



active  **ageing**
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'Challenging perceptions of ageing and staying active in later life'

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What's important to older adults?



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Relationships and “Togetherness”

- The importance of the social dimension.
 - Cake and coffee - not to be underestimated!
- Expansion of social networks and activities.
 - *“It’s not just the weekly exercise class either. As a result of meeting people there, five or six of us now also meet up and go swimming once a week. Eight of us do a little scrabble club...”*
(Timothy, fitness class, age 71)



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But...


- The impact of loss
- “Breaking in”
- Value of being alone.

Woman – “I found it *quite difficult to break in to the group...* I guess... because people do come and go... so it's almost an expectation that, you know, it sounds awful 'we won't bother to get to know you unless you're gonna stay'. I found that very hard... but because I wanted to do it... I kind of thought that was *very off putting I didn't like it at all, but I thought 'I'm gonna break through this.'*”
(Beck et al, 2010: 668, edits in original)

“I find that going out is a stress reliever for me. The only thing then that I'm responsible for is myself. Nobody else.”

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The Pleasures of Physical Activity

Sensory pleasures

- “I love the feel of the water as I glide through it.” (Martha, swimming, age 63)
- “Being in such close contact with my husband when we're dancing is wonderful. I always become very aware of his after-shave and I always like to wear nice perfume.” (Macey, ball room dancing, age 77)

Pleasure of habitual action

- “Physical activity gives me a structure and I know exactly what happens through the week, which I like.” (Jemima, fitness class, age 61)




Documented pleasure

- Training logs, walking routes, blogs.

Pleasure of immersion

- “I like having something I can really focus on. I really enjoy just getting completely away from everything.” (Colin, hill walking, age 69)

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But...

- Is pleasure something we must learn?

"I felt afraid at first. I was afraid because I am a little bit heavy and I thought I would have a heart attack. I was afraid of shortness of breath. I got a little bit scared when she said drink a lot of water. I felt that something was going to happen to me and my heart beat faster."
(Resnick, 2006: 24)

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Competition, Self-Improvement, Mastery

- *"I want to win, it's good to win... I felt better because I'd achieved something."*
(Derek, badminton, age 77)
- *"I want to win. I want to win everything and I'm not a good loser. And I fantasise it, I dream it, I practice all the time... It's not just a physical sport, it's a psychological sport and it's about how you actually can put that opponent down."*
(Lynne, bowls, age 75)



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But...

“What do you expect at your age!”

“Grandparents shouldn’t be up on stage strutting about in swimwear!”



Photo: Alex Rotas

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Perceptions of Ageing

- Age appropriate behaviour.
- Assumptions about what older adults derive from being active.

• *“I don’t want to be pigeon holed because I’m 61... I don’t want people to tell me to grow old gracefully... I don’t want to go and do things deliberately to try and maintain my youth, but I like to do what I enjoy.”*
(Anthony, rowing. Age 61)



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Katie Currie
 Public Health Principal, Bristol City Council
 @phworkerbee

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Older people in Bristol

- Bristol has a younger than average population.
- Over the last decade, after a period of the older population (65 and over) falling in Bristol, it is now rising year on year.
- There are projected to be 7,700 more people 65 and over by 2024, a 13% rise (and potentially a 44% rise by 2039).




Fig 3.1.1 Mid-2015 Population pyramid for Bristol vs England
 Source: ONS 2015 Mid-Year Population Estimates, Crown Copyright 2016

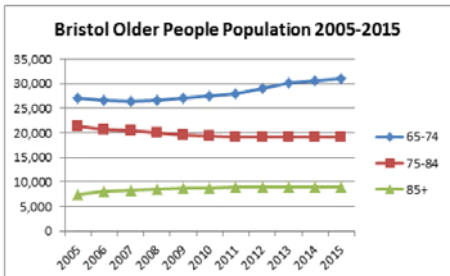




Fig 3.2.6, Source: ONS 2005-15 Mid-Year Population Estimates, CC 2016



Active Ageing?

Over 60s spend an average of 9.4 hours a day sedentary

CENTRE FOR AGEING BETTER



Over 60s spend an average of 9.4 hours a day sedentary, equating to up to 80% of their waking day. This can impact on muscle function, mobility and increase risk of falls.

Thomas Honek B.Sc. et al. The Sedentary Lifestyle: A Systematic Review of the Impact of Sedentary Behavior. *Health Care* 2015, 7(1), 1-11

Physical activity benefits for adults and older adults

BENEFITS HEALTH	
IMPROVES SLEEP	
MAINTAINS HEALTHY WEIGHT	
MANAGES STRESS	
IMPROVES QUALITY OF LIFE	

REDUCES YOUR CHANCE OF	Type II Diabetes	-40%
	Cardiovascular Disease	-35%
	Falls, Depression and Dementia	-30%
	Joint and Back Pain	-25%
	Cancers (Colon and Breast)	-20%

Something is better than nothing.
Start small and build up gradually:
just 10 minutes at a time provides benefit.
MAKE A START TODAY: it's never too late!

MINUTES PER WEEK

75 OR 150

VIGOROUS INTENSITY
 (BREATHING FAST, DIFFICULTY TALKING)

MODERATE INTENSITY
 (INCREASED BREATHING, ABLE TO TALK)

OR A COMBINATION OF BOTH

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active



What are we doing?

Strength & Balance 3 tier model

Bristol's integrated 3 tier model Strength and Balance (S&B) exercise



Level 3: University Hospitals Bristol S&B

Level 2: Bristol Community Health S&B

Level 1: Staying Steady community S&B

LEVEL OF SUPPORT ↑

↑ INCREASING FALLS RISK

Integrated 3 tiered model so people can access the level of S&B right for them (agreed pathways between levels)



Age-friendly city

- Transportation
- Housing
- Social participation
- Respect and social inclusion
- Civic participation and employment
- Communication and information
- Community support and health services
- Outdoor spaces and buildings

Source: Global Age-friendly Cities: A Guide (World Health Organisation, 2007)


Dementia Friendly Swimming





Karen Lloyd

Active Ageing Bristol Manager

 @lloydy60

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Active Ageing Bristol priorities

- Increase the number of people 55+ participating in regular sport and physical activity.
- Promote existing physical activity provision and develop new opportunities.
- Raise awareness of the benefits of staying active in later life.
- Increase the number of volunteer activators and instructors.
- Create an inclusive programme - everyone, regardless of their age, background or level of ability, should live actively to their fullest potential.




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Alex Rotas

Photographer and Active Ageing Bristol Ambassador

 @alexrotas

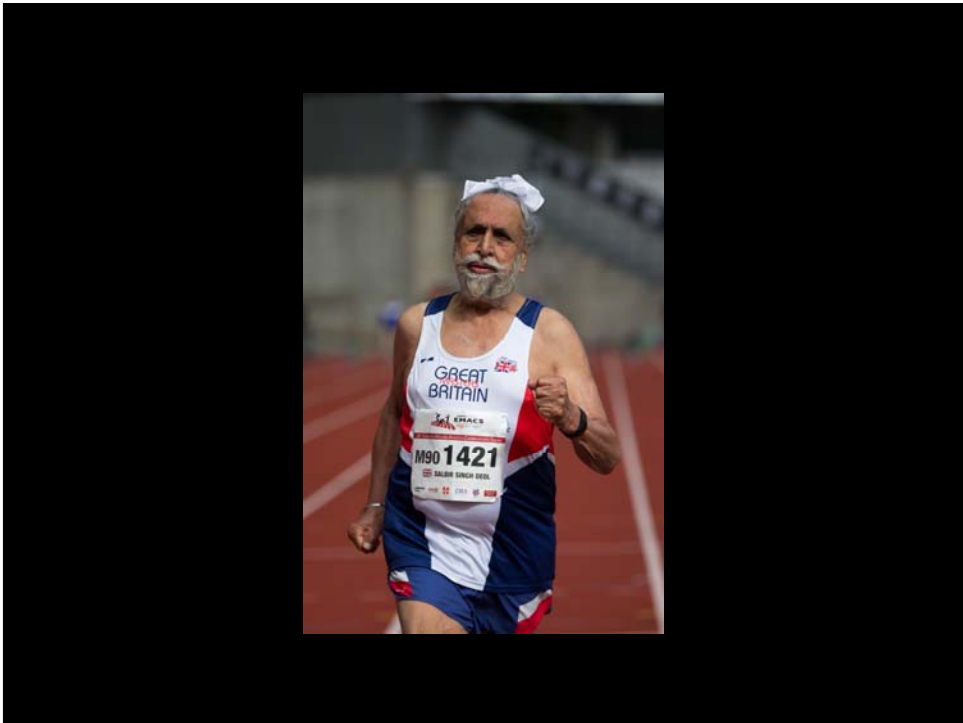
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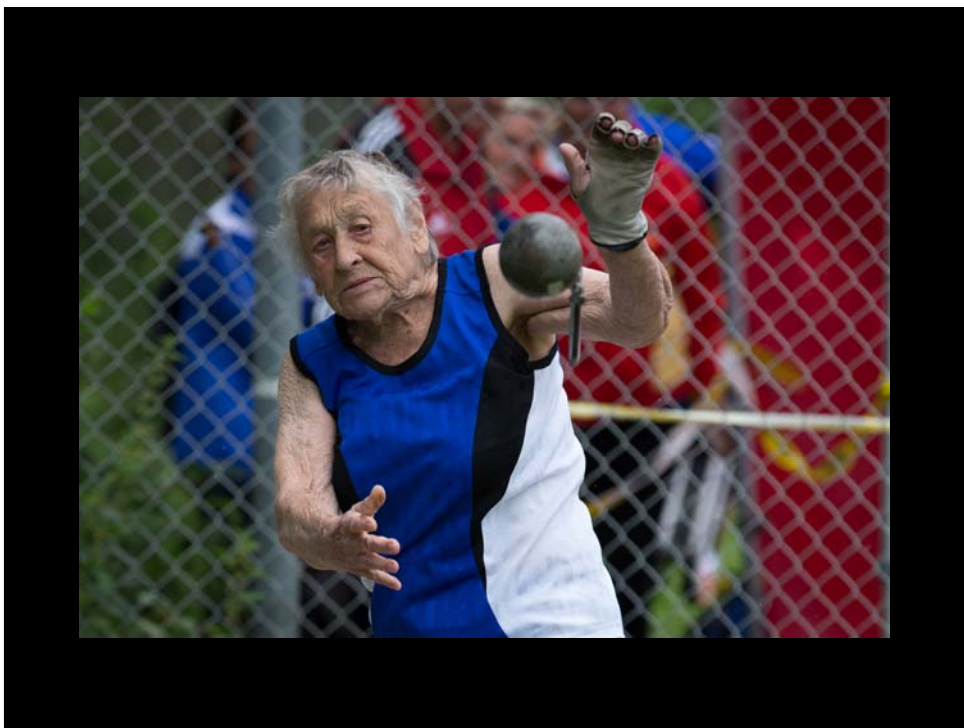


"My work photographing elite competitive athletes in their 70s, 80s and 90s has made me very aware of how much more we can do as we age."

Alex Rotas

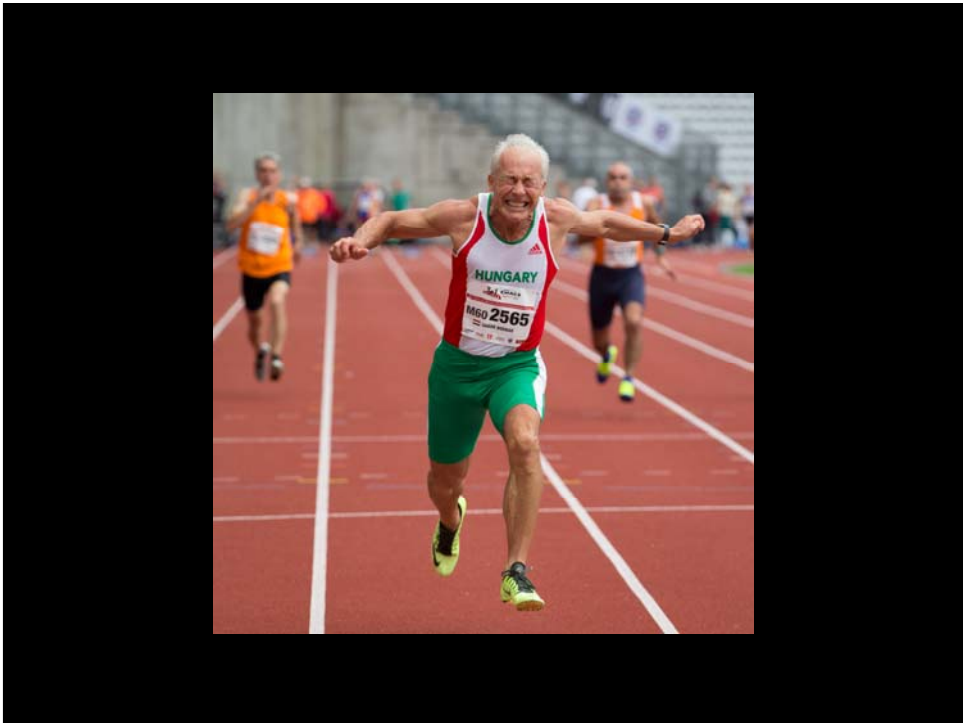
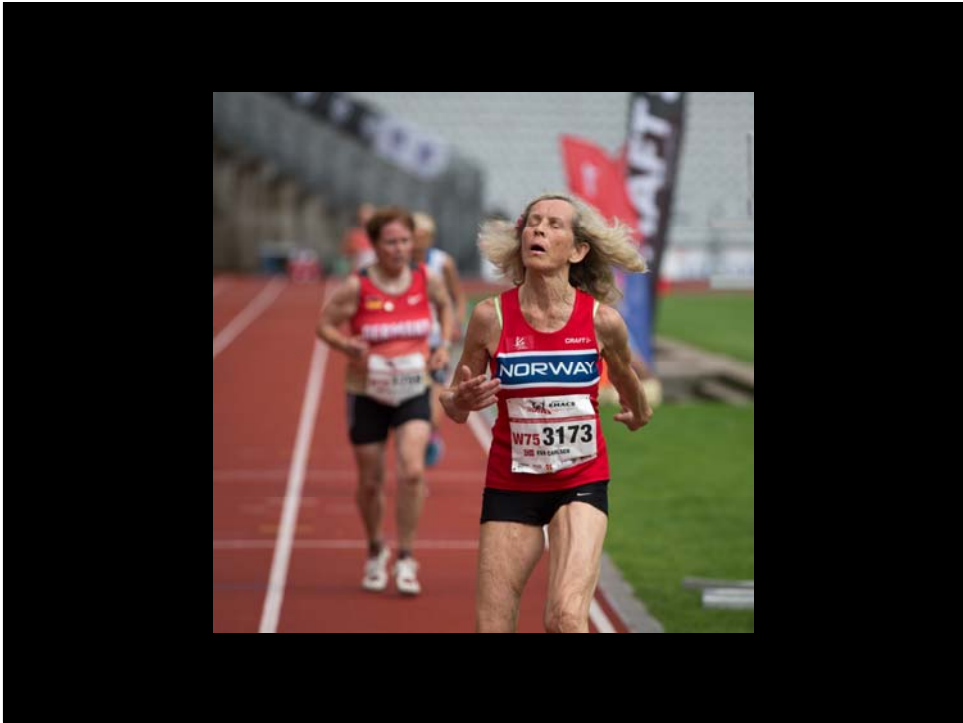


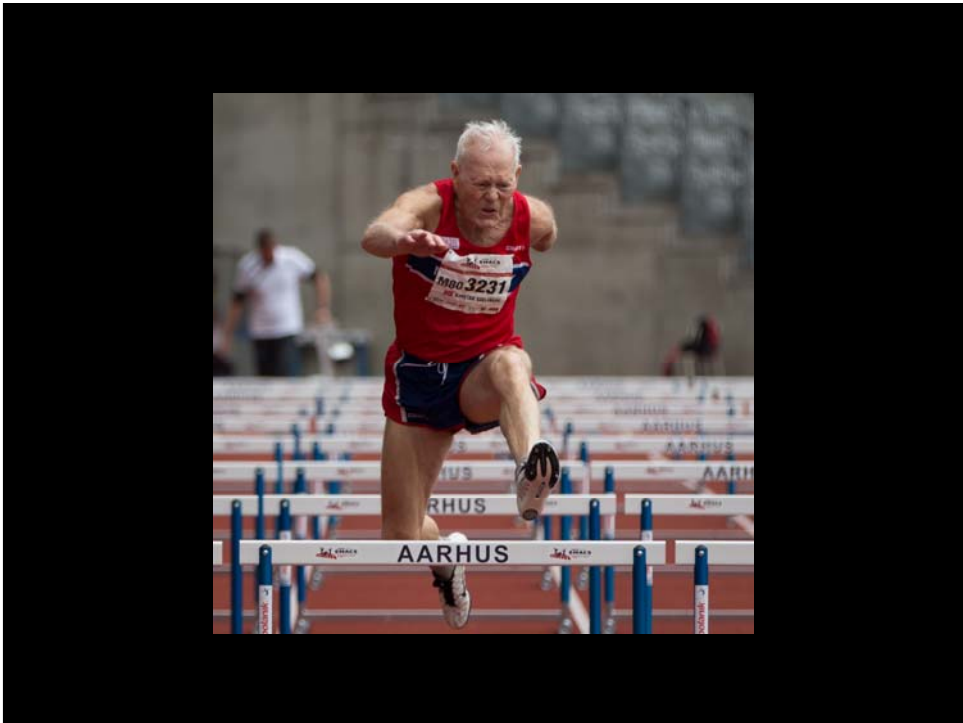


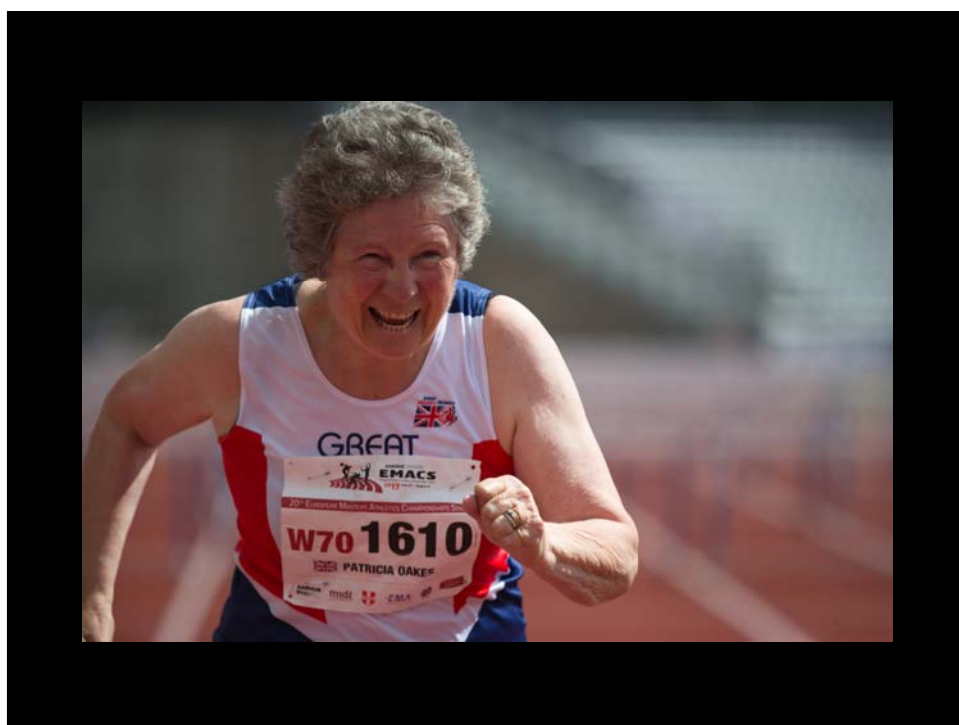


“I started running round the hospital two weeks after my stroke with my stroke nurse. What keeps me going? Bloody-mindedness.”
Dorothy Fraser, 81 (next slide)





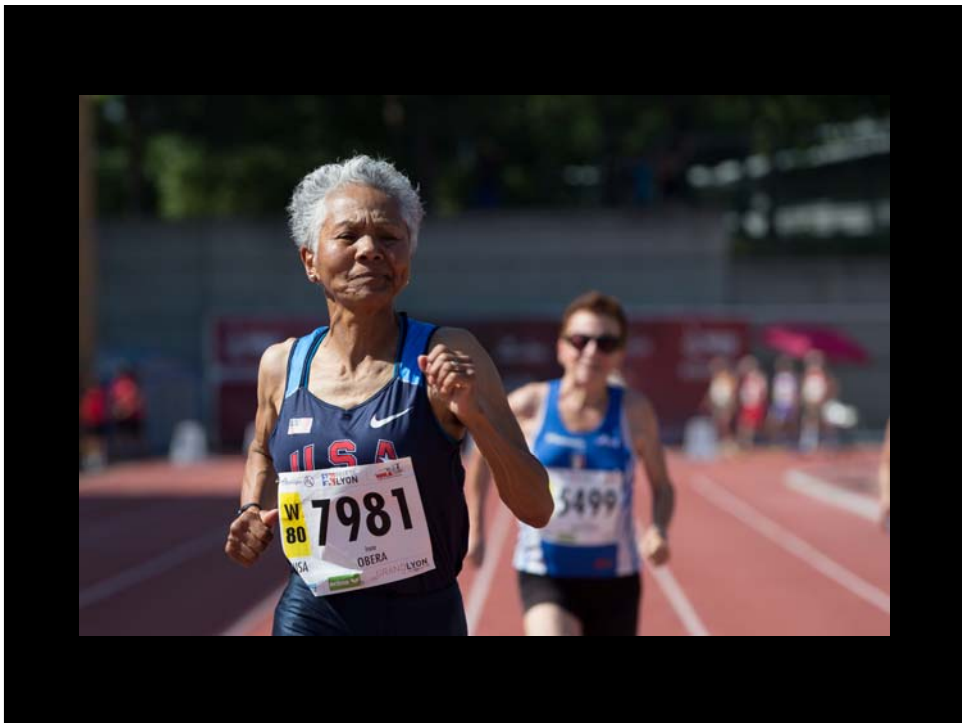






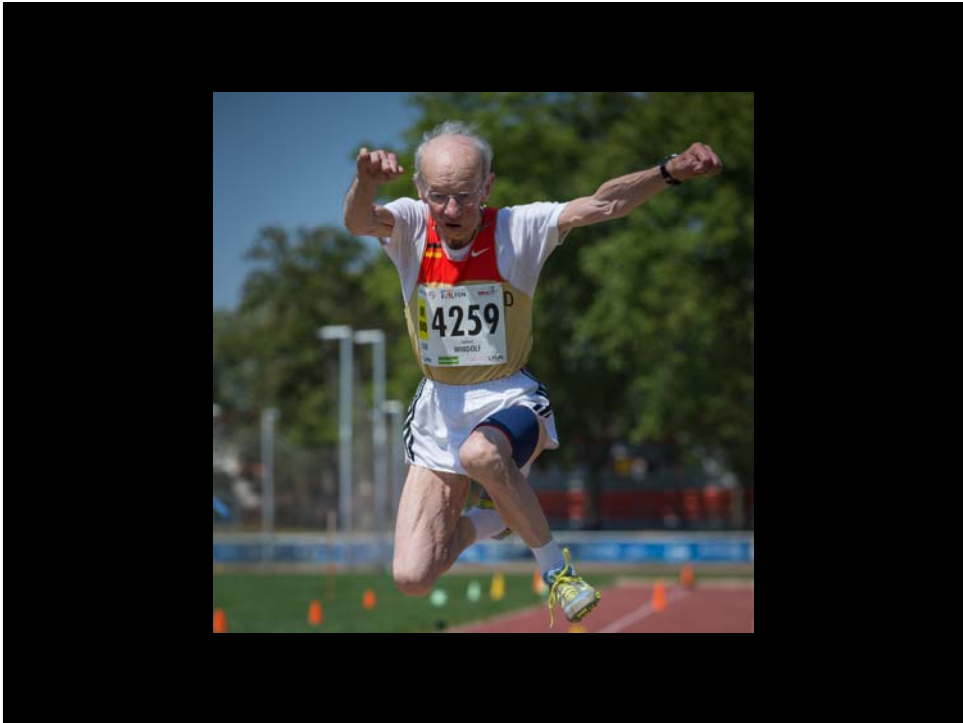
“After my stent was put in for my blocked heart artery, I was put on so many pills that when I run, I rattle! It hasn’t stopped me competing though.”

Tony Bowman, 82 (next slide)









“I started running because of vanity. I hated myself when I looked in the mirror. I wanted a beach-body again in my 90s. And I got one!”

Charles Eugster, 97 (next slide)



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Question and Answer Session

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