



Active Ageing Network (AAN) Practitioner Forum

Wednesday 11 November 2009

- 9.30 am Registration**
- 10.00 am Barbara Mountjouris, Director, Office of Senior Victorians
Department of Planning and Community Development**
Welcome and Opening Remarks
- 10.10 am A/Prof David Dunstan, Head, Physical Activity Baker IDI &
VicHealth Research Fellow**
STRONG research study focusing on older people's adherence and maintenance of a group-based strength training program, with and without motivationally tailored phone support.
- 11.00 am Morning tea**
- 11.20 am Eric Rosario, Exercise Physiologist, Researcher and
Strength Training Advocate**
Strength training for the mature aged, including how standard exercises can be modified to suit people suffering from osteoporosis, arthritis, diabetes and depression. Eric Rosario has been involved in Strength Training for almost 65 years and has completed a Master's degree with a study on the Effects of Strength Training on Postmenopausal Women.
- 12.10 pm AAN Update**
Stephen Bendle, Manager Health Promotion, YMCA Victoria
An update on the progress of the AAN
- 12.30 pm Panel discussion**
- 12.50 pm Lunch**

The afternoon is broken down into three streams with the following themes:

- Stream 1:** Practical exercises using limited and simple equipment. Exercise adherence strategies and motivation techniques will also be covered.
- Stream 2:** Attracting and retaining participants, with a focus on older people from disadvantaged groups and areas of disadvantage.
- Stream 3:** Partnerships and collaboration around strength training programs.

Please turn page over for a more detailed breakdown on each stream.

- 3.45 pm Evaluation and closing remarks.**
- 4.00 pm Afternoon tea and networking.**



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strong **FAMILIES**
strong **COMMUNITIES**

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1.45 pm	Stream 1	Stream 2	Stream 3
	<p>Strength training made fun <i>Paula Todd</i> <i>Balwyn Goodlife Health Club</i> A practical, interactive, fun session using balloons as an alternative form of equipment.</p>	<p>Attracting and retaining CALD participants <i>Kate Ling</i> <i>Ethnic Communities' Council of Victoria Inc</i> The Ethnic Communities' Council of Victoria is working with project partner the YMCA to help ethnic seniors groups to provide exercise for their members on an ongoing basis, as well as training bilingual instructors.</p>	<p>Partnerships in rural Victoria <i>Allan Stobaus</i> <i>Bendigo Loddon Primary Care Partnership</i> Discover how the development of the Enhanced Rural Network of Strength Training (ERNOST) has led to a coordinated approach, from planning through to delivery, of strength training across a PCP catchment area.</p>
2.25 pm	<p>Exercises requiring limited equipment <i>Sally Clarke</i> <i>Richmond Recreation Centre</i> A practical session on strength training exercises, without the requirement of a fully equipped gym.</p>	<p>Engaging older people from CALD backgrounds in physical activity <i>Guy Walter</i> <i>Moonee Valley City Council</i> Attracting, retaining and motivating older people to participate in physical activity.</p>	<p>Partnerships and marginalized communities <i>Robyn Grant</i> <i>Doutta Galla Community Health Programs and Moonee Valley Melbourne PCP</i> Strategies around engaging older people from marginalised communities in strength training.</p>
3.05 pm	<p>Participant adherence & Motivation <i>Carol Edmeades</i> <i>Manningham YMCA</i> Simple, effective techniques and strategies to keep older people physically active.</p>	<p>Engaging traditionally 'hard to reach' older people in physical activity <i>TBA</i> Strategies to increase participation in physical activity by older men and older people who are socially and geographically isolated.</p>	<p>Partnerships that facilitate an increase in instructors <i>Isaac Selva Raj</i> <i>RMIT University</i> Exploration of the successful partnership between Bundoora Netball and Sports Centre and RMIT University, which involves RMIT students running fitness programs for older adults from CALD backgrounds and those who are intellectually disabled.</p>

Please note, the YMCA is committed to environmental sustainability and therefore will not provide copies of presenters' notes at the forum. All presentations, however, will be available on the AAN website one week after the forum. In addition, a certificate of attendance will be forwarded electronically to participants following the forum.

The AAN Practitioner Forum is pending Kinect Australia and Fitness Australia accreditation approval.

Supported by



About the Active Ageing Network (AAN)

In conjunction with the Office of Senior Victorians, YMCA Victoria has established and is managing the Active Ageing Network (AAN) in partnership with Council on the Ageing (COTA) Victoria to work with key stakeholders to support the sector to increase the number, range and capacity of evidence-based and sustainable physical activity programs for older people, particularly from disadvantaged groups and in areas of disadvantage.

For further information about the AAN or questions about the forum, please contact Elizabeth Charalambakis, Health Promotion Project Officer at Elizabeth.Charalambakis@ymca.org.au or 0431 112 214.

Active Ageing Network Practitioner Forum

- Where:** The Abbotsford Convent
- When:** Wednesday 11 November 2009
- Time:** 10 am – 4 pm (Registrations from 9:30am)
- Cost:** \$15.00 per person, including GST

Please note, morning tea, lunch and afternoon tea will be provided.

How to get to the Abbotsford Convent - 1 St Heliers Street, Abbotsford

Car: Melways reference 44 G5. Parking is available on the north side of St Heliers street at a cost of \$4 in coins

Train: Victoria Park station on the Epping and Hurstbridge lines is the closest railway station.

Bus: From the City- the 200, 201 and 207 depart from Melbourne Central/ Lonsdale St in the city, run along Lygon St, Elgin St then Johnston St. Alight at Clarke Street bus stop. Turn right at Clarke St then turn left into St Heliers St. The 205 runs from Melbourne University via Elgin and Johnston St and past Clarke St.

For further information please call Metlink on 131 638 or see their journey planner at <http://jp.metlinkmelbourne.com.au>



Active Ageing Network (AAN) Practitioner Forum Registration and Payment Form

Wednesday 11 November 2009

Registration Details

Yes I wish to attend the AAN Practitioner Forum

Title:	First Name:	Surname:
Email:		
Phone (W):	(M):	
Postal Address:		

Please indicate the Stream you wish to attend in order of preference (from A - C)

Stream 1: _____ Stream 2: _____ Stream 3: _____

Payment must accompany registration:

Payment Method (please tick) Cheque Credit: Visa, MasterCard

Card Holders Name:	Amount:
Card Number:	
Expiry Date:	
Signature:	

Please describe any special dietary requirements: _____

Can we send you more information about the AAN? Y / N

Please provide your email address: _____

Upon payment this form becomes a tax invoice.
ABN - 81 174 456 784

Registrations close Wednesday 4 November

Please return completed form and payment to:

YMCA Victoria
582 Heidelberg Road, Fairfield VIC 3078
or Fax: (03) 9403 5100 Email: training.vic@ymca.org.au