

# Victorian Active Ageing Partnership (VAAP)



Victorian  
Active Ageing  
Partnership

## Physical Activity Audit and Gap Analysis

As part of the VAAP, an audit was undertaken between November 2015 and February 2016 to examine the availability, variety and accessibility of physical activity opportunities for older Victorians.

The aims of the data audit and gap analysis included the following:

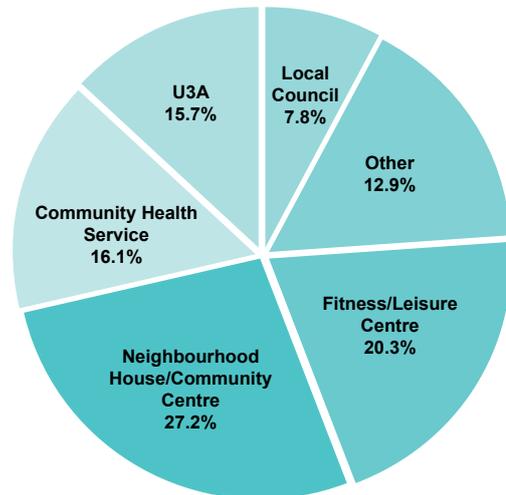
- To gain information in relation to the availability, variety and accessibility of physical activity opportunities for older Victorians
- To identify the gaps in the availability, variety and accessibility of physical activity opportunities for older Victorians
- To provide baseline information to guide the future work of the VAAP
- To provide information that may be used to guide work by external organisations

The audit examined structured physical activity programs incorporating fitness, strength, balance and flexibility within each Victorian local government area (LGA). Data covering the availability of leisure activities, commonly frequented by older people (tennis, golf, croquet and lawn bowls), were also gathered.

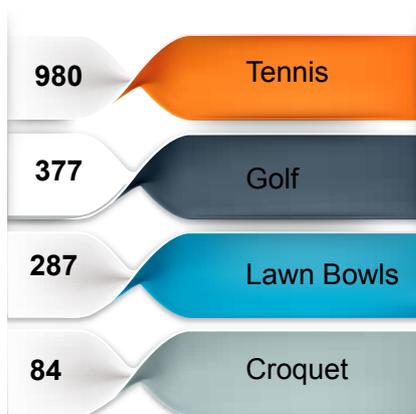
**Following statistical analysis, a gap analysis was undertaken and recommendations made.**



Types of structured physical activity programs

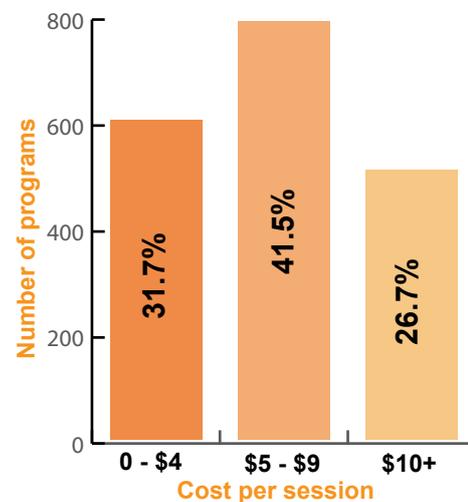


Providers of structured physical activity programs

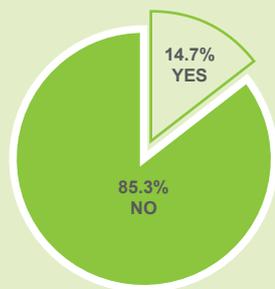


Total 1,728

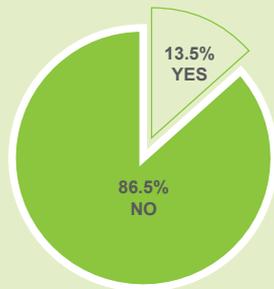
Available leisure activities commonly frequented by older people



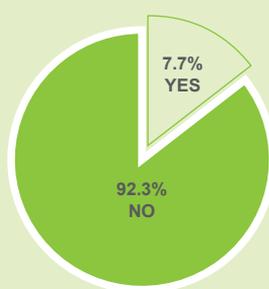
Per session cost of structured physical activity programs



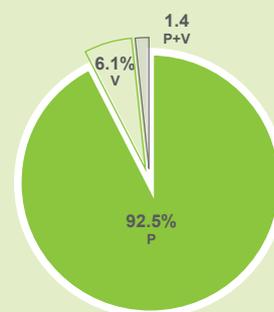
Provision of assisted pathways to structured physical activity programs



Provision of transport assistance to improve access to structured physical activity programs



Provision of language and cultural support to improve access to structured physical activity programs



Types of program leaders of structured physical activity programs  
P - Professional V - Volunteer  
P + V - Professional and Volunteer

## Recommendations:

### That the Victorian Government, via the VAAP:

- Ensure that the work of the VAAP links with other key Government work, such as that flowing out of the 'Ageing is Everyone's Business' report and the 'Victorian Public Health and Wellbeing Plan 2015–2019'
- Disseminate the LGA data from this initiative to local service providers to encourage its review at a local level
- Bring the findings of the current report to the attention of decision-makers at the state and local levels
- Explore various models of assisted/referral pathways for older people to engage in physical activity and disseminate the findings to relevant stakeholders
- Showcase practice examples involving organisations that have effective channels and modes of information provision and communication in place, or have worked to overcome the 'communication' barrier previously
- Disseminate guidelines and tools to facilitate best practice in the delivery of physical activity opportunities for older people.

## Recommendations:

### That decision-makers and service providers at the local level:

- Come together to review and discuss the data relating to the local provision of physical activity opportunities for older people and the broader findings of the gap analysis to promote a more integrated and coordinated approach to service provision featuring:
  - A range of physical activity opportunities offered by various local service providers at a range of prices
  - The establishment of working partnerships between service providers to minimise duplication and to maximise the reach and availability of physical activity opportunities
  - Assisted/referral pathways that are effective and within the current resource base
  - Strategies to address transport issues such as the use of community buses, the engagement of volunteer drivers and/or an outreach model of conducting physical activity classes
  - More extensive utilisation of community channels to enhance information provision to older people and among service providers regarding locally available physical activity opportunities
  - Review of the cultural diversity of the older people participating in physical activity opportunities to determine its correspondence with the cultural diversity of the local population and the development of strategies to better engage CALD older people in physical activity
  - The possible use of older volunteers as peer leaders and mentors, taking into account appropriate training and skills
  - Strategies to better engage socio-economically disadvantaged older people in physical activity

### VAAP Contact Details

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