

SAMPLE ONLY - This was developed as part of a grant application.

It used to brief potential collaborators on the grant application.



Active Activities and Community Connection

AN INTEGRATED PROGRAM TO ASSIST OUR OLDER RESIDENTS TO STAY
ACTIVE AND CONNECTED

Program Proposal | Care4U services | October 2018

What is the Active Activities and Community Connection Program?

This proposed program is an integrated program that will allow participants to choose from a wide variety of suitable local activities that address physical movement, strength, and social connectedness in a clear and coordinated approach. It can be accessible to the participants, their medical support and their carers.

There are a number of physical activity opportunities already on offer in the Gunnedah and district community. Some of these are operated by small businesses, others are not-for-profit services. This proposed program brings existing activities as well as creating new where there are gaps into one integrated program.

The streams of the program are Active Activities (AA) and Community Connections (CC). Both will have an education and awareness stream that ensures participants understand the importance of improving and maintaining their physical and mental wellbeing.

Active Activities (AA):

Physical movement:

The [*Physical Activity Across The Life Stages \(2018\)*](#) web report indicates that the majority of Australians over 65 living in remote and rural communities do not regularly undertake the recommended 30 minutes a day of physical exercise. This program aims to improve the number of older Australians in the community or regularly undertake physical exercise across the community.

Physical movement elements will include moderate, low impact exercise classes, aqua aerobics, social lawn bowls, fishing, gardening, tennis, bush walking, line dancing and golf with qualified fitness and health instructors and coaches who specialise in older age groups. These will be integrated into a holistic program under this proposed program and documented for individuals so that their activities can be planned in consultation with the participants and their carers and tracked to ensure they are meeting the Australian standards of activity for an older 65 year old.



Strength-based training:

The *Physical Activity Across The Life Stages (2018)* web report indicates that the majority of Australians over 65 do little or no strength-based training which can reduce the risk of premature death and cancer related mortality as well as possibly decrease risk of chronic conditions such as osteoporosis and sarcopenia.

The Strength based training will include yoga, resistance-band, and light weight training, with a particular focus on maintaining and improving the strength and movement of older Australians.



Community Connections (CC):

The *Physical Activity Across The Life Stages (2018)* web report suggests that fun/enjoyment and social reasons are the next two highest motivating factors for participating in sporting and non-sporting activities after physical health and fitness. This proposed program aims to address all three of these motivating factors through an integrated program of physical activity and social connectedness.

Many activities listed under Active Activities, particularly under the Physical movement have a social aspect to them that will allow participants to connect in a relaxed social atmosphere. The program proposes to offer the facility to pickup participants from their homes and drop-off at the activity location. This aims to decrease the social isolation that can occur, particularly when older residents do not have their own means of transportation.



WHO WILL LEAD THE DEVELOPMENT AND IMPLEMENTATION OF THE PROGRAM?

Care4U Services, a local Gunnedah business will lead the design and implementation of the program. Care4U Services was established in early 2018 to provide personal carer, social support and domestic assistance services in the Gunnedah Community.

Amanda Cooper is the owner who has x years' experience in caring for those in need in the Gunnedah area. Amanda sees a need to bring together many of the great opportunities already available in Gunnedah into an integrated program so that older residents can quickly find and access activities and connections that will help them maintain a healthy lifestyle in their own surroundings.

HOW WILL THE PROGRAM BE FUNDED?

Care4U Services is seeking funding through grants and sponsorships. They are seeking not-for profit organisations to partner with the program to assist in increasing chances of securing funding as well as offering activities and services for the program. These can be monetary funding or in-kind contributions.

Organisations can benefit from the program by an increase in usage of facilities as well as promotion of their organisation through the proposed marketing, education and awareness components of the program.

More financial details can be supplied on request.

WHO DO WE CONTACT TO KNOW MORE?



Contact Amanda at Care4U Services.

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email info@care4userVICES.com.au.