

Network Newsletter: March 2011



Welcome to our latest newsletter. Read on for some of the latest research and news from the world of active ageing.

***Active Ageing Seminar 2011* - details announced, tickets now on sale, see page 2.**

Research Update: What does Quality of Life mean for Older People in the UK?

Increasing numbers of older people, higher expectations for 'a good life', and demands on health and social care services, have led to international interest in improving and measuring quality of life in older age. However, most measures of quality of life have been based on 'expert' opinion. If the expert-led measures of quality of life don't measure the right things, policy makers risk making the wrong policy interventions. Therefore, since 1999, researchers have been formulating a new measure of quality of life based on the priorities of older people. This research has used in depth interviews with members of the public aged 65 and older, to gain an idea of the contributory factors to older people's wellbeing. The main factors contributing to a good quality of life in older age were found to be:

- Psychological factors such as a sense of optimism and realistic expectations;
- Good health and mobility;
- Engaging in a large number of social activities and feeling supported;
- Good community facilities and infrastructure such as transport;
- Feeling safe in one's neighbourhood;
- Having a sense of control over one's life;
- Maintaining independence and an adequate income.

A new quality-of-life questionnaire has been developed, based on these results, and is available on the Publications page of the ILC website.

Good Neighbours: Measuring Quality of Life in Old Age - Report from International Longevity Centre – UK: www.ilcuk.org.uk

Research Update: New Falls Prevention Guidelines from the BGS

Following a systematic review of the randomised controlled trials of fall prevention interventions, carried out by an expert panel, both the American Geriatrics Society and the British Geriatrics Society have updated their fall prevention guidelines.

These new guidelines recommend that all interventions for preventing falls should include an exercise component, and mention interventions that include exercise for balance, gait and strength training, such as Tai Chi or physical therapy. The guidelines also recommend environmental adaptations to reduce falls, medication reduction, cataract therapy and a focus on raising low blood pressure and managing heart rate and rhythm abnormalities.

"We found that the most effective trials for preventing falls in older people looked at multiple interventions rather than just one," explained Mary Tinetti, MD, of Yale University School of Medicine. "There is emerging evidence that the rate of serious fall injuries, such as hip fractures, is decreasing modestly in areas in which fall prevention is integrated into clinical practice. By making fall prevention part of the clinical care of older adults this trend can continue."

Journal of the American Geriatrics Society, 59(1):148-157 (January 2011)

Research Update: Exercising to Music improves motivation and exercise capacity

Researchers in Israel have found that exercising to music appears to provide a number of far reaching benefits when it is included as part of an exercise programme for the elderly and clinical population. They reviewed 20 relevant studies and found that 16 of them reported at least one benefit such as better exercise performance and higher motivation to participate in and adhere to the programme.

They reviewed a series of studies and found that the addition of music can:

- (i) improve exercise capacity and increase patients' motivation to participate in cardiac and pulmonary exercise rehabilitation programs;
- (ii) lead to improved balance, greater ability to perform activities of daily living, and improved life satisfaction in elderly individuals;
- (iii) enhance adherence and function of individuals suffering from neurological diseases such as Alzheimer's and Parkinson's; and
- (iv) sustain these benefits if continued on a long-term basis

They noted a number of methodological concerns, including the style of music and personal preferences. One of the practical implications suggested for clinicians and practitioners was that the type of music should be individualised based on each patient's musical preferences.

Journal of Clinical Sport Psychology: Volume 5, Issue 1, March 2011

Active Ageing Seminar

Wednesday June 22nd, 9.30am-4pm

Are you an exercise instructor or leader working with older adults?

Do you lead or manage fitness or physical activity programmes with over 50s?

Are you interested in improving independence, mobility and wellbeing amongst older people?

The Active Ageing Seminar 2011 will inform and inspire all wellness professionals who work with or would like to work with older adults.

Following on from the success of our inaugural seminar in 2010, we are excited to announce that this year's Active Ageing Seminar will cover a number of important topics:

- The latest evidence base for older adult physical activity programming
- The new political and social landscape: How government policy and NHS reforms will affect you
 - Demographic analysis of older people in the UK today: Statistics, attitudes and behaviours
 - Not all over-50s are the same: Learn about the latest segmentation and targeting research
 - Successful marketing to older adults: What works – best practice examples
- Exercise classes & physical activity programming: What makes a great customer experience?
 - Inclusion & safety: New PAR-Q recommendations – what you need to know
 - Round table discussions: Network and share ideas, learnings and experiences

Venue: Woburn House Conference Centre, Tavistock Square, London WC1H 9HQ

This seminar is brought to you by the BHF National Centre for Physical Activity & Health and Vida Wellness.

The 2011 Active Ageing Seminar will inform and inspire exercise instructors and teachers; physical activity leaders; occupational therapists; physiotherapists; exercise specialists; physical activity coordinators; public health professionals; health club managers and anyone else working in or interested in learning about older adult wellness.

Ensure you are at the forefront of the fast-growing Active Ageing Movement- book NOW!

Seminar Tickets: £90 *Early Bird Offer: Tickets only £60 (offer valid until April 30th)*

Seminar website: www.vidanetwork.co.uk

Online booking: www.activeageingseminar2011.eventbrite.com

With thanks to our event partners:



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