, awareness raising, and activation of peer support for program participants.

Rationale for the project

Australians are living longer than ever before with the number of Australians aged 65 years and over expected to double in the next 40 years. To make the most of the opportunities a longer life provides, Australians need to prepare early to be healthy, independent, connected and safe. There is substantial evidence that PA, including structured exercise and sport participation, can contribute to improving a person's physical and mental wellbeing, and facilitate social connectedness.



Project Requirements

ANOA Funding Project Plan: Implement a plan to establish age-appropriate PA programs for older people for the first time or increase current programs for older people, especially those who are socially isolated, disadvantaged and currently not engaged in PA;

Marketing Physical Activity (PA): We will provide you with some marketing tools. The aim of ANOA project is to try and engage older people in PA, we encourage you to produce flyers promoting your Neighbourhood House or Centres PA program. Please include our logo in any promotional materials throughout the project. Logos and marketing guidelines can be found in our shared One Drive (link below).

Participants Survey: We have provided you with a new participation survey for participants to complete at start of program. Please ensure that new participants complete this, we have provided you with an information sheet to assist Volunteers and staff to help program users to complete. (it maybe good to have a few volunteers available to help on first day of class) Please place all completed in reply paid envelope and post back to us.

Tools: We will provide you with tools (VAAP Self-assessment Tool and Resources - www.msk.org.au/vaap/#SaTR) throughout the project that will assist you to review current PA programs for older people and undertake follow-up actions (where needed and possible).

Partnerships: We will be emailing you a short SurveyMonkey, which invites you to report on current partnerships that your Neighbourhood House or Centre has in place to support your PA programs for older people. There will be a follow up questionnaire in 6 months later to see if partnerships have increased or changed throughout this project.

Training and Support: As part of our project we will be providing training to support Volunteers, Staff and Committee, we request that you take part in these initiatives, such as webinars and an online community of practice. We will be running 6 webinars, the first webinar is on **Thursday 31st October at 1pm** . This webinar will outline your funding requirements and everything you need to know, you will have the opportunity to meet us and ask questions.

Progress Report: We request you complete a six-monthly reports about the project including activities undertaken, numbers of older people involved, lessons learned and future directions for PA programs offered to older community members.



Thank you again for your involvement in this exciting project! We look forward to hear any success or inspiring stories along the way.

Please share photos and stories with us by emailing them to:
ANOA@msk.org.au

OR, you can share photos and stories on social media and tag us:
@activeolderpeople

ANOA Team and Contact Details

Please contact us anytime throughout the project for assistance, advice or information.



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