



Marching to The Beat of One's Own Drum

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Evidence – services perspective

- ✓ Australian Institute for Primary Care
- ✓ Victorian HACC Active Service Model
- ✓ World Health Organisation Active Ageing Framework





Well for Life –services perspective

- ✓ Increased mobility



Well for Life –services perspective

- ✓ Increased mobility
- ✓ Improved dietary intake



Well for Life –services perspective

- ✓ Increased mobility
- ✓ Improved dietary intake
- ✓ Improved mood & behaviour



Well for Life –services perspective

- ✓ Increased mobility
- ✓ Improved dietary intake
- ✓ Improved mood & behaviour
- ✓ Increased staff satisfaction

Making a Move – services perspective

- ✓ Hard to engage some older people





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- ✓ Transition from program

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- ✓ Some great success stories



Making a Move – services perspective

- ✓ Hard to engage some older people
- ✓ Transition from program
- ✓ Some great success stories
- ✓ Increased staff satisfaction

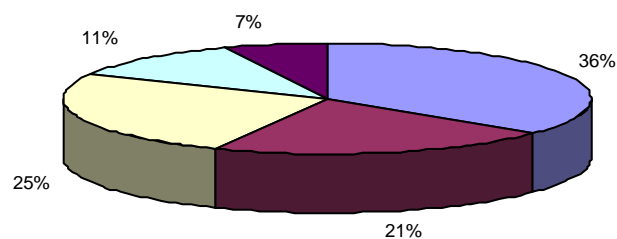




Profile of Participants

- 45 clients surveyed
 - Supported Residential Services residents participating in Well for Life
 - Individuals living in the community participating in Making a Move
- 42 clients in focus groups from various PAG sessions
 - Vietnamese group
 - Italian group
 - Cambodian group
 - English speaking group

What Does Being Active Mean to You



- Physical health and strength
- Maintaining independence
- Participating in social activities
- Increased sense of well-being
- Self confidence

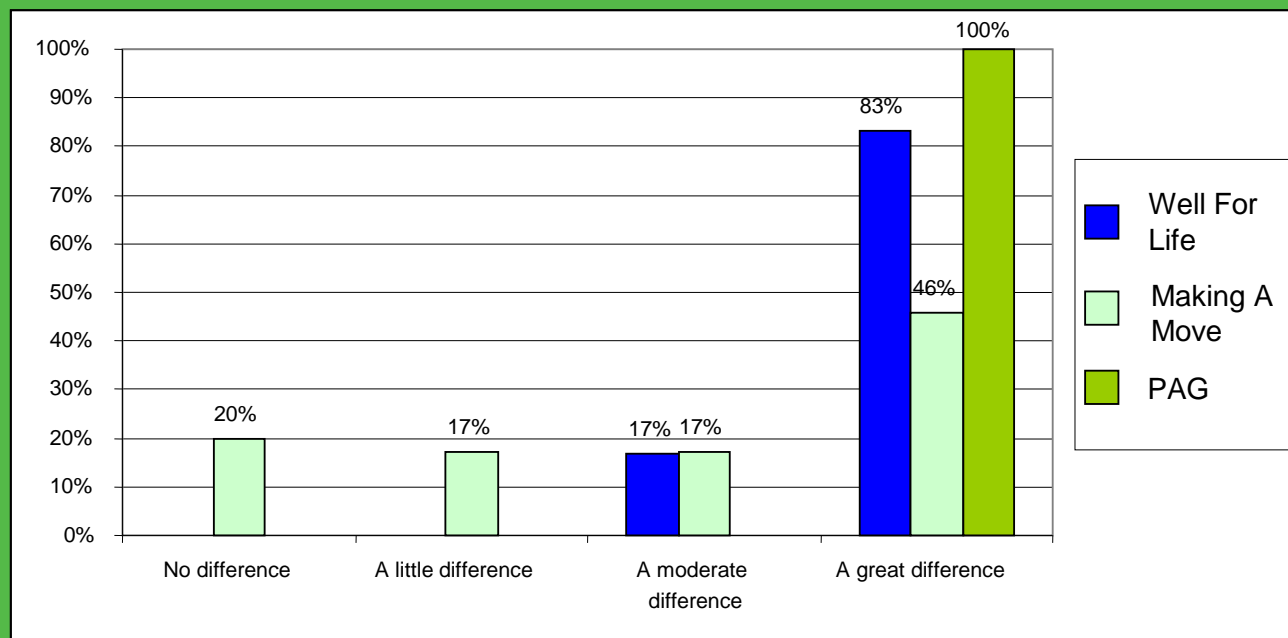


Participants' Comments

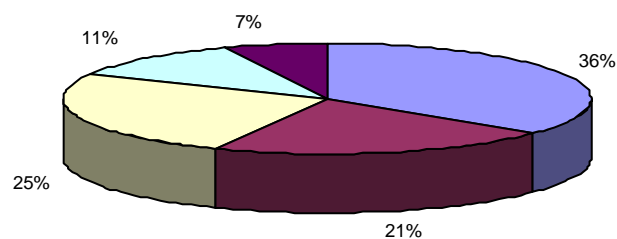
- *If you don't use it you loose it - do exercises*
- *Being independent - doing what you want to do*
- *This group keeps me active. If I am at home I lay down, when I come here I get active and see my friends*
- *Alert - always ready to go and tackle duties*
- *Mental attitude - forget about problems*
- *To be confident to do anything*
- *I did have depression but now I have confidence to go out and enjoy life*



Rating Of Program



Examples of How the Program Made a Difference



- Physical health and strength
- Maintaining independence
- Participating in social activities
- Increased sense of well-being
- Self confidence



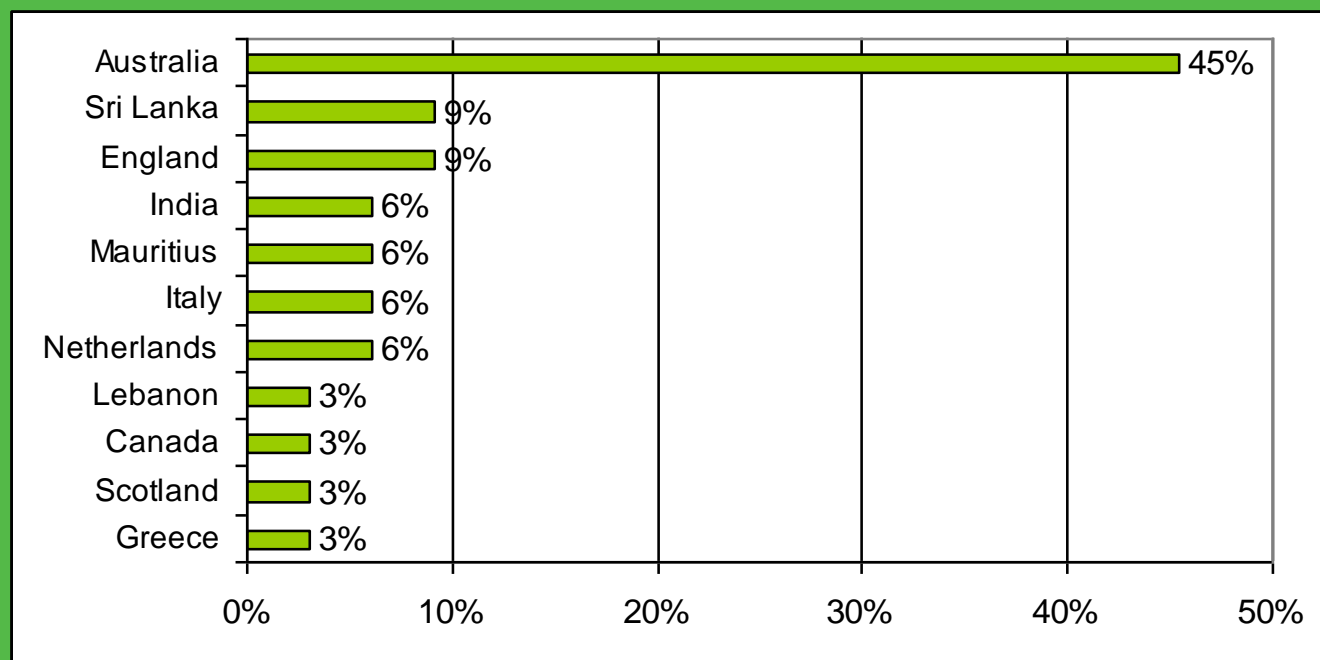


Demographic of Making a Move Participants

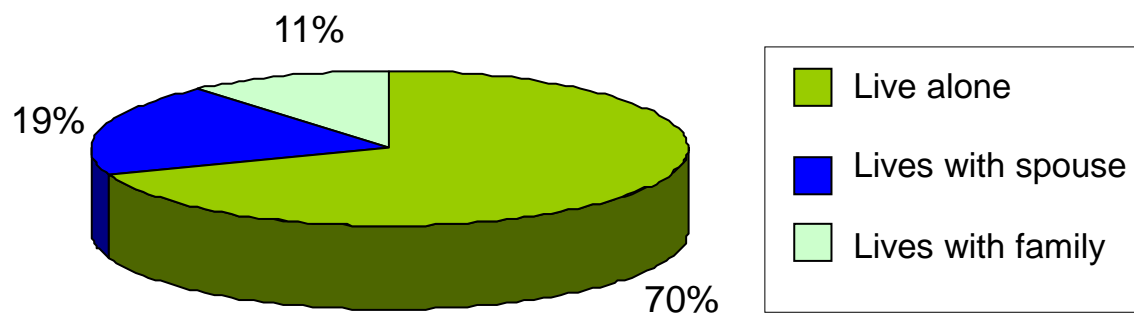
- AGE
 - 95% aged 80 to 89
 - 5% aged 90+

- GENDER
 - 65% female
 - 35% male

Ethnicity



Living Arrangements



What Have We learned?

- Being active means different things to different people
- Programs contributed to increased activity levels
- Programs provided an enhanced sense of wellbeing
- Some people didn't "fit the mould"



