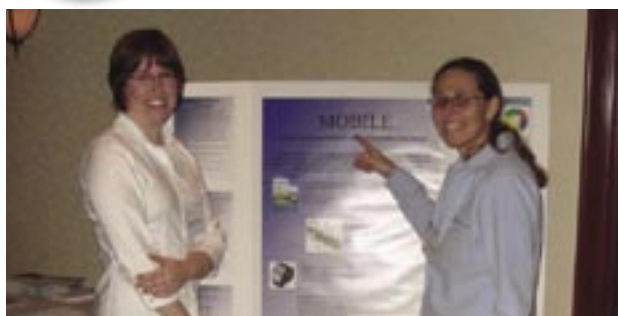




# THE ACTIVE LIVING COALITION FOR OLDER ADULTS

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ALCOA —  
Quarterly Update  
Volume 3, Number 4  
Sept/Oct 2007



Jennifer Deschaine and Michelle Porter at the National Forum on Mobility in Aging.

## **National Forum on Mobility in Aging: Mobilizing Researchers & Stakeholders**

This forum was held in Ottawa on Sept 27-28, 2007. There were fifty delegates at the meeting from across Canada which was sponsored by the Canadian Institutes of Health Research -Division of Aging

The purpose of the meeting was to mobilize and link experts across professions and sectors so as to better position them to address Mobility in Aging challenges and to advance research and research to action priorities in Mobility in Aging.

*ALCOA had three members at the meeting:*

**Dr. Michelle Porter**, Faculty of Physical Education & Recreation Studies, U of Manitoba. Michelle is a past Executive member of ALCOA and current Chair of ALCOA's Research Committee. She was representing the Canadian Society for Exercise Physiology

**Jennifer Deschaine**, is a member of ALCOA's Executive Committee. Jennifer is the Older Adult Coordinator for the Alberta Centre for Active Living.

**Jack Brownell**, is the Past Chairman for ALCOA, and was also representing the Canadian Senior Games Association.

*submitted by: Jack Brownell*

## **Research** *Updates*

**ALCOA is presently working on two projects with grants from the Public Health Agency of Canada.**

### *Cancer Research Update & Cross Canada Consultation*

A round of applause to Michelle Porter, Ph.D., our Research Advisor, and the two researchers, Laurie Hoffman-Goetz, Ph.D., and Kerry Courneya, Ph.D., for their excellent work in producing ALCOA's 12<sup>th</sup> Research Update on *Physical Activity and Cancer: From Prevention to Recovery*. The Update has been printed and over 2500 copies have been distributed across Canada. Requests for copies continue to be received by the office.

The project update on the Cross Canada Consultation was submitted by the consultant, Dugald McDonald and is printed in this Update.

### *Active Living and Diabetes: Building on our Success*

The consultants for this project met for two days in early October to finalize the details for this project. A Canada-wide environmental scan for primary prevention programs will have been initiated by the time you receive this publication. Upon completion of the scan, five or six regional meeting will be held across the country. The delegates at these meetings will review the recent research conducted by Merck Frosst, discuss the results from the regional scan of best practices, and then consider gaps and possible solutions for primary prevention programs. This process will then culminate in a national meeting to be held in Ottawa in early February 2007. At that time recommendations will be developed both for national policy development and community level use.

### *Physical Activity and Healthy Eating Project*

A grant submission on Physical Activity and Healthy Eating was sent to the Public Health Agency of Canada for their consideration. Unfortunately ALCOA was not successful with this grant and will not be receiving funding for this project.





## THE ACTIVE LIVING COALITION FOR OLDER ADULTS

### ALCOA's Calendar

ALCOA has recently been asked to attend or speak at several meetings and conferences. The following are the meetings attended by ALCOA representatives in the past few months.

#### May

**Senate Committee on Aging – Ottawa - Dianne Austin**

A presentation to the Senate on promoting active living for older adults.

#### September

**National Forum on Mobility in Aging – Ottawa - Jack Brownell, Michelle Porter, Jennifer Deschaine**

To address mobility and aging challenges and to advance research in mobility in aging.

#### Intergenerational Physical Activity Expert Network Committee - Patty Clark

To develop guidelines for intergenerational physical activity programs.

#### October

**Aging at Home – Community Planning Session – Hamilton - Patty Clark**

Discussions with community agencies relating to strategies to keep older adults at home as long as possible.

**Merck Frosst News Release Video on Diabetes – Toronto - Patty Clark**

Video and two new releases about Diabetes, citing ALCOA as a contact for information.

**Arthritis Society – Toronto – Patty Clark**

Potential partners meeting to create criteria based standards for active living programs to break down the barriers for participation.

**Congress of National Seniors Organizations – Ottawa – Jack Brownell, Don Fletcher**

To discuss advocacy, policy development, and act as a conduit to the Federal Government

**Fit Fair presentation – Cambridge - Patty Clark**

Speaking to a group of 50+ on benefits of active living etc.

**Lunch and Learns – Toronto, Guelph, - Patty Clark**

Speaking on Physical Activity and its effects on Aging

**Reh-Fit Walk of Life & Health Fair – Manitoba – Margaret Barbour**

ALCOA has a booth at the trade show during the Health Fair.

#### November

**Chronic Disease Management Division and the Division of Aging and Seniors of the Public Health Agency of Canada - Ottawa – Patty Clark**

A roundtable meeting to discuss the issue of seniors living with cancer.

### Access to Active Living for Older Adults: A Cross Canada Strategy to Improve Services, Communication and Collaboration among Agencies

The purpose of this project is threefold:

- a) identify existing barriers that older adults experience in accessing programs to promote active living;
- b) to develop a set of common needs, concerns and issues related to what can be done to improve access;
- c) to develop recommendations for program development and inter-agency collaboration and communication.

The project is proceeding in five phases:

1. collecting information from agencies about their perception of the barriers older adults experience;
2. collecting information about older adults' perceptions of the barriers they experience;
3. holding regional consultations or focus group discussions about the findings from the two preceding surveys involving ALCOA members and other community partners and agencies;
4. summarizing these findings for a one-day discussion by the ALCOA executive and guardians for final review and development of recommendations;

5. submitting a final report with recommendations for action and follow-up.

Over 100 surveys were received from the agencies and the older adults, 106 surveys and 130 surveys respectively. Some of the preliminary results from the surveys suggest there is agreement between agencies that provide services and the barriers that older adults actually report they experience such as: definitions of active living and providing a safe and secure environment. Some results point to disagreement on other areas such as: older adults report that physical accessibility and access to transportation do not seem to be major barriers. These are only preliminary results, and further analysis is forthcoming. For more information about this project, or if you are interested in being involved in one of the regional consultations, please contact Dugald McDonald at [dugald@gmail.com](mailto:dugald@gmail.com).

*Submitted by : Dugald McDonald, Consultant*