



THE ACTIVE LIVING COALITION FOR OLDER ADULTS



ALCOA —
Quarterly Update
Volume 4, Number 1
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Proposed Grants Under Review

ALCOA's Executive and staff were very busy in January and February completing grant applications for consideration by Industry Canada and the Public Health Agency of Canada. We expect to hear from both agencies by the end of March or early April.

The grant to Industry Canada related to developing a process for sustainability for ALCOA. The grant to PHAC related to physical activity for older adults with cancer.

Another project proposal was also submitted to PHAC relating to knowledge transfer of the Research Update on Cancer. Unfortunately we have already received notification that this grant has been declined.

We will keep you posted on these and other grant opportunities that come our way.

ALCOA - On The Move Again!

ALCOA's office is on the move again. Our landlord, Verick Adhesives & Solvents, no longer require the entire building that it currently rents. The office space for ALCOA is housed within the section of the building that Verick no longer requires. On very short notice, the office is moving out, and will be relocated for the time being, to the home of the Executive Director, in Mansfield, Ontario.

The new address is :



P.O. Box 143
Shelburne, ON L0N 1S0
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Delegates at the ALCOA National Diabetes Meeting, Ottawa 2008.

Prevention of Type II Diabetes in Older Adults

ALCOA National Diabetes Meeting

February 25th 2008, marked 11 months of work culminating in ALCOA's National Diabetes Meeting, held at the Lord Elgin Hotel in Ottawa. There were 34 delegates from across the country - from the Yukon to Newfoundland, and every province in between. The delegates included ALCOA Round Table Members, the National Diabetes Advisory Committee, representatives from the three Regional Diabetes Committees and the regional programs, and the Consultants. On day one, the group 'explored the issues' and on day two they developed 'national recommendations for actions.'

Recommendations

The recommendations developed at the meeting are now being compiled and will be included in the report to PHAC (Public Health Agency of Canada), the funder of this project. A document for members and other interested organizations will be developed and available in the late spring.

'Leading Practices'

The meeting also provided a venue to showcase 'leading practices' in the prevention of type II diabetes for older adults. A DVD was developed and presented at the lunch break. It highlighted several of the programs from across the country. There was also an opportunity over the two days for the delegates to speak with a representative from many of these programs. A hard copy resource book was also published providing details on eleven 'leading practices', ten 'promising practices' and eleven 'complimentary practices'.

Resources Available

If you would like a copy of the resource book which highlights these 32 programs, please contact the ALCOA office. This document along with the DVD will also be posted on the ALCOA website in April.



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Cross Canada Consultation

The results from the Cross Canada Consultation project, which was funded by PHAC, were reviewed and discussed at the ALCOA Guardian meeting held in early December in Toronto.

The analysis of the survey from over 200 older adults, which was presented by Bill Hearst, provided the following results:

1. Most older adults think there are three major parts of active living:

- a) Getting out and doing something (exercise, playing darts, dancing or some other activity)
- b) Being with other people, socializing
- c) Eating in a healthy and nutritious way

2. Barriers to physical activity are consistent with the research and are still issues for many older adults. They include:

- Accessibility – transportation, class times, safety issues to get to the facility
- Programs – safety (fear of injury), suitability, availability, insufficient information, leadership
- Cost – programs, transportation to facility
- Psycho-Social Support – motivation, social interaction

3. When asked what motivates those who are currently active, their response was:

- Social interaction (42%)
- Stay active in mind and body (45%)
- Fun/enjoyment (13%)

During the brainstorming sessions at the December meeting, thirteen ideas to help reduce barriers for older adults were brought forth for discussion with the large group. When the possible suggestions were then ranked according to the known barriers, there were three ideas of current programs that addressed many of the barriers, strengthened community actions or created a supportive environment, and could involve more than one sector of the population to work on such a project. The three programs are noted below.

1. Feeling Better Program – is currently offered at the Evergreen Seniors Centre in Guelph, and has volunteer older adults trained by the Centre for Activity and Aging teaching exercise classes for older adults. Although these classes may be offered in local libraries, church basements etc, they have removed additional barriers, as these volunteers travel to private homes and do one-on-one classes with older adults. For those individuals who have barriers such as accessibility, program suitability, availability, cost, etc.,



this one on one program addresses those issues and provides safe effective at home exercise programs.

2. Supportive Environments and Age Friendly Cities are essential to allow all residents (young and old alike) to live actively within their community. These age friendly cities are now being considered in many cities across Canada. Portage la Prairie was chosen as a site for the Age-Friendly Cities Pilot Project. For more information on that initiative visit: <http://www.gov.mb.ca/chc/press/top/2006/06/2006-06-08-03.html> or http://www.umanitoba.ca/centres/aging/media/Portage_la_Prairie_A-F_report.pdf

Mobility in Aging, a strategic initiative of the CIHR Institute of Ageing, has a significant amount of research and information associated with mobility and older adults. More information on this initiative may be found at: <http://www.cihr-irsc.gc.ca/e/29994.html#1>

3. SMART- A Program of the Victorian Order of Nurses – (Seniors Maintaining Active Roles Together) is a gentle exercise program for older adults, similar to the “Feeling Better Program” mentioned above. This program is designed to improve ones ability to participate in activities of daily living and affords older adults the opportunity to attend structured fitness classes within the community. A SMART volunteer may instruct Group and/ or In-Home exercise programs. For more information visit: http://www.von.ca/pdf/seniors_smart_followup_english.pdf.

Although there were also several other ideas mentioned at the meeting, they would require further discussion and thought.