

Why might elderly people be unable to participate in sporting or recreational activities?

1. (Money) limited funding/on pensions/low disposable income/no longer earning/cost.
2. (Transport) may not have car/difficulty in getting public transport.
3. (Fitness) may be more restricted physically than in younger years/ less flexible/not wishing to play contact games.
4. (Esteem) poor self-image/self-belief/believe they are no longer suited to physical activity/put off by perception that physical activity is for younger people/lack of friends /safety/fear.
5. (Role models) insufficient role models to encourage participation.
6. (Lack of choice) local centres offering inappropriate or unappealing options/insufficient choice/target groups.
7. (Leaders) instructors/coaches unclear of wishes and abilities of the clients/not specialised in dealing with older people.
8. (School) poor experience at school and not wishing to give physical activity another go.
9. (Facilities) Lack of specialist/adapted facilities or equipment.
10. (Promotion) Lack of media focus/advertisement/information.
11. (Health) Poor health/need to seek specialist advice/inactivity.

What can be done by local recreation or leisure centres to encourage more elderly people to take part in regular physical activity?

- 1 (inform) inform / run campaigns / advertise / promote view that sport is not just for young people/ educate on the benefits of participation.
- 2 (coaches) ensure that coaches know the needs or abilities of the age group
- 3 (3 A's) age or ability or attitude or groups or sessions or activities appropriate.
- 4 (consult) consult with older people ! Ask them what they would like to do
- 5 (taster session) offer taster sessions.
- 6 (social) provide an area for socialising, with refreshments !! Draw in the punters !
- 7 (access) ensure that transport is available, and that access accommodates older people – lifts as well as stairs !
- 8 (Cost) Make activities affordable to older people on low income/pensions: subsidise the fee/be aware that some elderly people have low disposable income