

# Promoting physical activity with older people

A guide to best practice

21 May 2008 • Templeton Hotel, Templepatrick



## **Active for later life resource**

The publication of the British Heart Foundation's *Active for later life* resource highlighted the need to support older people as they make the change to becoming more physically active.

First published in 2003, *Active for later life* has been updated and is now available as a web-based resource designed to support those with an interest in promoting physical activity with older people. It includes summaries of evidence and guidelines, policy and strategy as well as an extended series of working papers and practical tools and checklists. The resource is available to download from [www.bhf.org.uk](http://www.bhf.org.uk)

## **Older people and physical activity**

There is overwhelming and consistent evidence of the importance of physical activity for the older person, including the immediate and long-term physical, psychological and social benefits, in particular, helping people to maintain their mobility and independence in later life.

## **Aim of seminar**

This one day workshop-style seminar which has been organised by the Health Promotion Agency for Northern Ireland (HPA) and Age Concern Northern Ireland (ACNI), aims to provide participants with updates on evidence, research, information and practice. Participants will be provided with the opportunity to examine how this information can be used to enhance their own programme development and effectiveness.

## **Format**

The seminar will be facilitated by Len Almond from the British Heart Foundation (BHF) National Centre for Physical Activity and Health. The event will also include several case studies of physical activity initiatives targeted at older adults.

## **Target audience**

The *Active for later life* resource has been designed to assist a wide range of regional and local statutory, community and voluntary organisations that are in the position to work with older people to promote physical activity. The seminar will be of particular interest to physical activity specialists, health promotion specialists, health improvement managers, community sports professionals, primary care staff, the care sector, age related organisations and local councils.

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## Programme

- 9.30am**            **Registration, tea/coffee**
- 9.45am**            **Welcome and introduction**  
Alan Herron, Director of Community Services, ACNI  
Dr Brian Gaffney, Chief Executive, HPA
- Session 1**        **Older people and physical activity – where are we now?**
- 9.50am**            **Promoting physical activity with older people in Northern Ireland**  
Nicola Browne, Senior Manager: Public Health, HPA  
Elma Greer, Ageing Well Manager, ACNI
- 10.20am**         **Update on evidence based practice**  
Len Almond, BHF National Centre for Physical Activity and Health
- 10.45am**         **Tea/coffee**
- Session 2**        **Using the evidence to inform our practice**
- 11.10am**         **Introducing Active for later life and the BHF National Centre guidelines on older people and physical activity**  
Len Almond, BHF National Centre for Physical Activity and Health
- Case studies of physical activity programmes with older people
- 12.30pm**         **Lunch and networking**

# Booking form

Please complete all details in BLOCK capitals. Please photocopy this form for each individual.

First name .....

Surname .....

Job title .....

Organisation .....

Statutory       Community/voluntary       Private

Work address .....

.....

Postcode .....

Work telephone number .....

Fax number .....

Email .....

Please specify any special dietary or access requirements

.....

Signature .....

Date .....

## Booking information

Please book early to avoid disappointment as this seminar is restricted to 50 places.

Booking forms are also available to download or submit on line at:

[www.healthpromotionagency.org.uk](http://www.healthpromotionagency.org.uk)

## Cost

Statutory sector    £40.00

Community/voluntary

£20.00

## Closing date for applications

9 May 2008

## Completed forms should be returned to:

Carrie Crossan, Health Promotion Agency for Northern Ireland, 18 Ormeau Avenue,  
Belfast BT2 8HS. Tel: 028 9031 1611 (voice/minicom). Fax: 028 9031 1711.

### **Session 3      Effective programming for older people**

**1.15pm      Programme/intervention planning**  
Group work facilitated by Len Almond, BHF National Centre for Physical Activity and Health

**2.30pm      Refreshments**

### **Session 4      Evaluating programmes**

**2.45pm      Evaluating physical activity programmes for older people**  
Len Almond, BHF National Centre for Physical Activity and Health

**4.00pm      Feedback**

**4.15pm      Evaluation and close**

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