

EDITORIAL

A Word from the Vice President...

With the approach of the festive season, I expect everyone is busy, and Active Ageing Australia® is certainly no exception. With new programs and new staff, next year is shaping up very well.

One of the benefits of new projects is the building and strengthening of partnerships with important groups such as GPs and nutrition professionals. This underscores that healthy active ageing depends on a team approach.

There is some information from the latest Falls Prevention Conference later in this newsletter. Injuries from falls are a real threat to healthy independent ageing. Please help to spread the word that active, strong older adults who regularly practice their balance skills are much less likely to suffer a serious fall.

Our President, Bob Barnard, has just returned from having a well-earned rest as I write this. He has had an exceptionally busy year, contributing many hours to Active Ageing Australia® during the time between Executive Officers, while continuing with his full-time role as Chief Exercise Physiologist at the Centre for Physical Activity in Ageing. Thanks Bob!

Sioux Christiansen, our new Executive Officer, has settled in well and is already making a significant contribution with her great organizational skills and caring attitude toward our most valuable assets – our staff.

Special thanks also to Pauline Brooks and Katrina Reschke, who provided periodic hands-on skills and expertise to keep projects running smoothly.

I wish everyone an active and relaxing time over the New Year.

**Michele Sutherland, Vice President,
Active Ageing Australia®**

The Active Ageing Australia® office will be closed from COB 19th December, reopening on 5th January, 2009.



Introducing Staff

Sioux Christiansen - Executive Officer

Sioux started with Active Ageing Australia® on 15th September and has nearly thirty years experience in the not-for-profit area including Sports, Arts and Charitable sectors. Her extensive experience includes Advocacy, Marketing, Public Relations, Lobby and all facets of Administration. Sioux sits on numerous not-for-profit and sector-representative Boards.

Katie Kelson - Administration Trainee

Katie has been selected to complete the SportSA Administrative Traineeship with Active Ageing Australia® for 12 months. She will be undertaking general administrative duties and preparing for all of the EMAA and other trainings held throughout the year whilst also undertaking various training modules during this time.

Chelsea Barlow - Project Officer

Chelsea has been employed as part-time Project Officer on the 'Towards Sustainable Better Health' Project. She has recently completed a Bachelor of Applied Science (Human Movement and Health Studies) at UniSA and will be involved in supporting people (through Active Living Every Day (ALED) and/or Healthy Eating Every Day (HEED) training) to make lifestyle changes to improve their physical activity levels and/or dietary choices for better health.

On behalf of the Board and staff of Active Ageing Australia® I would like to thank all of our EMAA Leaders, Members (both Corporate and Individual), Life Members and Ambassadors for your continued support over the last year. Best wishes for a safe and enjoyable Christmas and New Year!
Sioux Christiansen

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Active Ageing Australia®

73 Wakefield Street Adelaide SA 5000

T 08 8232 9077 F 08 8232 9020

E aaa@activeageingsa.net.au

W www.activeageingsa.net.au

Easy Moves for Active Ageing® - EMAA

EMAA Trainings have proven very successful throughout 2008, with cumulative numbers of EMAA Leaders trained now just over 1400 nationally since the training was first delivered. EMAA has seen 3 Editions, with a 4th due in 2009.

'In-house' trainings in 2008 have been provided for Kranz International College, Adelaide Hills Community Health Service, Port Pirie Regional Health Service, and the Italian Benevolent Foundation in SA; Riverina Division of General Practice and Primary Health Ltd, NSW; Barwon Health and Inner East Primary Care Partnerships, Vic; and Spiritus, QLD.

We continue to receive very positive feedback from participants who have completed the EMAA training including one such letter that we received from a participant trained within the Barwon Health course:

'I have attended many courses and workshops over the past 15 years and I would like to take this opportunity to thank you for the opportunity I was given recently to attend the EMAA Training. The content and delivery of the course was wonderful, easy listening, informative and recognizable. The course instructor was particularly good not only guiding the participants through the course content and exercises, also by encouraging those who were not particularly confident. I can honestly say I have never enjoyed a course as much' Anon

LifePlus! Index

The LifePlus! Index, as successfully developed for the inaugural Active Ageing Week 2007, has now been added to the Active Ageing Australia® website at www.activeageingsa.net.au for viewing.

Each of the 'questions' within the index related around your physical, social and mental well-being has a link to an applicable website which contains information to assist you in making positive LifePlus! choices.

A postcard listing the LifePlus Index as well as the Hotline (on the reverse of the card) to call if you are looking for a physical activity option in your local area is also available from the Active Ageing Australia® office, contact us for copies on 8232 9077 or email aaa@activeageingsa.net.au

So visit the website to see how you can add life to your years...

Australia and New Zealand Falls Prevention (ANZFP) Conference

The 3rd ANZFP conference was held on 12th - 14th October and was attended by approximately 540 delegates from across Australia as well as internationally.

Some key points from the Conference related to the work that Active Ageing Australia® promotes are:

- Lots of papers supported exercise programs that have a strength and balance focus
- Progressive exercise programs have been supported incorporating the use of weights
- Numerous papers from organisations based in Vic and NSW on the Otago program, mentioning that it is a resource intensive and costly program to deliver. (This then supports the HAMP (Home Activity Monitoring Project) training that we deliver and should therefore be promoted actively interstate for this reason – less resource intensive and more cost effective than the current Otago program).
- Some papers discussed that exercise can prevent falls if the exercises are 'challenging but safe'

The exercise programs discussed at the conference encouraged the use of 'functional' exercise i.e. recognizing exercises in line with activities of daily living such as completing a reaching exercise would be explained like reaching for a plate out of the cupboard, making the exercises like activities they would normally complete at home to encourage them to use the exercise at home, in between the actual exercise classes that they may attend.

At the conference it was reassuring to hear that the current research and projects that are being run are supporting what Active Ageing Australia® are delivering through their training and projects.

The 'Conference Proceedings' are now available on the website: www.anzfpconference.com

This includes presentations in pdf format given by Plenary and Concurrent Presenters as well as workshop handouts.

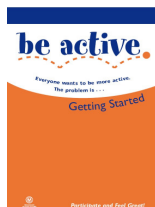
**Note in your diary that the 4th ANZFP
Conference will take place in November 2010
in Dunedin, New Zealand.**

enhancing positive ageing experiences...

Are you aware that only half of South Australian adults are physically active enough to benefit their health, with 17% of us being completely inactive?

purchased for events that you may hold. All of these resources can be viewed and ordered through the *be active* website www.beactive.com.au or by phoning 8416 6677

There is a range of resources developed by the Office for Recreation and Sport through the *be active* campaign available to be distributed to your clients and/or patients or displayed within your organisation. These include brochures, a 'Getting Started' booklet, stickers, posters, and fact sheets. Various merchandise can also be



YOU NEVER HAVE TO WAIT FOR THE STARS.

be active.



be active.

Today's world of modern technology, increased reliance on motorised transport, and increased demands at work and home, amongst other factors, has meant that as a community, we do much less physical activity than we used to. In fact, only half of South Australian adults are doing enough physical activity, and there has also been a concerning decline in the level of physical activity in children as well.

be active is a South Australian message established by the State Government to get more South Australians more active, more often. With such a fantastic state in which to *be active*, there are many opportunities for all of us!

So why *be active*? Being active makes you feel great, more alert and less anxious. It's a great way to spend time with friends and family, and can provide health benefits such as improved blood pressure, cholesterol levels and fitness, and can lower the risk of heart disease, diabetes and some forms of cancers.

And above all, it is fun!





Where do you start?
Visit www.beactive.com.au to find some great ways, and opportunities, to *be active* in South Australia. Remember, being active is important for all of us - no matter what your ability, age or gender!

Photo credits: Rachel Hayes



INFORMATION & The Year Ahead



AASA Diary Dates 2009

Training	Dates	Place
EMAA Leaders Training	24th & 25th February	Adelaide, SA
	12th & 13th March	Sydney, NSW
	29th & 30th April	Adelaide, SA
	3rd & 4th June	Adelaide, SA
	18th & 19th June	Sydney, NSW
	23rd & 24th July	Adelaide, SA
	9th & 19th September	Adelaide, SA
	10th & 11th September	Sydney, NSW
	29th & 30th October	Adelaide, SA
	2nd & 3rd December	Adelaide, SA
EMAA Leaders Update	6th March	Adelaide, SA
	3rd April	Sydney, NSW
	6th May	Adelaide, SA
	17th July	Adelaide, SA
	18th Sept	Sydney, NSW
	24th Sept	Adelaide, SA
	13th Nov	Adelaide, SA
EMAA Music	27th March	Adelaide, SA
	10th July	Adelaide, SA
Tai Chi Chair	11th & 12th March	Adelaide, SA
Tai Chi & QiGong for Dementia	12th & 13th August	Adelaide, SA



Should you be interested in completing any of the courses offered please contact Katie on 08 8232 9077, or send an email to aaa@activeageingsa.net.au

EMAA In-house Training

In addition to the scheduled EMMA Leaders Trainings throughout the year in-house training options are available. Other trainings such as EMMA Music, Tai Chi Chair and NoFalls Leader training can also be negotiated.

Contact Tracey Gerhardy, Program Manager at Active Ageing Australia® on 08 8232 4467 or email falls@activeageingsa.net.au for further information and a quote.

Other Active Ageing Links

Alzheimer's Australia:

www.alzheimers.org.au

Arthritis Australia:

www.arthritisaustralia.com.au

Be Active:

www.beactive.com.au

Centre for Physical Activity in Ageing:

www.cpa.a.gov.au

Department of Health & Ageing:

www.health.gov.au

Diabetes Australia:

www.diabetesaustralia.com.au

Falls Prevention in SA:

www.falssa.com.au

Heart Foundation:

www.heartfoundation.org.au

Human Kinetics:

www.humankinetics.com

Office for Recreation and Sport

www.rec sport.sa.gov.au

Osteoporosis Australia:

www.osteoporosis.org.au

Disclaimer

The 'Taking Action' newsletters are intended as a sharing of knowledge and information from research and physical activity and ageing associated organisations. The views and opinions expressed do not necessarily reflect those of Active Ageing Australia®. AAA encourages you to make your own health decisions based upon your research and in partnership with a qualified professional.