

# A Blueprint for Action for Active Living and Older Adults



# Moving

# Through

# the Years



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## Acknowledgements

**Moving Through the Years: A Blueprint for Action for Active Living and Older Adults** is a document without authorship that grew out of a widely expressed need for consensus and direction to address the needs of older adults.

The *Blueprint* has been developed through a comprehensive process which has included contributions from many individuals and organizations. The following, in particular, are acknowledged for their significant input and guidance:

- **La Fondation en adaptation motrice (FAM)** — for its leadership role in coordinating and facilitating the overall process for the *Blueprint* development;
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- **The Active Living Coalition for Older Adults (ALCOA)** — for its assistance during the consultation process, and for agreeing to serve as caretaker of the *Blueprint* in the upcoming years;
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- **The Blueprint Advisory Committee**, consisting of the following individuals:
  - Dr. Clermont Simard, Chair and President of FAM
  - Diana Dampier, ALCOA
  - Flora Dell, ALCOA
  - Alfred Nikolai, Federal-Provincial/Territorial Advisory Committee on Fitness and Recreation
  - Tanya Moore, FAM
  - Dr. Donald H. Paterson, University of Western Ontario
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  - Representatives of Health Canada.
- **The 450 individuals and numerous organizations involved in the consultation process**, upon whose wisdom the Guiding Principles and Goals were founded.

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## Introduction

### *What is a Blueprint for Action?*

**In this day and age, there is a realization that the growth of an aging population is not simply a trend but a reality. As such, government and non-government agencies and organizations across the country are searching for ways to address this challenge. Recognized among such needs is the necessity to maximize the health and well-being of older adults through a physically active lifestyle.**

*A Blueprint for Action* is a document which outlines a national framework or plan of action. It provides a collective direction for current and future initiatives aimed at encouraging and supporting an active way of life. As such, the *Blueprint* serves as a tool for planned change to be used by all who want to promote an active lifestyle.

This specific *Blueprint*, called “Moving Through the Years”, is intended to provide policy-makers, service providers, and program designers with a framework on active living and older adults.

Thus, it outlines guiding principles and priority areas that reflect the beliefs and values of older adults with regard to being physically active. To this end, this document aims to serve as a tool (or “blueprint”) to support organizations, agencies, and individuals in planning for and addressing the physical activity needs and interests of older adults.

The process for developing the *Blueprint* is considered as important, if not more important, as the resulting document itself; it is through the act of engaging citizens in discussing, challenging, justifying, and reconciling their individual and collective views, wisdom, and concerns that the *Blueprint* has come to fruition.

As such, the development of this *Blueprint* is a result of comprehensive consultations with a broad cross-section of the Canadian older adult community. The process included input from:

- More than 450 individuals (over 50% of whom identified themselves as being an older adult);
- Twenty-one communities (including representation from individuals and associations from 10 provinces and 2 territories); and
- Over 20 non-government associations from a national perspective with an interest in active living and older adults.

As a result of this process, this *Blueprint* is considered to reflect a consensus on the active living interests, needs, concerns, and values of older Canadians.

## A Profile of Older Adults

### *Who are we talking about?*

The “age” of a person is a relative term. That is, a specific age is neither a reliable nor desirable means of deciding when a person becomes an “older adult”. There are “old” 50 year-olds and “young” 70 year-olds. Thus, old age is not a finite, homogeneous classification, nor a beneficial descriptor. More often, self-identification is the more accurate and preferred rule of thumb:

**“I’m 52 and feel young as a girl.”**

— Consultation participant in Thunder Bay

**“I’m 80 and feel young as a girl!”**

— Consultation participant’s mother

For the purposes of this document, the term “older adults” refers to those individuals 55 years and over. Here are some recent statistics on older adults in this country:

- Today, 1 in 10 Canadians is an older adult
- By 2021, this number will more than double

- By 2041, older adults will make up approximately 25% of the world’s population
- Today, the life expectancy is 75 for men and 81 for women
- For those born in 1998, life expectancy increases to 92 for men and 100 for women!

(Government of Canada, 1998)

The number of the “oldest old” — those past 80 — is growing even more rapidly:

- In 1995, the number of Canadians over 80 was 820,000
- By 2041, that number is expected to almost quadruple to 3.1 million

(Ibid)

The ever-increasing proportion of older adults in this country raises concerns about additional pressure being placed on Canada’s already over-burdened health-care system:

- The average Canadian makes approximately three visits to the doctor annually
- For those aged 65 or more, the number of visits jumps to six times per year

(Statistics Canada, 1995)



**Approximately three-quarters of seniors aged 65 to 74, and two-thirds of those aged 75 and older rate their health as good, very good, or excellent.**

According to the 1996-97 *National Population Health Survey* (which uses the criteria of 15 minutes or more of physical activity daily):

- Among adults 55 and over, only 34% of men and 29% of women are physically active
- Among adults 74 and over, only 29% of men and 19% of women are physically active

Furthermore, according to the 1997 *Physical Activity Monitor*, as many as one-third of older adults report participating in some form of physical activity **less than twice weekly**. “This means that one-third of older adults face an increased risk of experiencing losses of mobility and functional capacity, thereby decreasing their functional independence.”

(Canadian Fitness and Lifestyle Research Institute [CFLRI], 1998)

**The greatest health risk for older adults is sedentary living.**

(World Health Organization, 1997)

## **Additional Considerations**

**There is a growing body of evidence pertaining to key determinants of an individual’s health. For example, it has been demonstrated that health status increases with both an individual’s level of education and level of income.**

(Statistics Canada, 1991)

**This evidence is noteworthy in light of the findings that show older adults (particularly those 65 and older) have much lower levels of literacy and education than their younger counterparts.**

(Canadian Public Health Association, 1998)

For instance:

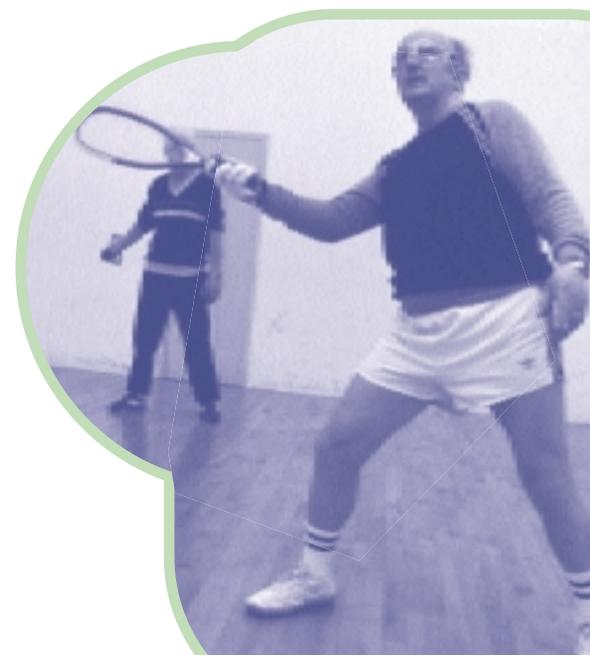
- Eight out of every 10 Canadians aged 65 or older have serious literacy limitations
- About 40% of Canadians 65 and older have less than a grade nine education
- In terms of available financial and economic resources, the majority (approximately 60%) of older Canadians have incomes under \$15,000; fewer than 5% receive an annual income of over \$50,000; while only 1% enjoy an annual income over \$100,000

(CFLRI, 1995)

On a more positive note:

- The vast majority of seniors live independently and do not require help with daily tasks
- Approximately three-quarters of seniors aged 65 to 74, and two-thirds of those aged 75 and older rate their health as good, very good, or excellent
- Households headed by seniors spend a larger share of their total income on gifts and charities than do younger households
- Seniors also give generously of their time — about half a million seniors provide unpaid care to other seniors and 400,000 provide such care to children

(Statistics Canada, 1998, 1995, 1991)



# Active Living

## *A way of life*

Active living is defined as:

**“a way of life in which physical activity is valued and is integrated into daily living.”**

(Government of Canada, 1992)

Active living results in an increased sense of well-being and improved quality of life. It is accessible to all, regardless of variations in age, gender, socio-economic status, or ability.

Active living promotes the idea that people can make their own decisions about the physical activities that will take place within their daily routines and leisure pursuits. The style of activity, needs, and benefits varies from person to person. Active living, therefore, takes on a slightly different meaning for each Canadian.

**“Active living moves away from the notion that physical activity is good for only your body to the idea that it is good for the whole person...It recognizes that physical activity contributes to an increased sense of well-being and quality of life, not simply more muscle, a flatter stomach, or greater endurance.”**

— Lyle Makosky, 1994

The movement towards an active living approach is extremely significant for older Canadians. Since *structured* physical activity is no longer seen as the sole means of gaining benefits, a myriad of activities — such as walking or “wheeling”, gardening, home exercise, swimming, dancing, and even domestic chores of a physical nature — are now considered valuable and essential.

**The Canadian Society for Exercise Physiology (CSEP) and Health Canada recommend that older adults try to build up to a total of 30 to 60 minutes of moderate physical activity most days of the week — even 10-minute increments of activity count towards the daily total.**

(CSEP, Health Canada, 1999)



## Health Benefits

### *The importance of physical activity*

**There is mounting evidence of the importance of active living and being physically active through all stages of life. Furthermore, active living can help prevent disease and chronic conditions, boost the positive effects of rehabilitation, reduce the potential for falls and injuries, and help manage other risk factors.**

Some of the benefits of regular physical activity include:

- Improved fitness and quality of life;
- Better physical and mental health;
- More energy and reduced stress;
- Stronger muscles and bones;
- Better posture and balance; and
- Prolonged independent living in later life.

(CSEP, Health Canada, 1999)

Health, functional capacity (the ability to perform tasks of daily living), quality of life, and independence are all precious resources for older adults. Consider:

- The body's  $VO_2$  max (a measure of cardiovascular function) decreases 5-15% per decade after the age of 25
- Body weight increases steadily up to age 60, or just beyond
- Muscle mass decreases by nearly 50% between the ages of 20 and 90
- Flexibility also declines with age, peaking in the mid-twenties for men and late twenties for women

(CFLRI, 1998)

On the positive side, however, it should be noted that regular physical activity can reduce and even prevent a number of functional declines associated with aging. For example:

- In older adults, endurance training leads to the same 10-30% increase in cardiovascular function as seen in young adults
- Strength training helps offset the loss in muscle mass and strength
- Regular physical activity also improves bone health, postural stability, and flexibility

(Ibid)

**“A regular program of moderate exercise is a very appropriate recommendation for almost all older adults. Moreover, there is no known pharmacological remedy that can so safely and effectively reduce a person's biological age and enhance his or her quality-adjusted life expectancy.”**

— Dr. Roy Shephard, a leading researcher, author, and authority on physiology and exercise

**It should also be noted that the benefits of physical activity are far greater than simply physiological. Other benefits include improved concentration, enjoyment, relationship development, and social integration. Spiritual benefits, such as the feeling of inner peace, often result from being physically active. Active living also provides economic benefits related to reducing health-care costs, including medical care, geriatric care, and the cost of injuries.**

(The National Active Living Community, 1997)

**“Older adults who are sedentary and inactive have a greater risk of injury, disease, and death than those who are physically active. When all the risks of optimal active living are weighed against benefits, the choice for the older adult is clear. Optimal active living increases the probability of a higher quality of life...”**

— William Orban, 1994

The reality of an aging population is a growing concern, both from a population perspective and from the perspective of the individual. Of particular concern is the very low physical activity levels typical among older Canadians and now recognized as a pressing national health problem.

It seems certain that unless steps are taken to alter current trends towards decreasing activity levels in older adulthood, many Canadians can anticipate experiencing significant negative effects of sedentary living upon their quality of life, functional capacity, and ability to live independently in their later years.

In recognition of this ongoing concern — that physical inactivity represents a major health risk — Federal, Provincial and Territorial Ministers responsible for fitness, active living, recreation and sport signed a historic agreement.

In August 1997, in Clear Lake, Manitoba, the Ministers set a joint target to reduce physical inactivity in Canadians by 10% over the five-year period between 1998 to 2003. As such, governments have made a commitment to invest in physical activity as a vital means of addressing the health concerns of Canadians.



**Regular physical activity can reduce and even prevent a number of functional declines associated with aging.**

## Sharing the Vision

### *An active society of older Canadians*

For the past few years, a movement has been under way to help provide for collective action in support of active living for — and by — older adults. Called the Active Living Coalition for Older Adults (ALCOA), this non-profit association represents a partnership of some 26 organizations and agencies with a commitment to active living for older adults (please see Appendix I).

Together they share a national vision of *an active society where all older Canadians are leading active lifestyles, thereby contributing to their physical health and overall well-being.*

The intent of this *Blueprint for Action* is to reflect, support, and embrace this national vision, and encourage others to similarly do so.



## Guiding Principles

### *A philosophical perspective*

The following Guiding Principles represent the values, beliefs, and philosophical underpinnings of that which older adults hold to be true with respect to an active way of life.

Development of these Guiding Principles was a direct result of the comprehensive consultation process with over 450 individuals, organizations, and agencies with wide-ranging interest and expertise in seniors' issues. As such, they represent a philosophical focal point of consensus, intended to guide us in attaining our collective vision of an active society.

#### Principle 1

It is recognized that active living is essential for daily living and a cornerstone of health and quality of life.

#### Principle 2

There is a need for more positive attitudes toward aging, with realistic images that depict older adults as respected, valued, and physically active members of society.

#### Principle 3

Older adults should be encouraged to participate in decision-making and leadership positions, in all phases of program or service development and delivery.

#### Principle 4

Through coordination and collaboration, consistent messages and programs pertaining to active living can have a significant impact on society and lead to long-term, positive change.

**Principle 5**

Issues, interests, and needs of older adults in their community must be identified; and accessible, affordable active living activities and programs must be designed to meet those needs.

**Principle 6**

While it is recognized that aging and learning are both life-long processes, it is appreciated that, for some, pre-retirement years may be a key time to re-focus on active living and well-being.

**Principle 7**

Canada is a society for all ages, therefore programs and services should be developed which accommodate older adults' choice to be with others.

**Principle 8**

There is a need to identify, support, and share research priorities that apply to active living and aging.

**Principle 9**

There is a need for education and promotion of the health benefits of active living as a way of life for older adults.

# Understanding the Needs

## *Why older adults are not more active*

**There are a vast number of reasons why older adults are not as physically active as they could and should be.**

According to the Canadian Fitness and Lifestyle Research Institute's *Physical Activity Monitor* (1995), some of the principal reasons offered by adults aged 55 or over for not becoming physically active include:

- Lack of energy;
- Lack of motivation;
- Feeling ill at ease;
- Long-term illness or injury;
- Fear of injury;
- Lack of available facilities;
- Perceived excessive cost;
- Lack of skill;
- Lack of time;
- Lack of a partner with whom to share being active; and
- Lack of a safe place in which to be active.

As outlined below, a closer examination of some of these reasons reveals that many of these concerns have direct implications for policy-makers, service providers, and program designers.

### ***Accessibility Issues***

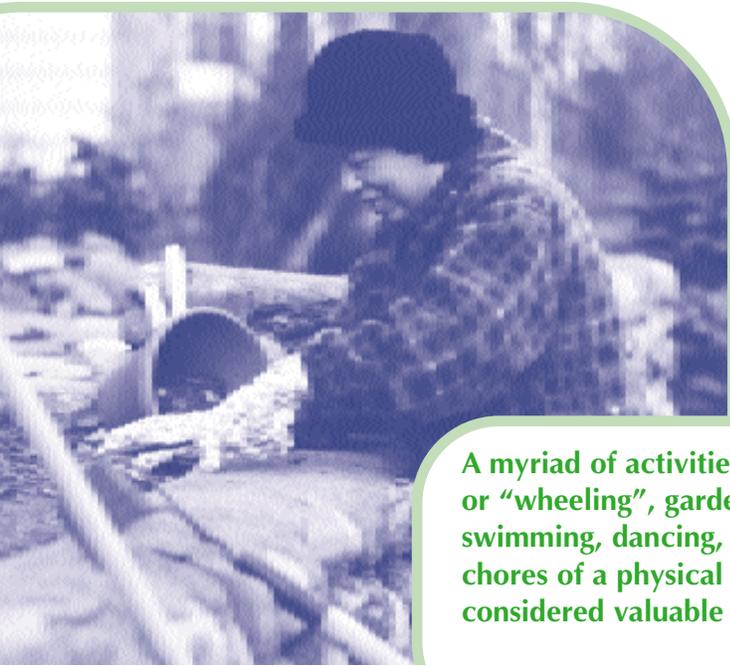
- Physically inadequate/inaccessible facilities (e.g., lack of washrooms or elevator)
- Unavailability of transportation (e.g., not on bus route, lack of car)
- Lack of flexibility in scheduling of activities (e.g., mornings or afternoons only)

### ***Safety and Security Issues***

- Insufficient lighting (e.g., poorly lit streets or parking areas)
- Locale of facilities (e.g., not centrally located, fear of attack)
- Lack of snow removal (e.g., icy paths, blocked walkways)

### ***Support Issues***

- Lack of qualified personnel (e.g., leaders unfamiliar with unique needs of older adults)
- Cost of programs (e.g., high user fees, no senior's discount)



**A myriad of activities — such as walking or “wheeling”, gardening, home exercise, swimming, dancing, and even domestic chores of a physical nature — are now considered valuable and essential.**

## Motivational Issues

- Lack of partner (e.g., reluctance to participate alone)
- Lack of awareness of health benefits (e.g., unaware that it “is never too late to start” and that even moderate physical activity can improve health and well-being)
- Fear of injury (e.g., fear of falling, health-related fears)

Underlying all of these issues and, by extension, any actions to address these concerns, are two basic fundamentals:

1. Older adults themselves must be provided with a clear and accessible voice to identifying their own needs, interests, and rights.
2. Older adults must have direct input into decision-making; a “nothing about us without us” philosophy.

Therefore, it is incumbent upon policy-makers, service providers, and program designers to encourage, support, and ensure such opportunities exist. These opportunities should include access to all aspects of programs, including involvement in the assessment of needs, the design of programs and materials, the training of leaders, the delivery of services, and the provision of supports.

**“We have to stop apologizing for being old.”**

— Consultation participant in Winnipeg



## Priority Goals

### *Areas of emphasis for active living and older adults*

The following Priority Goals have been identified as fundamental areas of emphasis in addressing the active living needs of older adults. As with the Guiding Principles, these Goals represent a focal point of consensus of the many representatives from across the country who participated in the consultations.

It is understood that implementation of specific actions and programs to bring these Goals to fruition must reflect community-based needs and interests. As such, they are intended to serve as a framework for planning, rather than prescriptive solutions.

#### Goal 1

**To increase public awareness about the benefits of active living throughout the life span, thus enabling older adults to experience, value, and appreciate the importance of physical activity**

- ✓ Educate and increase the awareness of the general public of all ages
- ✓ Educate and increase the awareness of inactive older adults
- ✓ Educate and increase the awareness of the media

#### Goal 2

**To develop competent leaders in active living who can meet the needs and interests of the older adult**

- ✓ Encourage and provide peer leadership training opportunities
- ✓ Encourage and provide leadership training to new and existing leaders about the participation and motivation needs of older adults

#### Goal 3

**To support and encourage older adults' desire to embrace an active lifestyle by ensuring that resources and social supports needed to be active are in place**

- ✓ Ensure financial implications of participation needs are addressed
- ✓ Ensure appropriate support systems are in place to address such concerns as transportation, snow removal, accessibility, and peer support

**Goal 4**

**To strengthen delivery systems and improve levels of cooperation, coordination, and communication among organizations with an interest in active living and older adults**

- ✓ Encourage regular sharing of information through joint meetings, Web sites, newsletters, reciprocal mailouts, bulletins, and other forms of printed information
- ✓ Collaborate on projects of mutual interest and benefit

**Goal 5**

**To encourage and enable older adults to advocate for the right to a quality of life that includes physical activity, well-being, and the opportunities of active living**

- ✓ Ensure that the views of older adults are adequately represented in decision-making at all levels
- ✓ Encourage older adults to voice their interests and concerns about active living (e.g., encourage contributions to a seniors newspaper column)
- ✓ Promote upcoming events in local stores, community centres, doctors' offices, and church bulletins

**Goal 6**

**To identify, support, and share research priorities and results on aging and active living**

- ✓ Ensure that research findings are widely shared with others
- ✓ Strengthen links between theoretical and applied research

**Goal 7**

**To continually monitor and evaluate programs, services, and outcomes to ensure that the active living needs, interests, and concerns of older adults are being met**

- ✓ Ensure that older adults have easy access to providing input and feedback to existing programs and services
- ✓ Adapt or modify programs and services accordingly, based on monitoring and evaluating results

It is important to note that much has already been accomplished over recent years in an effort to address these Goals. For more details, please refer to Appendix II, which provides a brief summary of some of the existing resources. This summary is not intended to be an exhaustive listing, but rather an informative sampling of some excellent efforts produced to date.

# Implications

## *Suggestions for next steps*

**So what are the implications, obligations, and expectations of associations and agencies, and their respective policy-makers, service providers, and program designers? Where and how does one begin to address these identified priorities? There are no set answers for these questions, as each organization needs to examine its respective situation and assess its unique needs and potential opportunities.**

Here is a checklist of suggestions for your consideration:



Obtain endorsement of the *Blueprint* from your Board or senior management — this sets the stage for development of pertinent policies, resource allocations, etc.



Use the *Blueprint* as an educational tool for your staff and/or volunteers — awareness sessions can be designed to sensitize staff and volunteers of the concerns, interests, and opportunities related to older adults.



Use the *Blueprint* in strategic and operational planning exercises — the *Blueprint* Goals can provide a framework for planning short- and long-term strategies to address the active living needs and interests of older adults in your community.



Ensure input from older adults and organizations representing their needs in all aspects of your programs — invite representatives of the older adult community to sit on your committees or Board, and include them in need assessments surveys and other information-gathering exercises.



Use the *Blueprint* as a philosophical reference point to assess your organization's current policies and practices with respect to the needs and interests of older adults — review current resource materials and the training schemes for leaders and support services to ensure their relevance and appropriateness for older adults.

## Concluding Comments

## *We are not alone*

**This *Blueprint for Action* was developed for and by Canadians and, as such, it speaks to the needs, interests, and concerns from this unique perspective. It should, however, be appreciated that we are not alone in our efforts to raise awareness of the importance of physical activity through all stages of life. Recognition of this challenge from an international viewpoint is also evident.**

For example, in 1996, the World Health Organization (WHO) drafted *The Heidelberg Guidelines for Promoting Physical Activity Among Older Adults*, calling on all nations “to develop strategies and policies to maintain and increase the level of physical activity among older adults”.

Further evidence of this commitment is illustrated in the theme of the 1999 World Health Day, which proclaims: “Active Aging Makes the Difference”, and the WHO commitment “to promote Active Aging as an indispensable component of all development programmes”.

(WHO, 1999)

**“The capacity of older people to contribute to society can only be extended if their health is maintained...Tomorrow’s elderly people are today’s adults and yesterday’s children. Aging is a natural process that cannot be avoided. Premature death and disability, however, can be.”**

— WHO Director-General Dr. Gro Harlem Brundtland (1998)

Additionally, 1999 marks the United Nations’ *International Year of Older Persons (IYOP)*, with the theme “Towards a Society for All Ages”. Around the world, a celebration of active aging is signified by global walk events.

Active living is not a panacea for the fountain of youth. Nor is it a guarantee for healthy, disease-free longevity. Yet, regular physical activity is a scientifically-based means of reducing the risk of a number of diseases.

Physical activity is also a proven means of contributing to prolonged independent living and enhanced quality of life; as such, it represents one of the cornerstones of human development.

It would seem incumbent upon everyone to strive for such benefits and to maximize their attainment. To this end, it would seem equally inherent upon all to ensure that opportunities for active living are available and optimized by everyone, including older adults.

**A vision of “a society where all older Canadians are leading active lifestyles” can become a reality!**



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**The benefits of physical activity are far greater than simply physiological. Other benefits include improved concentration, enjoyment, relationship development, and social integration.**



# Appendix I

## *Key contacts*

### Active Living Coalition for Older Adults

The Active Living Coalition for Older Adults (ALCOA) is a partnership of 26 organizations having interest in the field of aging and active living in Canada. Its Mission is “...(to) encourage older Canadians to maintain and enhance their well-being and independence through a lifestyle that embraces daily physical activities”.

Working in communities across Canada, ALCOA is involved in:

- promoting active living by/for older adults
- coordinating and enhancing the efforts of organizations and individuals who support active living and healthy aging
- mobilizing and supporting partners and others in active living and healthy aging initiatives
- facilitating research and communicating research findings
- sharing examples of best practices
- undertaking pilot or demonstration projects
- organizing meetings for the exchange of information and networking
- communicating with its members
- acting as a resource for information and referral

ALCOA has agreed to serve as caretaker for the *Blueprint*, with a commitment to ensuring its uptake and implementation.

For more information about ALCOA, please contact the organization at:

ALCOA  
33 Laird Drive  
Toronto, ON M4G 3S9  
Ph: 416-423-2163 or 1-800-549-9799  
Fax: 416-423-2112  
E-mail: [alcoa@istar.ca](mailto:alcoa@istar.ca)  
Web site: [www.alcoa.ca](http://www.alcoa.ca)

### ALCOA Membership

#### Roundtable Members

Active Living Alliance of Canadians with a Disability  
Alberta Centre for Well-Being  
Canadian Association for the Advancement of Women and Sport  
Canadian Association of Cardiac Rehabilitation  
Canadian Association of Occupational Therapists  
Canadian Centre for Activity and Aging  
Canadian MedicAlert Foundation  
Canadian Physiotherapy Association  
Canadian Red Cross Society  
Canadian Seniors Games Association  
Canadian Society for Exercise Physiology  
Fondation en adaptation motrice  
Institute for Positive Health for Seniors  
Manitoba Cardiac Institute  
National Indian and Inuit Community Health Representatives Organization  
One Voice, the Canadian Seniors Network  
Ontario Coalition of Senior Citizens Organizations  
Osteoporosis Society of Canada  
ParticipACTION  
Saskatchewan Seniors Mechanism  
Victorian Order of Nurses Canada  
YMCA Canada

#### Corporate Members

Merck Frosst



## Canadian Centre for Activity and Aging

The Canadian Centre for Activity and Aging (CCAA) is a national organization established to focus on one critical aspect of aging — research (both science and data collection) — to promote and encourage exercise and an active, healthy lifestyle for older adults.

As such, the CCAA strives to:

- encourage research funding from the corporate and private sector
- act as a resource to governments in soliciting and/or coordinating research
- serve as a site for dissemination of the knowledge base
- provide for communication of research through the hosting of national and international scientific conferences
- provide opportunities for young scientists to be stimulated in the area of activity and aging research
- offer training for professionals who will be interested in applying the information in the community service realm

- facilitate sabbatical study and research opportunities for established scientists worldwide
- facilitate collaborative study both nationally and internationally

Additionally, CCAA has developed a number of leadership training courses to address the needs of activity and aging, including:

- Training for the Trainers Course
- The Seniors' Fitness Instructors Course (SFIC)
- The Long-Term Care Physical Activity Workshop
- The Home-based Exercise Program Workshop

For more information about the CCAA, please contact the organization at:

Canadian Centre for  
Activity and Aging  
The University of Western Ontario  
London, ON N6A 3K7

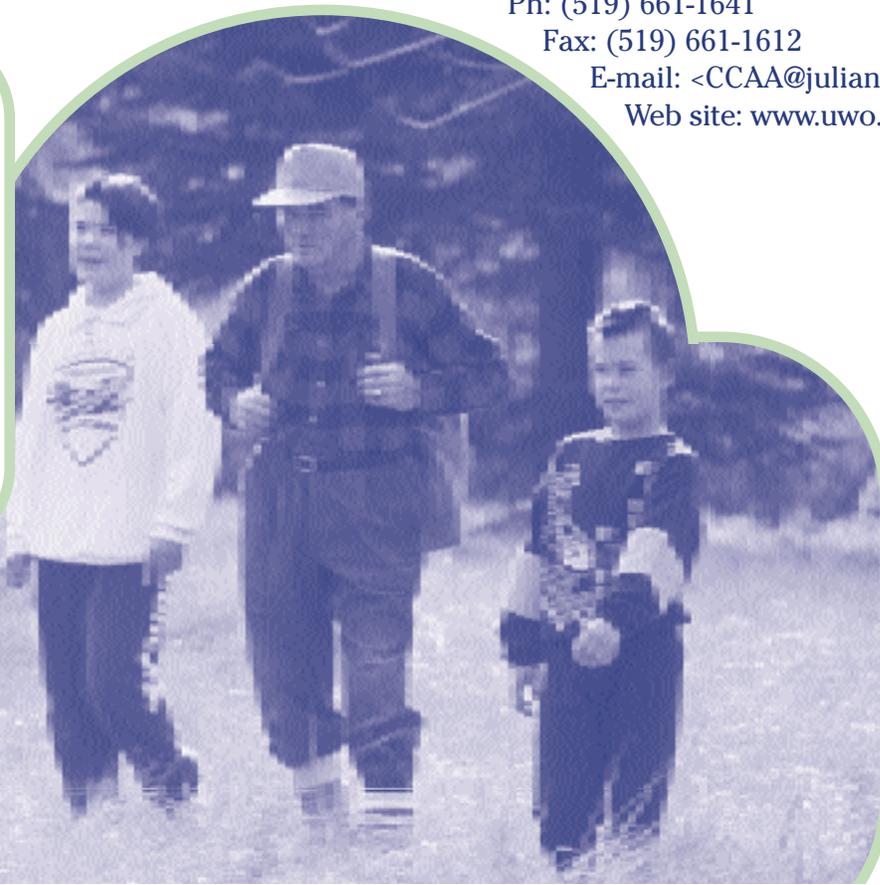
Ph: (519) 661-1641

Fax: (519) 661-1612

E-mail: <CCAA@julian.uwo.ca>

Web site: [www.uwo.ca/actage](http://www.uwo.ca/actage)

**Physical activity is a proven means of contributing to prolonged independent living and enhanced quality of life...it represents one of the cornerstones of human development.**



## Appendix II

## Existing resources

### ***Canada's Physical Activity Guide to Healthy Active Living for Older Adults***

*Canada's Physical Activity Guide to Healthy Active Living for Older Adults* is a resource developed by the Canadian Society for Exercise Physiology and Health Canada, in partnership with ALCOA. Designed to promote physical activity in an aging society, the *Guide* is a straightforward two-sided sheet, similar in format to the popular *Canada's Food Guide to Healthy Eating*.

The content of both the *Guide* and its companion *Handbook* is based on sound scientific research and was produced with direct input from a panel of internationally recognized academic advisors.

The *Guide* serves as a road map for older adults — explaining why physical activity is important, offering tips and easy ways to increase their level of physical activity, and stating how much is needed to maintain good health and improved quality of living later in life.

Both the *Guide* and its companion *Handbook* are colourful, lively, and easy to read. A rainbow of activities is presented to help people choose activities that are right for them. The *Handbook* expands on the information found in the *Guide*, and uses vignettes to show readers how other Canadians, just like them, have found fun and interesting ways to build physical activity into their daily routine.

The vignettes demonstrate how surprisingly easy it can be for older adults to fit 30 to 60 minutes of moderate physical activity into their lives by adding up their activities in periods of at least 10-minutes throughout the day.

The *Handbook* also provides lots of tips and suggestions to help readers get started, encouraging them to start slowly and build up as their health improves. The *Handbook* even includes a pull-out copy of the *Guide* itself, with a perpetual calendar for people to use to track their activities and record their progress.

Both the *Guide* and its companion *Handbook* are available free of charge. Copies can be obtained by calling toll free **1-888-334-9769**, or by visiting Canada's Physical Activity Guide Web site at [www.paguide.com](http://www.paguide.com).

### **Additional resources (available from ALCOA)**

#### ***Walking Works Leaders Manual***

Produced by the National Walking Campaign, this manual has information for leaders on how to help people start walking on their own, setting up and publicizing programs, motivational tips, as well as information for individuals on safety tips, the benefits of walking, and other related topics.

***Moving to Live***

This poster illustrates 15 ways to start stretching while in bed, on the phone, watching TV, or in the kitchen, and how to gradually work up to walking.

***Energizing Older Canadians: Making Active Living A Realistic Part of Their Daily Lives***

This is a résumé of results of the ALCOA Blueprint Planning Summit held December 3-5 1999 at Hockley Valley and contains recommendations for implementing the Blueprint for Action.

***Active Living Among Older Canadians: A review and critical analysis of health benefits and outcomes***

This comprehensive 400-page book provides a review and analysis of over 1,500 research articles on active living for older adults.

All of the above materials are available from ALCOA on a cost recovery basis.

