

National Policy Forum May 17, 2011

Seniors clubs and peer education in rural South Australia

Ageing issues

Programs have a focus on a variety of ageing issues including

- Social isolation
- Health literacy
- Cross cultural understanding
- Obesity
- Low levels physical activity
- Chronic illness
- End of life care
- Challenging stereotypes of ageing
- Health and well being



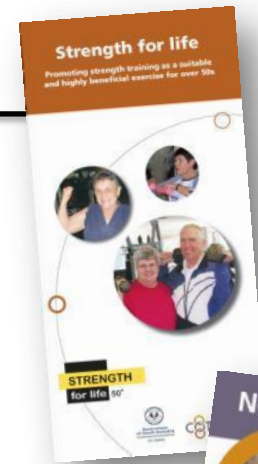
Funding & partnerships

- Each project is funded externally
- Projects work in partnership with a variety of
 - Funders
 - Service providers
 - Peak bodies
 - Seniors clubs and groups
 - Local and state government
 - Sponsors



Promotion

- Mail outs
- Media, radio and print
- Agency and service providers networks
- COTA publications
- Direct contact
- Newsletters
- Website links



Current projects and programs

State

- Strength for life
- Networking Clubs in the Community
- Every Generation Festival
- Peer education (pilots)
 - Advance care planning
 - Yarnin' the Blues

National

- beyond maturityblues
- Medicines and you



Strength for life

- Progressive resistance training program with a focus on individualisation & balance
 - Fitness centres
 - Local government
 - Service providers
- Provided by trained fitness leaders
- Social component
- Over 58 centres state wide
- 16 in regional/rural SA
- Better balance component



Networking Clubs in the Community

Supports seniors clubs and groups with

- Clubs Bulletin
- Information
- Resources
 - Essential Resource Guide
 - Statewide Club Exchange Directory
 - Program Ideas for Clubs Resource Guide
- Networking
- Club forums
- Training
- Cross cultural and intergenerational events
- Insurance

Every Generation Festival

- One of 3 COTA's who are responsible for the annual seniors event
- Month long festival held in October
 - State and country launch
 - Over 1300 events in 2010
 - Partners 146
 - 105 rural/regional events in 2010
 - Positive Ageing Awards
 - Subsidies including rural subsidies



Peer education

- Since 2001 a variety of topics have been presented and include
 - Falls prevention
 - Non drug management of insomnia
 - Hearing loss
 - Enhanced primary care health assessment
 - Personal safety
 - Medication management
 - Working with health professionals
 - Depression and anxiety awareness
 - Advance care directives

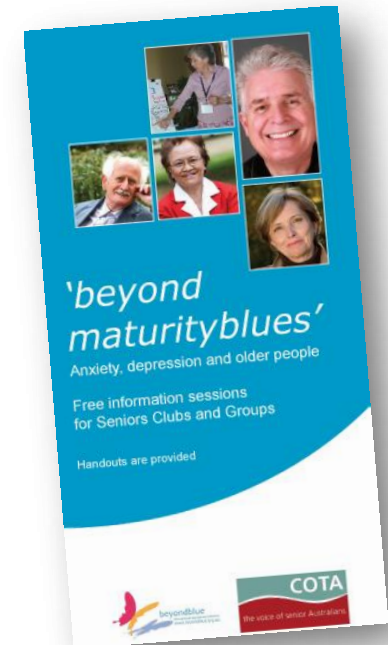
Peer education – South Australia

- Pilot programs
 - Yarnin' the Blues
 - Advance care planning; make it happen, your decisions matter



Peer education - National

- Medicines and you
- beyond maturityblues



Medicines and you

- Funded to June 2012 with an end date of June 2013
- Medicines and you
 - Sleep problems
 - Type 2 diabetes
 - Chronic or acute pain

Medicines and you continued

Data for the period

July 1st 2010 - March 30th 2011

- Sessions presented 419
- Regional/rural sessions total 90
- Average 20 participants per session
- Events



beyond maturity blues

- Funded until September 30th 2013
- Target groups include
 - Men
 - Veterans
 - Chronic illness
 - Rural/regional
 - Carers/volunteers

beyond maturityblues continued

Data for the period

January 2007 - March 2011

- 2998 sessions delivered
- Rural sessions total 710
- Estimated 62,396 people attended
- Rural session participants 17,273
- Events

Program and project input

- State and National consultations
- The development of resources and other materials
- Representation
- Research
- Peer educator and community feedback to COTA and/or funder

Contact

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