

Strength in Older Age - Health Exercise Programme for Older Adults 2005-2009

Background

- frailty increases with growing longevity
- problems in mobility expose to institutionalisation
- poor mobility decreases autonomy and quality of life
- mobility problems often due to weak muscle strength and poor postural balance
- muscle strength and balance can be improved by proper exercise

Muscle strength
and balance
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Starting Point

- A national programme is to improve the functional capacity of locomotor system of older adults living independently (Min. of Health and Social Affairs, TELI Memorandum 2001)
- Quality Recommendations for the Instructed Health Exercise of Older Adults (Min. of Health and Social Affairs, Min. of Education, Guidelines 2004:6)

Instructed health exercise inside and outside



The Quality of Instructed Health Exercise

- user-oriented
- accessibility
- individuality
- flexibility and seamlessness
- safety
- ethics
- evaluation

The Directorial Group of the Programme

- Heidi Paatero, Min. Health and Soc.Aff., Chair
 - Kari Koivumäki, Min. Ed., Vice-Chair
 - Hilppa Tervonen, RAY
 - Hanna Nyfors, Min. Health and Soc.Aff.
 - Mari Miettinen, Min. Health and Soc.Aff.
 - Jaana Suni, UKK-Institute
 - Jyrki Komulainen, LIKES
 - Raija Leinonen, FGC
- Jaakko Tuomi, Central Union for Welfare of the Aged
 - Olavi Haapaniemi, Pensioners' Ass.
 - Tupu Holma, Ass. Local and Regional Authorities
- Leeni Asola-Myllynen, Finn. Gymnastics and Fitness Ass.
 - Elina Karvinen, Age Institute, Presenter
 - Päivi Niemi, Age Institute, Secretary

Overall Objective

- to promote the autonomy, functional capacity and quality of life of older adults with decreased functional capacity living independently

Living independently



The Aim

is to increase strength and balance related

- knowledge of suitable exercise methods
- guidance and counselling
- physical exercise services
- everyday physical activity and exercise

The Aim

is to develop and improve

- conditions for exercise
- the more efficient use of current resources
- suitable test practices
- methods of health exercise
- cooperation between expert organisations and local actors

Physical exercise services



Target Groups of the Program

- Actors on national level and expert organisations
- Networks of local actors
 - public, private and third sector
 - media
- Actors in theme projects
- Older adults living independently and their significant others

The Programme Offers

- Information
 - website, articles, guide for best practices
- Cooperation
 - networks
- Media assistance
 - leaflets, form for bulletins, distribution of good practices
- Materials
 - instructions for home exercise, leaflet and poster
- Training
 - instructor training, national training calendar

Projects in the Programme

- 10-15 three years projects per year supported by RAY between 2005-2007 (40 projects)
- Project criteria (www.voimaavanhuuteen.fi)
- Project support: training, guidance, networking, materials, etc.

The Challenge

A joint effort in order to create equal opportunities for physical exercise for older adults with decreased physical capacity.

Together we are strong



Thank you for your attention

