

ENGAGING WITH OLDER AUSTRALIANS

Silver Salties Training Module For Surf Life Saving Clubs



Approximate time to complete: 1 hour

IN THIS MODULE YOU WILL LEARN ABOUT...

Chapter 1: Setting the scene

- The Silver Salties program
- Links to existing programs and priorities
- Older Australians at a glance
- Definition of an older person
- Benefits of physical activity for older people
- Five physical activity recommendations for older Australians
- Four types of physical activity that older Australians should be doing
- Barriers to physical activity



Chapter 2: Some things you should know about older people

- Older people are as diverse as, if not more diverse than, any other category of people.
- There are many widely held but false beliefs and ideas i.e. myths about older people and ageing.
- Negative stereotypes can lead to ageism and elder abuse.
- Mental health is vital for older people.
- Support resources and organisations are available to cater for older people's needs.



Chapter 3: Best practice for engaging older people in physical activity

- Appropriate and rewarding programs
- Skilled and attentive leaders
- Committed and equipped organisations



CHAPTER 1 – SETTING THE SCENE

- The Silver Salties program
- Links to existing programs and priorities
- Older Australians at a glance
- Definition of an older person
- Benefits of physical activity for older people
- Five physical activity recommendations for older Australians
- Four types of physical activity that older Australians should be doing
- Barriers to physical activity

WHAT IS SILVER SALTIES?

Silver Salties is a **physical activity** and **social connections** initiative for older Australians designed by Surf Life Saving Australia in conjunction with Surf Life Saving Clubs and funded by Sport Australia's Move It Aus – Better Ageing Grants Program.

SILVER
SALTIES



PROGRAMS

Silver Salties includes the following suite of programs.

 PARK	 CLUBHOUSE	 BEACH	 POOL	 SURF
<u>Walk & Talk</u>	<u>Wisdom & Wellbeing</u>	<u>Social Club</u>	<u>Pool Swim Club</u>	<u>Surf Swim Group</u>
<u>History & Horizons</u>	<u>Chair Aerobics</u>	<u>Beach Fitness</u>	<u>Gentle Pool Exercises</u>	<u>Surf Swimming</u>
<u>Yoga & Mindfulness</u>	<u>Club Volunteering</u>	<u>Beach Surf Sports</u>	<u>Swimming Skills</u>	<u>Catching Waves</u>
<u>Tai Chi & Meditation</u>	<u>First Aid</u>	<u>Patrol</u>	<u>Pool Rescues</u>	<u>Surf Rescues</u>



Surf Life Saving Clubs can choose one or more Silver Salties programs to run over 10 weeks / a season based on club capacity and capability, and participant interest.

ACTIVITY

Silver Salties can benefit Surf Life Saving Clubs in many ways.

Rate the level of importance you would give to each of the six benefits listed below, i.e. 1=most important; 6=least important.

Silver Salties is an opportunity for clubs to:

- **engage** older Australians in the community _____
- **broaden** their service and 'sport' offerings to older Australians _____
- **capitalise** on older Australians' life experiences _____
- **educate** older Australians about water safety to reduce the risk of drownings _____
- **attract** new "Community" members to the club community _____
- **receive** subsidies to run approved Silver Salties programs and/or to develop innovative approaches/programs. _____

THINKING CHALLENGE!

Why do you think Silver Salties has been developed?

Look at each of the organisations listed in Table 1.1.

How do you think Silver Salties aligns to the objectives of each of these organisations?

Sport Australia	World Health Organisation (WHO)	Australian Government Department of Health	Beyond Blue	Surf Life Saving Australia (SLSA)	COTA For older Australians
------------------------	--	---	--------------------	--	-----------------------------------

Table 1.1 – Silver Salties aligns to the objectives of these organisations

ALIGNMENT

Sport Australia	World Health Organisation (WHO)	Australian Government Department of Health	Beyond Blue	Surf Life Saving Australia (SLSA)	COTA For older Australians
<p>Sport Australia created the Better Ageing Grant Program aims to increase levels of physical activity of Australians aged 65+, particularly those least active, to improve their overall health and wellbeing.</p> <p>Read more</p>	<p>WHO has a policy around Healthy Ageing which aims to help our growing ageing population do the things they value for as long as possible by changing the way people think about ageing and older people, creating age-friendly environments and more!</p> <p>Read more</p>	<p>The Department of Health designed five Physical Activity Recommendations for older Australians to help older Australians achieve enough physical activity for good health as they age. They are mainly for people who are not currently building 30 minutes of physical activity into their daily lives and are looking for ways they can do so.</p> <p>Read more</p>	<p>Beyond Blue promote that “Connections matter” because being connected to others is important for older people’s mental and physical wellbeing and can be a protective factor against depression and anxiety. Older people can experience depression and anxiety due to physical illness and personal loss.</p> <p>Read more</p>	<p>Surf Life Saving Australia’s mission is to save lives, create great Australians and build better communities. Silver Salties provides an opportunity for SLSA to: prevent drownings in older people by educating Silver Salties participants about coastal safety; and build stronger communities by engaging older people and providing an opportunity for their life experiences to benefit SLS Clubs.</p> <p>Read more</p>	<p>COTA Australia is an advocacy organisation which lobbies for action at a national level on issues affecting seniors. Their vision is that Ageing in Australia is a time of possibility, opportunity and influence; and their purpose is to advances the rights, interests and futures of Australians as we age.</p> <p>Read more</p>

Table 1.1 – Silver Salties aligns to the objectives of these organisations

RELATED

- World Health Organization - [Towards an age-friendly world](#)
- International Longevity Centre (Brazil) - [Active Ageing: A Policy Framework in Response to the Longevity Revolution](#)
- Pascal International Observatory - [Towards good active ageing for all in a context of deep demographic change and dislocation](#)
- Benevolent Society – [EveryAGE Counts campaign](#)
- [WHO: Ageing and Health Infographic](#)
- [WHO 10 Facts on Ageing and health](#)



HOW MUCH DO YOU KNOW ABOUT OLDER AUSTRALIANS?

Take the following quiz about older Australians which is based on findings from the Australian Institute of Health and Welfare's "Older Australia at a Glance".



QUIZ

1. What percentage of the Australian population is aged 65 years and over (i.e. older Australians)?

- A. 5%**
- B. 15%**
- C. 25%**
- D. 35%**

Answer: B.

15% of the Australian population is aged 65 years and over.



QUIZ

2. What percentage of older Australians were born overseas?

- A. 10%**
- B. 20%**
- C. 30%**
- D. 40%**

Answer: C

30% of older Australians were born overseas. Interestingly, 20% of older Australians report speaking a language other than English.



QUIZ

3. What percentage of older Australians are employed?

- A. 12.5%**
- B. 17.5%**
- C. 22.5%**
- D. 27.5%**

Answer: A

**12.5% of older Australians
(i.e. 1 in 8) are employed.**



QUIZ

4. What percentage of older Australians own their own home?

- A. 40%**
- B. 50%**
- C. 65%**
- D. 75%**

Answer: D

75% of older Australians own their own home.



QUIZ

5. What percentage of older Australians volunteer their time on one or more projects?

- A. 5%**
- B. 15%**
- C. 20%**
- D. 30%**

Answer. C

20% of older Australians volunteer their time.



QUIZ

6. What percentage of older Australians are overweight or obese?

- A. 10%**
- B. 30%**
- C. 50%**
- D. 70%**

Answer. D

70% of older Australians are overweight or obese.



QUIZ

7. What percentage of older Australians consider themselves to be sufficiently active?

- A. 20%**
- B. 40%**
- C. 60%**
- D. 80%**

Answer. B

40% of older Australians consider themselves to be sufficiently active.



QUIZ

8. What percentage of older Australians experienced disability in the form of a severe or profound core activity limitation?

- A. 10%**
- B. 15%**
- C. 20%**
- D. 25%**

Answer. C

20% of older Australians experience disability in the form of a severe or profound core activity limitation.



QUIZ

9. What percentage of all deaths of older Australians were caused by coronary heart disease?

- A. 8%**
- B. 13%**
- C. 28%**
- D. 33%**

Answer. B

13% of all deaths of older Australians were caused by coronary heart disease.



QUIZ

10. How many people over 55 are homeless?

- A. 17%**
- B. 27%**
- C. 37%**
- D. 47%**

Answer. A

17% of people over 55 are homeless.



QUIZ

How many did you get right?

Older Australians are a growing and diverse group.

Source: Australian Institute of Health and Welfare, Older Australia at a Glance



THINKING CHALLENGE!

What is the definition of an older Australian?

The idea of someone being an 'older' person is a relative concept—chronologically, medically and culturally.

It does not have a precise definition and specific ages may be used for purposes.

Source: Australian Government - Australian Law Reform Commission



For example...



DEFINITION OF AN OLDER AUSTRALIAN

The **Australian Bureau of Statistics** (ABS) groups people into population age cohorts, and differentiates between '15–64', '65 years and over' and '85 years and over'. People over 65 are generally classified as 'older' for ABS purposes.

The **Australian Institute of Health and Welfare** (AIHW) categorised older people as 65 years and over in its Older Australia at a Glance; however for older Indigenous Australians, the age range 50 and over was used, reflecting the life expectancy gap between Indigenous and non-Indigenous Australians and the lower proportion of Indigenous people aged 65 and over.

DEFINITION

The **Australian Department of Human Services** targets older Australians as those people who have retired, are about to retire or who have reached the Age Pension age. The average retirement age of people who retired in Australia since 2011 is 62.9 years. There is no compulsory retirement age though and older Australians can work for as long as they wish to. Source: Retirement & Retirement Intentions 2016-2017. The age people need to be to receive the Age Pension is 65.5 years.

The **United Nations** define older people according to the development status of their country. For example:

- In a developed country like Australia, the definition of an older person is 60-65yr+ based on retirement/pension ages
- In a developing country like Rwanda, the definition of an older person is based on the point when active contribution in society is no longer possible

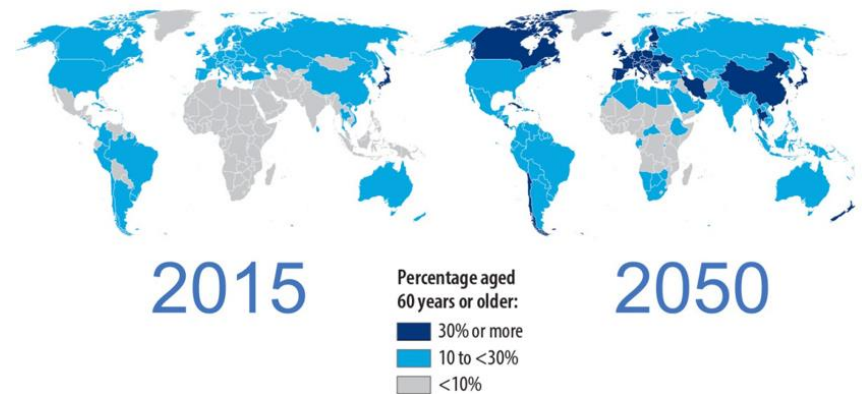
DEFINITION

The Silver Salties program has been developed as part of the Sport Australia Better Ageing Grant which classifies older Australians as those people who are 65 years and over.

Related

- State of the (Older) Nation 2018 – COTA for Older Australians
- The Ageing Population: New opportunities for adult and community education, Adult Learning Australia
- The World is Getting Older

The World is Getting Older



THINKING CHALLENGE!

Why do you think physical activity is so important for older people?

It makes you look and feel better

- Gives you more energy
- Helps you sleep better
- Helps you to relax
- Helps you to meet people and make friends
- Is fun
- Tones your body

It is good for your mind

- Reduces stress and anxiety
- Improves concentration
- Improves self-confidence
- Reduces feelings of sadness

It is good for your body

- Helps to control:
 - weight (and reduce body fat)
 - blood pressure
 - cholesterol
 - diabetes
 - bone and joint problems (eg arthritis)
- Reduces the risk of:
 - heart disease
 - stroke
 - some cancers
- Helps to manage pain
- Helps to maintain and increase joint movement
- Helps to prevent falls and injury



How many of the benefits did you get?

ACTIVITY

Read what these older Australians have to say about the benefits of physical activity for them.

Walking with my group of friends makes me feel good. I have more energy, sleep better and have fun.



I try to swim most days because it makes my body feel stronger, keeps my joints working, and keeps my blood pressure under control.



Since losing my husband, I love doing a weekly Tai-Chi class in the park. The movements make me feel less sad and I am starting to feel more confident.



Which statements match the three benefits of physical activity listed in

Table 1.2?

It makes you feel and look better

It is good for your mind

It is good for your body

Table 1.2 – Benefits of physical activity

RECOMMENDATIONS

The Australian Government Department of Health Physical Activity Recommendations for Older Australians (65 years and older) include five (5) physical activity recommendations.

ACTIVITY

Write down what you think could be included in the five recommendations.
Find out how accurate you are on the next slide.



RECOMMENDATIONS

Recommendation 1.

Older people should do some form of physical activity, no matter what their age, weight, health problems or abilities.

Recommendation 2.

Older people should be active every day in as many ways as possible, doing a range of physical activities that incorporate fitness, strength, balance and flexibility.



Recommendations 3.

Older people should accumulate at least 30 minutes of moderate intensity physical activity on most, preferably all, days.

Recommendation 4.

Older people who have stopped physical activity, or who are starting a new physical activity, should start at a level that is easily manageable and gradually build up the recommended amount, type and frequency of activity.

Recommendation 5.

Older people who continue to enjoy a lifetime of vigorous physical activity should carry on doing so in a manner suited to their capability into later life, provided recommended safety procedures and guidelines are adhered to.

ACTIVITY

You have been asked to promote Silver Salties and its alignment to the Physical Activity Recommendations via one of your Surf Life Saving Club's social media platforms e.g. Facebook, Twitter.

Come up with two posts/tweets which illustrate the link between Silver Salties and the Physical Activity Recommendations for Older Australians!

My posts/tweets are:

1.
.....
2.
.....



REFLECT

Think of someone you know who is an older Australian.

Would they meet one or more of the physical activity recommendations?

Related

- Over 65 and exercising? Try mixing it up, ABC Health and Wellbeing
- Nutrition Australia – Physical Activity for older adults



TYPES OF PHYSICAL ACTIVITY REQUIRED

Four types of activity are needed to keep you healthy.

Try to include at least one activity from each group.

Moderate fitness activities

These activities help to keep your heart, lungs and blood vessels healthy.

You should aim to do 30 minutes of activity from this group on most days. This can be in three lots of 10 minutes or two lots of 15 minutes. If you are just starting out, as little as 10 minutes helps!

- Brisk walking
- Continuous swimming
- Golf (no cart!)
- Aerobics
- Cycling
- Washing the car
- Walking the dog
- Yard and garden work
- Tennis
- Water aerobics
- Dancing
- Mopping and vacuuming

Strength activities

These activities help your muscles and bones stay strong and make it easier for you to do daily tasks as you get older.

Make a time to do specific strength exercises two or three times a week, and build some of them into your everyday activities.

- Weight, strength or resistance training exercises
- Lifting and carrying (eg groceries or small children)
- Climbing stairs (instead of taking the lift or escalator)
- Moderate yard work (eg digging and shifting soil)
- Calisthenics (eg push ups and sit ups)

Flexibility activities

These activities help you to move more easily. They include gentle reaching, bending and stretching. If you stay flexible you will always be able to put on your own shoes and socks.

Try to do some form of stretching every day – even if it is only while you are watching TV (see pages 20–21).

- Tai Chi
- Bowls (indoor and outdoor)
- Mopping, vacuuming
- Stretching exercises (see pages 20–21)
- Yoga
- Dancing
- Gardening

Balancing activities

These activities will improve your balance and help to prevent falls. Make a specific time each day to do these exercises, or fit them in whenever you can – for example – while waiting for the kettle to boil.

For ideas see pages 19 and 21



REFLECT

Based on your knowledge of the Silver Salties programs (see Table 1.3), which programs would best align with:

1. Moderate fitness activities?
2. Strength activities?
3. Flexibility activities?
4. Balancing activities?





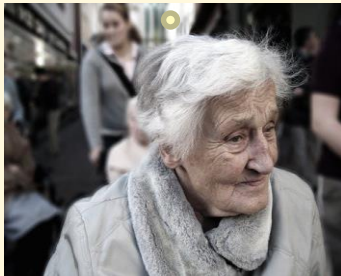
 PARK	 CLUBHOUSE	 BEACH	 POOL	 SURF
Walk & Talk	Wisdom & Wellbeing	Social Club	Pool Swim Club	Surf Swim Group
History & Horizons	Chair Aerobics	Beach Fitness	Gentle Pool Exercises	Surf Swimming
Yoga & Mindfulness	Club Volunteering	Beach Surf Sports	Swimming Skills	Catching Waves
Tai Chi & Meditation	First Aid	Patrol	Pool Rescues	Surf Rescues

Table 1.3 – Silver Salties programs

BARRIERS TO PARTICIPATION

Some older Australians face barriers, real or perceived, to participation in physical activity.

I think I'm too old to exercise



I'm too frail and I have no balance. I would be worried I'd fall over!



I'm not sure when I'd get time. I work full-time.



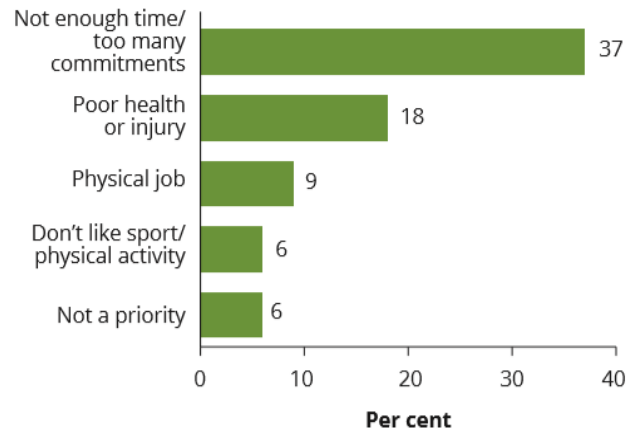
THINKING CHALLENGE

What do you think are the top 5 barriers for older Australians to participate in physical activity?

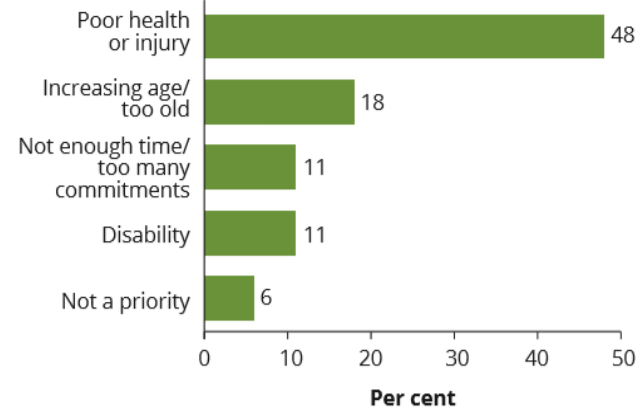
Top 5 barriers to participating in sport or recreational physical activities



Aged 18–64



Aged 65 +



Source: Australian Institute of Health and Welfare – How does participation in physical activity change across the life stages?

ACTIVITY

You are invited to speak to a group of older Australians at a local retirement village. What would you say in your presentation about how Silver Salties could address the top 5 barriers to participating in sport and recreational physical activity?

Safety exercised in all activities

Poor health or injury
Increasing age/ too old
Not enough time/ too many commitments
Disability
Not a priority



Activities are for all ages e.g. case studies of participants at various ages

Supervised by enthusiastic and qualified lifesavers

Activities can support health e.g. focus on strength, balance, flexibility and endurance.

Activities can support social and mental wellbeing

Most activities are free or minimal cost

Minimal time commitment e.g. 45min-1hr per session; weekly, 4+ weeks

Activities are inclusive

CHAPTER 2 – SOME THINGS YOU SHOULD KNOW ABOUT OLDER PEOPLE

- Older people are as diverse as, if not more diverse than, any other category of people.
- There are many widely held but false beliefs and ideas i.e. myths about older people and ageing.
- Negative stereotypes can lead to ageism and elder abuse.
- Mental health is vital for older people.
- Support resources and organisations are available to cater for older people's needs.

1. DIVERSITY

Older people are as diverse as, if not more diverse than, any other category of people.

Like every group of people, older people may have some things in common e.g. physical appearance, growing medical issues, grandchildren etc, but they are also diverse in many ways.



THINKING CHALLENGE



Do you know two older people who are the same age but very different in terms of health status?

How important is a person's health to their experience of older age?

Besides health, how else might older people be diverse?

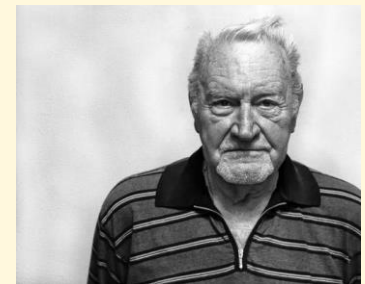
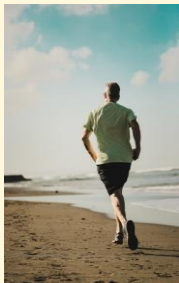
Life experiences; Life expectancy; Education, careers; Religious affiliation; Socio-economic status; Race/ethnicity; Rural-urban community location; Gender; Sexual orientation

ACTIVITY

On the next slide, read the profiles about four older Australians - Bill, Sue, Mary and Ted – who arrive at your first Silver Salties Walk & Talk Club session. They are a diverse group.

Identify what they want, or need, from their involvement in Silver Salties.

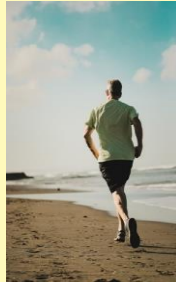
Then consider how you could use this additional information to enhance their participation experience.



SILVER SALTIES PARTICIPANT PROFILES

Bill – 58

Bill still works as a lawyer; has a male partner; has three kids from a previous relationship; lives in an inner-city unit and moved to Australia from Ireland 30 years ago. Fit and healthy, jogs or walks every morning, still actively involved with community, thinking about retiring soon, positive, socially connected in person and online, doing some caravanning around Australia soon. Enjoys the beach and swimming but was never a SLS member.



Sue – 69

Sue is retired, in her working life was a writer, teacher, court reporter and public speaker. She goes to church every Sunday and volunteers for many church-related activities. She lives in retirement village and cares for her older husband (85), about to have two knee replacements, is very social, secretary of retirement village committee, but doesn't get enough physical activity.



Mary – 77

Mary is on the age-pension, she recently lost her husband after 50 years of marriage and feels very sad and isolated most of the time. She still lives in her own home and her one joy is her garden. Her family are interstate, she doesn't get out of the house to be active, but has a friend willing her to go and do something physical/social. Unfortunately, Mary doesn't feel confident to use a computer or device so has no social connections via social media either.



Ted – 89

Ted is retired and was an army captain in his day. He was also once a lifesaver and tells lots of great stories about the good old days. He needs a walker to get around. His wife has dementia and now lives away from the family home in a nursing home. He visits her every day. He doesn't do much planned exercise, but he tries to keep busy seeing old surf lifesaving mates when he can, which unfortunately includes going to lots of funerals lately. His doctor suggested he doesn't drive anymore.



2. MYTHS

There are many widely held, but false beliefs or ideas i.e. myths, about older people and ageing.

Read the common myths about older people in Figure 1.1. below.

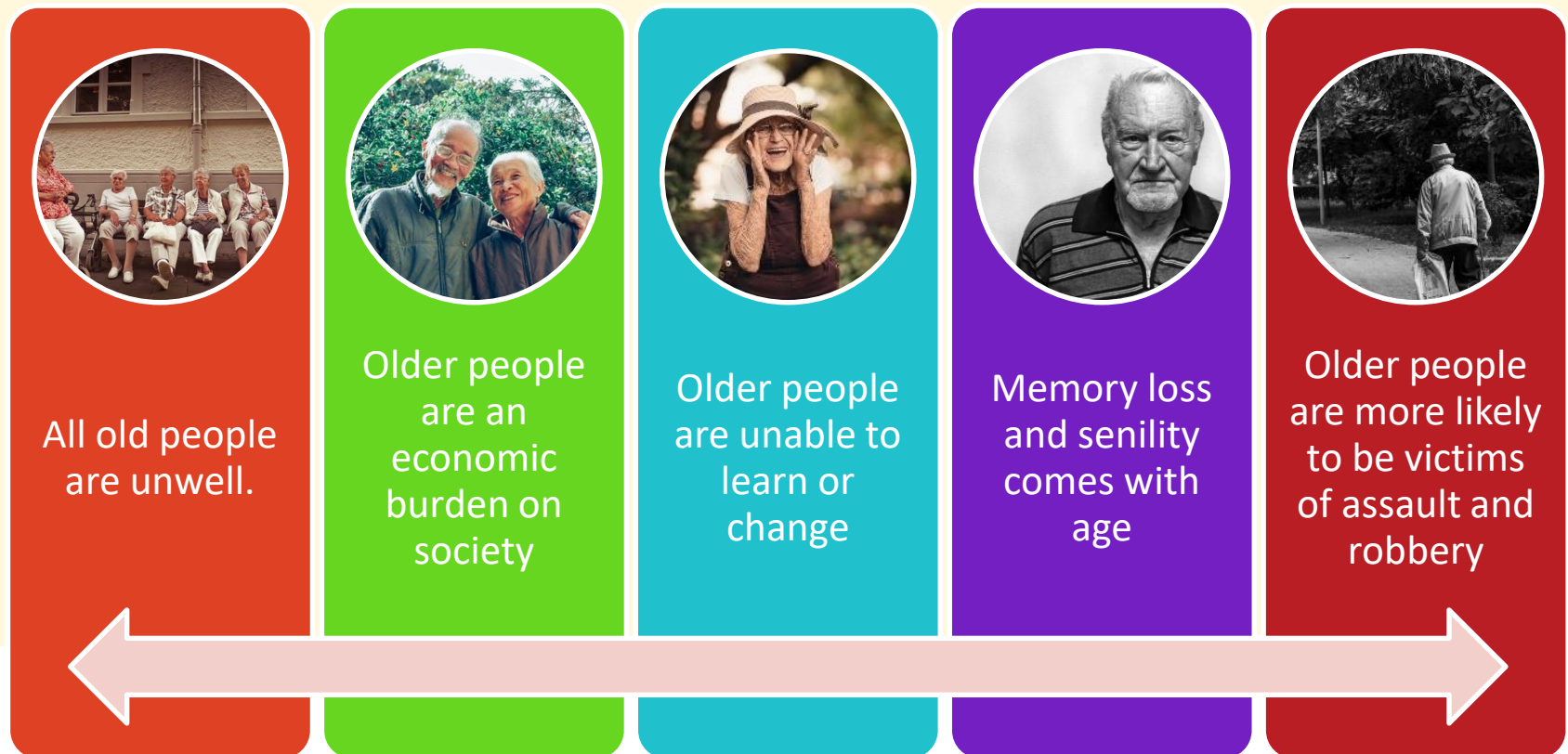


Figure 1.1 – Myths about older people

MYTH QUIZ

1. Myth: All old people are unwell.

Reality?

Most older people are healthy and active, particularly those under 80 years old. In 2011 only 6% of people aged 65 and older lived in nursing homes (67%) and retired or aged care facilities (25%).

2. Myth: Older people are an economic burden on society.

Reality?

Older people make a significant contribution to the economy:

- Travellers aged 65 years and over, took an estimated 8 million overnight trips accounting for 11% of all domestic overnight trips (2005).
- They donate generously to charity. In 2006, 2 million people aged over 65 (78% of all people) made personal donations to organisations.
- One in five (22%) of carers in Queensland are 65 years and over (2015).
- More than a quarter (28%) of Queenslanders aged 65 to 75 years volunteered, while more than one-fifth (21%) aged 75 years and over volunteered (2015).

MYTH QUIZ

3. Myth: Older people are unable to learn or change.

Reality?

There are increasing numbers of older people pursuing university studies while others attend informal classes through the University of the Third Age. Many seniors learn new things to allow them to take part in activities and leisure interests.

4. Myth: Memory loss and senility comes with age.

Reality?

Studies show you can maintain intellect and creativity into old age. While your risk of dementia does increase, it affects only about 5% of older people.

5. Myth: Older people are more likely to be victims of criminal assault and robbery.

Reality?

People aged 65 and over are less likely to be victims of crime than other adults.

REFLECTION

Are you guilty of perpetuating any myths about older people?



Related

- World Health Organisation's 10 Misconceptions about ageing
- Myths and stereotypes of ageing

3. STEREOTYPES & IMPACT

Negative stereotypes can lead to ageism and elder abuse



THINKING CHALLENGE

What is ageism?

- Ageist **attitudes in the community** mean that older people are perceived to be less deserving or, alternatively, are incapacitated and in need of protection.
- Ageism is discrimination based on age, without any evidence base, and is especially prejudicial and detrimental to the very old (often called “the elderly”).
- In this context, **ageism is the inability or refusal to recognise the rights, needs, dignity continuing contributions, and value of people in an older age group.**
- More widely, ageism also denotes the devaluing of various traits of character or intelligence as ‘typical’ of the members of the older age group.

Ageism is endemic in our society. It is experienced by older people in the forms of:

- speech by which they are addressed
- the media where negative and ageist stereotypes are promulgated
- the health system where organisational and process bias invariably tends to give older people and their illnesses a lower priority.
- reduced access to employment
- attitudes of employers to older workers
- lack of access to appropriate training and professional development
- undervaluing of the skills, experience and earned wisdom of older people.



Source: COTA – For older Australians: Ageism and Discrimination

ACTIVITY

Watch the video “QUT - Working with older people: Overcoming ageism” (2:26)

Note down the examples of ageism which the older person shares. Does anything surprise you in what she says?

Reflection

Are your views similar or different? To what extent do you think people in our community participate in ageism?

Related

- [UN Network on Ageing Newsletter](#)



YouTube: “QUT - Working with older people: Overcoming ageism” (2:26)”

THINKING CHALLENGE

What is elder abuse?

Elder abuse is any act within a relationship of trust which results in harm to an older person.

It can be emotional, psychological, financial, physical or sexual abuse, or neglect.

Many people do not discuss their concerns with others because of feelings of shame, fear of retaliation, the involvement of family members or fear they will be institutionalised.

Some people may not realise what they are experiencing is abuse or feel that somehow it is their fault.

Source: Queensland Government



Related

- World Elder Abuse Awareness Day – 15 June

ACTIVITY

Watch one or more of the **B.OLD Short Film Competition** short films which shine a light on the capabilities and contributions of older people and encourage audiences to reconsider out-dated conceptions about ageing.

Reflection

Do you need to challenge your perceptions about older people? Could you share these films with your Surf Life Saving Club?

B.OLD short film competition



B.OLD
short film competition

A new way to look at ageing

Source: [QLD Government B.OLD short film competition](https://www.qld.gov.au/education/schools/learning/short-film-competition)

4. MENTAL HEALTH

Mental health is vital for older Australians.

...Mental health is about being cognitively, emotionally and socially healthy – the way we think, feel and develop relationships - and not merely the absence of a mental health condition. Beyond Blue

Thinking Challenge!

What are some mental health conditions Silver Salties participants may be facing? Do you know much about each of the following conditions?

DEPRESSION

ANXIETY

GRIEF & LOSS

DID YOU KNOW?



DEPRESSION

Depression is common throughout the Australian population, and older people are more likely to experience contributing factors such as physical illness or personal loss.

Do you know how many older Australians suffer from depression?

It is thought that between 10 and 15 per cent of older people experience depression and about 10 per cent experience anxiety. Rates of depression among people living in residential aged-care are believed to be much higher, at around 35 per cent.

Unfortunately, many people over 65 still seem to feel there is a stigma attached to depression and anxiety, viewing them as weaknesses or character flaws rather than a genuine health condition.

Older people are also more hesitant to share their experiences of anxiety and depression with others, often ignoring symptoms over long periods of time and only seeking professional help when things reach a crisis point.

The good news is help is available, effective treatments exist for older people and with the right treatment most older people recover.

Source: Beyond Blue

DID YOU KNOW?



ANXIETY

Anxiety is more than just feeling stressed or worried. While stress and anxious feelings are a common response to a situation where we feel under pressure, they usually pass once the stressful situation has passed, or 'stressor' is removed.

Anxiety is when these anxious feelings don't go away – when they're ongoing and happen without any reason or cause. It's a serious condition that makes it hard to cope with daily life. Everyone feels anxious from time to time, but for someone experiencing anxiety, these feelings aren't easily controlled.

Anxiety is the most common mental health condition in Australia. On average, one in four people – one in three women and one in five men – will experience anxiety at some stage in their life. In a 12-month period, over two million Australians experience anxiety.

ACTIVITY

Do you know the signs and symptoms for depression and anxiety?

Use the Anxiety and Depression Checklist (K10) to learn more.

You will get the chance to self-reflect on your own mental health status and get a better understanding of what some older Australians could be going through.

In the past 4 weeks...	None of the time	A little of the time	Some of the time	Most of the time	All of the time
About how often did you feel tired out for no good reason?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
About how often did you feel nervous?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
About how often did you feel so nervous that nothing could calm you down?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
About how often did you feel hopeless?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
About how often did you feel restless or fidgety?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
About how often did you feel so restless you could not sit still?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Figure 1.2 - Anxiety and Depression Checklist (K10)

DID YOU KNOW?



GRIEF and LOSS

Grief and loss are a natural response to loss. It might be the loss of a loved one, relationship, pregnancy, pet, job or way of life. Other experiences of loss may be due to children leaving home, infertility and separation from friends and family. The more significant the loss, the more intense the grief is likely to be.

Grief is expressed in many ways and it can affect every part of your life; your emotions, thoughts and behaviour, beliefs, physical health, your sense of self and identity, and your relationships with others. Grief can leave you feeling sad, angry, anxious, shocked, regretful, relieved, overwhelmed, isolated, irritable or numb.

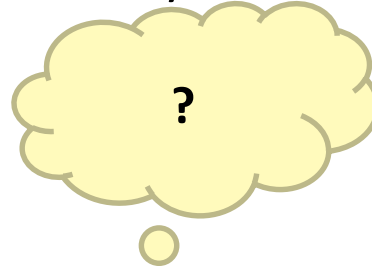
Grief has no set pattern. Everyone experiences grief differently. Some people may grieve for weeks and months, while others may describe their grief lasting for years. Through the process of grief, however, you begin to create new experiences and habits that work around your loss.

Source: Beyond Blue

ACTIVITY

Did you know?

There is a good chance that you will come across a Silver Salties participant who will have suffered grief or loss recently. What could you say or do to comfort them?



ACTIVITY

Did you come up with any of these tips from Beyond Blue?

- Sometimes people do not know what to say or do when trying to comfort someone who is grieving. However, often it is the simple offer of love and support that is the most important.
- Ask how they're feeling. Each day can be different for someone who is grieving; take the time to listen and understand what they are going through.
- Talk about everyday life too. Their loss and grief don't have to be the focus of all your conversations.
- Encourage them to seek professional support if their grief does not seem to be easing over time.
- Listen with compassion.
- Offer comfort. They need to feel supported in their loss, not judged or criticised.
- Help them to understand that healing takes time.
- Accept that silence is helpful sometimes. You can offer comfort by a squeeze of the hand, or a reassuring hug. Silence can offer them a time to gather their thoughts and reflect on times gone by.
- Be patient. Sit and listen quietly as they share their stories of loss.

Related

Grief and loss factsheet

SUPPORT ORGANISATIONS

Knowing that organisations and resources exist for older Australians could:

- Help build your SLSC's capacity to share relevant information with older Australians e.g. as part of guest speaker presentations in the Wisdom & Wellbeing Club
- Increase your knowledge of services and resources available should you be able to support and share information with Silver Salties participants
- Help your SLSC recruit Silver Salties participants.



THINKING CHALLENGE!

How many organisations do you already know about which support older Australians e.g. healthy ageing advocates, wellbeing support and resources e.g. financial, physical, social, personal, psychological?

Select 2-3 organisations over the next few slides which you feel could enhance the Silver Salties program at your club.

COTA – For older Australians

COTA Australia is an advocacy organisation which lobbies for action at a national level on issues affecting seniors.

Older People Speak Out (OPSO)

An independent, free-spirited group with the experience, knowledge and qualifications to speak out on older people's issues without fear or favour.

My Aged Care

My Aged Care is the Australian Government's starting point on your aged care journey. Find and access the government-funded services you need.

Department of Human Services

This Department helps with payments and services if you're retired, planning for retirement or looking to work past Age Pension age.

Australian Institute of Health and Welfare

The Australian Institute of Health and Welfare is Australia's national agency for information and statistics on Australia's health and welfare. Statistics and data developed by the AIHW are used extensively to inform discussion and policy decisions on health, community services and housing assistance.

Australian Government web site for Seniors

This is the Australian Government's premier source of information for Australians over 50. It provides a single point of access to Government and non-Government information and services for older Australians.

National Seniors

National Seniors is a not-for-profit membership-based community organisation which has as its major objectives: To provide economic and social benefits for people 50 years and over; represent its members' views to Government at all levels; and to make donations and provide service and advice to charitable institutions assisting people 50 years and over.

Australian Local Government Association

This website will help put you in touch with your local council so that you can access sport and recreation physical activity programs.

Beyond Blue

Beyond Blue is an Australian independent non-profit organisation working to address issues associated with depression, suicide, anxiety disorders and other related mental disorders.

The Positivity Institute

The Positivity Institute (PI) is a positively deviant organisation dedicated to the research and practice of wellbeing science for life, school and work. PI's BHAG (big, hairy, audacious goal) is to create flourishing lives and increase the wellbeing of the world!

Black Dog Institute

The Black Dog Institute is dedicated to understanding, preventing and treating mental illness.

Alzheimer's Australia

The peak body providing support and advocacy for the 500,000 Australians living with dementia.

About Seniors

A comprehensive listing of information and links of interest for seniors to Australian and State government departments, national and State associations, community service groups, aged care and retirement housing information, as well as to seniors' lifestyle interests such as computing, health, finance, hobbies, sport and travel.

U3A (University of the Third Age)

U3A Online allows U3As to share ideas, resources and information through the Internet and to encourage older people to harness its educational potential. The site lists all U3As in Australia and New Zealand, has links to useful resources, lists electronic educational courses, allows enrolment and has calendar of events. Special short courses are available for persons isolated by location or by physical or social circumstances.

Volunteering Australia

This is the national peak body working to advance volunteering in Australia. Here you can find the definition and principles of volunteering, a model code of practice for organisations using volunteers, volunteers' rights and contact details for all state/territory Volunteering Centres.

SeniorNet Association

Dedicated to helping Seniors use computers and the Internet.

Greypath

Gateway to the internet for retirees and seniors.

HealthInsite

Provides up-to-date quality assessed information on important health topics.

Nutrition Australia

Nutrition Australia is a non-government, non-profit, community-based organisation with offices throughout Australia. Nutrition Australia is an independent, member organisation that aims to promote the health and wellbeing of all Australians.

Carers Australia

Carers Australia is the national voice of carers. Carers are usually family members who provide support to children or adults who have a disability, mental illness, chronic condition or who are frail aged. Carers can be parents, partners, brothers, sisters, friends or children.

Probus

Probus is all about Friendship, Fellowship and Fun in retirement. Probus provides you with the opportunity to join in clubs and to progress healthy minds and active bodies through social interaction and activities with retirees in your community.

Rotary Australia

Australian Rotary Clubs are part of an international network of business, professional and community leaders who strive to make the world a better place through practical efforts. Through Rotary International, the reward of "paying it forward" unites men and women from different backgrounds, cultures, religious and political beliefs the world over, allowing ordinary people to do extraordinary things.

Lions Clubs Australia

One more member gives us two more hands to do service in our community, at home and internationally. At Lions we make things happen.

The Australian Men's Shed Association

Men's Shed provides a safe and busy environment where men can find many of these things in an atmosphere of old-fashioned mateship. And, importantly, there is no pressure. Men can just come and have a yarn and a cuppa if that is all they're looking for. The Australian Men's Shed Association is the national service provider to more than 1000 Men's Sheds in Australia – providing practical support, specialised services and resources.

Red Cross Aged Care Services

The Red Cross Aged Care Services provide a range of support to older people. You can be matched one-on-one with a friend, receive regular caring welfare calls, be driven to appointments, be provided with a personal alarm or be delivered a healthy meal. We can also support you to access appropriate housing and care.

Sing Australia

Sing Australia accepts that everyone can sign and makes no judgement on how well that happens. It is inclusive and welcoming of everyone. It is about making happy connections with people from all walks of life and demographics within groups and through performances, gatherings, tours and impromptu opportunities to sing.

Bowls Australia

Bowls Australia (BA) is the national sporting organisation responsible for the leadership, development and management of lawn bowls in Australia.

The Garden Clubs of Australia Inc

The Garden Clubs of Australia Inc. is a non-profit organisation that provides a range of services to our Affiliated Members with a current membership of 718 affiliated clubs representing more than 45,000 individuals.

Tourism Australia

Ideas about things to do and places to go in Australia! There are also state and territory tourism organisations which would include a range of information and could provide ideas for a guest speaker/presentation for the Wisdom & Wellbeing Club.

CHAPTER 3 – BEST PRACTICE FOR ENGAGING OLDER PEOPLE IN PHYSICAL ACTIVITY

- **Appropriate and rewarding programs**
- **Skilled and attentive leaders**
- **Committed and equipped organisations**

FRAMEWORK

Research shows that there are consistent characteristics of programs, leaders and organisations that influence ongoing participation by older people in organised physical activity programs.

Silver Salties has been designed to align to the evidence-based Best practice framework for engaging older people in physical activity.

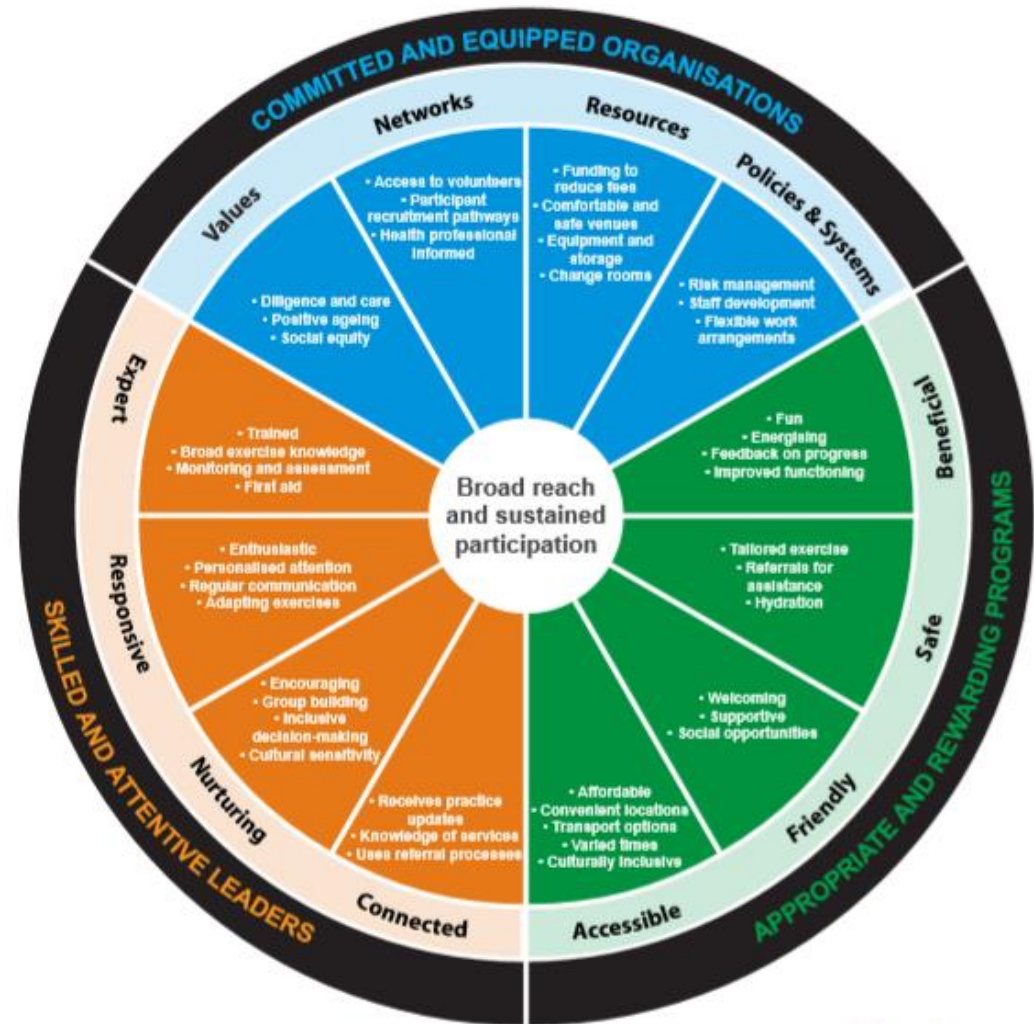


Figure 1.3: Best Practice Framework for engaging older people in physical activity
 Source: Victorian Active Ageing Partnership (2016) Best practice framework for engaging older people in physical activity (Acknowledgements: MOVE muscle, bone and joint health Ltd was the lead partner of the Victorian Active Ageing Partnerships and Assoc Prof Ben Smith and staff at Monash University for their academic and research expertise.

ACTIVITY

How do the following elements of the Silver Salties program align to the Best Practice Framework in Figure 1.3?

- Strength exercises in Beach Fitness?
- Talking with others as part of the Walk & Talk Club?
- Healthy and active ageing approaches used throughout the club?
- The program leader using the risk assessment matrix and control measures to avoid potential hazards?
- Making participants feel welcome at every session?
- Adding music, games or incentives to different sessions?
- The program leader knowing their subject including first aid?
- Programs offered at no or minimal cost?
- Promoting social gatherings e.g. morning tea after each program?

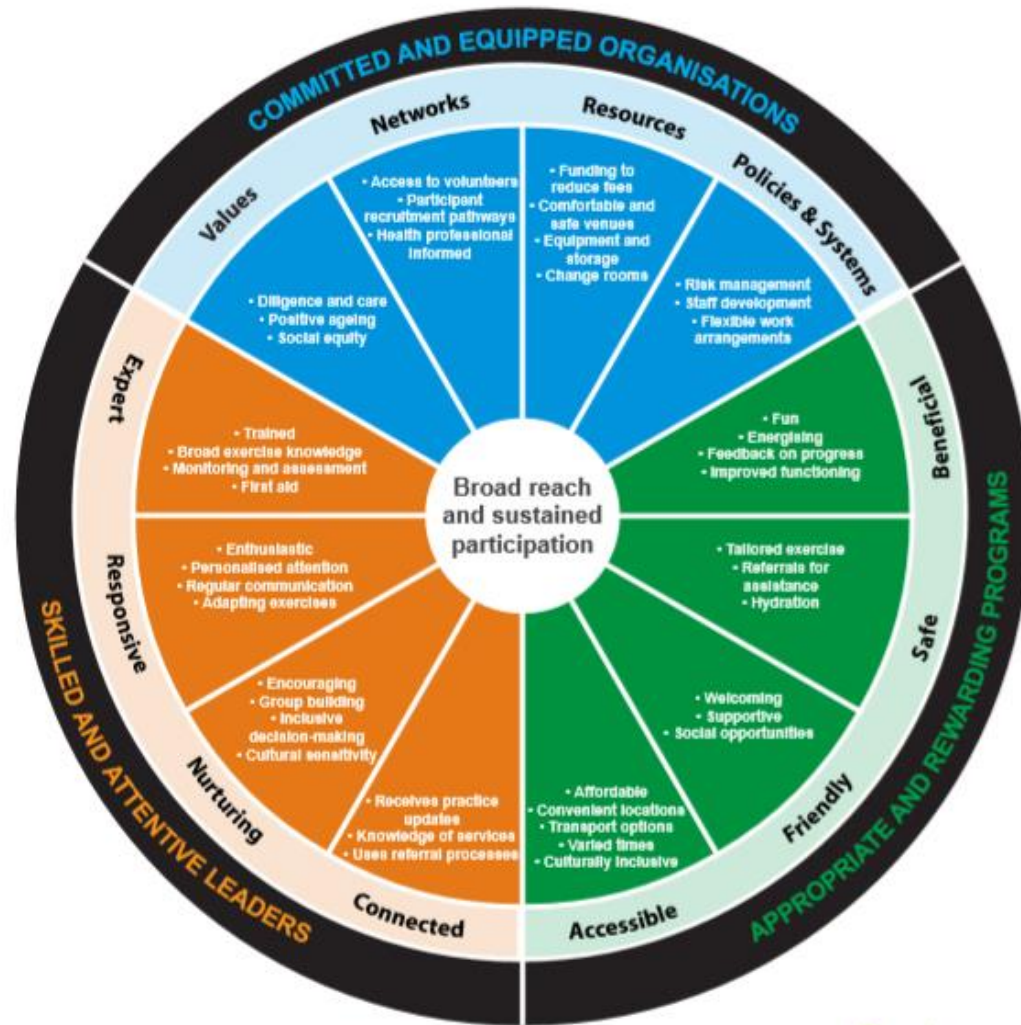


Figure 1.3: Best Practice Framework for engaging older people in physical activity
 Source: Victorian Active Ageing Partnership (2016) Best practice framework for engaging older people in physical activity (Acknowledgements: MOVE muscle, bone and joint health Ltd was the lead partner of the Victorian Active Ageing Partnerships and Assoc Prof Ben Smith and staff at Monash University for their academic and research expertise.



APPROPRIATE & REWARDING PROGRAMS

The Silver Salties programs are designed to align with the criteria for Appropriate and Rewarding programs, i.e.:

- **Accessible** i.e. affordable, delivered at convenient locations and varied times, and culturally inclusive;
- **Friendly** i.e. welcoming, supportive and inclusive of social opportunities;
- **Safe** i.e. designed to meet a range of needs, assessed for risks, encouraging of water breaks and sun safety;
- **Beneficial** i.e. fun, energising, focussed on strength, balance, flexibility and endurance.

ACTIVITY

Choose one of the Silver Salties programs from Table 1.3.

Come up with a 1 minute 'elevator pitch' to an older person about the program. Include:

- What it is; and
- How it is:
accessible,
friendly, safe,
and beneficial.






PARK 	CLUBHOUSE 	BEACH 	POOL 	SURF 
Walk & Talk Club Join the weekly Walk & Talk Club to do a coastal path walk while talking with new and old friends.	Wisdom & Wellbeing Club Join the weekly Wisdom & Wellbeing Club where you can learn from guest speakers about the importance of physical activity, social connections, health and wellbeing.	Social Club Join the weekly Social Club for a fun physical activity on the beach e.g. bocce, kites, cricket, sand darts, stone skimming, frisbee, followed by a social event e.g. BBQ.	Pool Swim Club Join the weekly Pool Swim Club to increase your cardio-vascular endurance, strength and flexibility.	Surf Swim Club Join the weekly Surf Swimming Club to increase your physical fitness and social connections.
History & Horizons How to relax, enjoy the sea air, and gaze at the horizon while learning about surf-life saving, indigenous and local town histories.	Chair Aerobics How to increase range of movement, muscle tone, flexibility, cardiovascular fitness and social connections through movements to music from the comfort of a chair.	Beach Fitness How to get fitter and stronger on the beach including a circuit of moderate, strength, balance and flexibility exercises.	Gentle Pool Exercises How to do low-impact exercises in the pool such as walking, stretching and modified aqua aerobics.	Surf Swimming How to be a more confident surf swimmer including how to: read surf conditions, do entries and exits, wade in the water, body surf and swim in the ocean.
Yoga & Mindfulness How to be mindful, stronger and more flexible using gentle yoga poses and stretches.	Club Volunteering How to lend a hand at the local Surf Life Saving Club by sharing your interests & expertise e.g. typing, fixing things, mentoring younger people, being an official at events, working the BBQ, supporting Nippers etc. *Training opportunities	Beach Surf Sports How to participate in modified beach surf sports including fast running, relays, flags, wading activities and running-based fun games.	Swimming Skills How to enter and exit a pool safely, floating techniques, how to move safely in the pool and how to do a range of swim strokes.	Catching Waves How to catch waves including body surfing, body boarding, catching waves etiquette and general surf safety. CASE STUDY: Body Boarding - Albany SLSC - Granny Grommets
Tai Chi & Meditation How to get fitter, have better balance and learn about meditation trying Tai Chi - an internal Chinese martial art practiced for defence training and its health benefits.	First Aid How to do basic and/or comprehensive First Aid, as well as resuscitation, to support others at home, at the beach or anywhere in between! *Training opportunity.	Patrol How to learn about lifesaving including a tour of the patrol areas, beach safety knowledge, surf skills, radio operator skills and more. *Training opportunities	Pool Rescues How to do modified pool rescue techniques including line throw, tube rescue and brick carry.	Surf Rescues How to do a Tube Rescue (simulation/ scenarios) and a Board Rescue (simulation/ scenarios) in calm water and where appropriate surf conditions. *Training opportunity.

Table 1.3 – Silver Salties Programs

SKILLED & ATTENTIVE LEADERS

ACTIVITY

Consider your strengths as a future leader and deliverer of Silver Salties programs.

There is a Checklist of Leader Skills and Qualities outlined on the next two slides. Rate where you believe your performance would sit for each checklist statement.

60 pts or above: You are the sort of skilled and attentive leader participants will enjoy coming back for!

45 – 59 pts: You have the potential to be a terrific leader and could improve in some areas!

44 pts or less: There is room for improvement!



Related

- Daniel Goleman's five components of emotional intelligence
- Coaching older athletes



LEADER SKILLS & QUALITIES

Checklist for Silver Salties Leader Skills and Qualities		Self-Rating				
Self-Rating KEY 1=Never; 2=Seldom; 3=Sometimes; 4=Mostly; 5=Always		1	2	3	4	5
1) Be Friendly						
Make good first impressions. Smile genuinely; Introduce yourself; Ask participants about themselves; Provide space for shy participants e.g. don't interrogate or crowd them.						
Help participants feel welcome. Organise a SLSC representative to make a special welcome to participants; Ensure participants feel comfortable e.g. seating, looking away from sun, aware of restroom location, access to water, opportunity to have a cup of tea; Find out what participants enjoy / are good at; Consider using name tags/badges/lanyards; Introduce participants to other participants and SLSC representatives; Keep everyone active; Acknowledge participants' contributions e.g. great ideas, shared stories, morning tea; Ask them for their thoughts/feedback/suggestions; Promote any Silver Salties or SLSC social opportunities.						
2) Be Nurturing						
Acknowledge participants. Use positive comments to acknowledge participants' efforts, presence, contributions e.g. "Bravo on finishing so strongly!" "Amazing effort making it through that set/circuit" ; Two thumbs up for that answer!"; Focus on positive behaviours and efforts rather than any negatives when interacting with participants. In other words, be a "glass half-full person rather than a glass empty person" and don't forget to 'water the flowers you want to see grow, rather than feeding the weeds!"; Consider using tangible incentives to encourage participants e.g. small note of encouragement, sticker, certificate, coffee voucher when they are doing a great job!						
Use icebreaker activities at the start of programs and/or sessions.						
Be empathetic. Consult participant registration form to see if any major life event has occurred recently e.g. death of spouse or child; Be aware that major life events can cause a certain level of stress and grief. Don't judge participants, they could be going through a lot of emotional turmoil; Provide a listening ear if a participant opens up about their background. Have tissues ready for you and them!						
Respect participants' culture and heritage. Encourage discussion about people's cultural background; Intervene if any negative comments are made about participants' backgrounds/culture and establish/promote a culturally safe environment at Silver Salties and the SLSC.						

Checklist for Silver Salties Leader Skills and Qualities

Self-Rating KEY

1=Never; 2=Seldom; 3=Sometimes; 4=Mostly; 5=Always

Self-Rating

1 2 3 4 5

3) Be Responsive

Make participants feel like they are the central focus. Use participants' names where possible (name tag useful); Check in with each participant about how they are feeling today; Be in the present moment when you are communicating with participants; Take photos of participants in action and if approved by participants, use in SLSC promotions.

Use effective communication skills. Make eye contact with participants; Listen effectively till the end – don't butt in or finish sentence; Use gestures with your hands and face; Be aware of what your body language is saying; Be honest, patient, optimistic, sincere and respectful; Use clear words and appropriate voice volume'; Slow your speaking and animate your voice.

Be aware of how participants are progressing. Observe participants reactions; Ask participants how they are going/feeling and consider a survey mid-way through program; Invite participants to ask questions.

Change things up to suit participant needs. Change the activity to better suit participant needs e.g. less or more, shorter or longer, lighter or more vigorous intensity; slow or fast etc; Change the space in which the activity is occurring e.g. beach to park, smaller or larger, soft sand to hard sand, ocean to the pool; outside to inside etc; Change the equipment being used e.g. no weights to weights (water bottle, can, gym weight), rescue tube to no tube; beach flags to hats; pool noodles to kickboards etc; Change how people are grouped or interacting in activity.

4) Be Expert

Keep up to date with your professional development. Maintain currency in SLSC awards and other relevant PD; Share your experience with participants to grow their confidence; Get to know more about local organisations relevant to 65+yr.

Maintain a broad knowledge of exercise. Know the Australian recommendations for physical activity 65+; Know and promote the importance of warm-up and cool-downs.

Promote DRABCD and general first aid knowledge. Talk to participants about emergency procedures and first aid; Suggest they consider doing the Home Lifesavers course; Promote water drinking stops during activities; Promote sun safety; Perform risk assessments including: Identify potential hazards related to activity; Identify possible control measures and implement if necessary.

5) Be Positive

Promote healthy active ageing. Promote an age-friendly environment at your SLSC; Challenge discrimination and elder abuse; Promote good news stories about participants.

Promote participant wellbeing. Tap into participants' strengths through a questionnaire, discussion an online survey; Invite participants to use strengths in SLSC activities; Encourage social events to promote positive relationships; Add meaning to activities where possible e.g. charity; Promote participant achievements.

COMMITTED & EQUIPPED ORGANISATIONS

Thinking Challenge!

How ready is your Surf Life Saving Club to run Silver Salties?

According to the Best practice framework for engaging older people in physical activity, the elements of importance in organisational capacities are:

- **Values** including diligence and care, positive healthy ageing, and social equity
- **Networks** with groups and agencies that can provide new participants and program guidance
- **Resources** such as funding to reduce fees, comfortable and safe venues, equipment and storage and change rooms
- **Policies and Systems** for risk management, staff development, and flexible and supportive conditions for group facilitators.



Reflection

What are your SLSC's strengths and areas for improvement in this domain?

ACTIVITY

Is your Surf Life Saving Club an age-friendly environment?

Environments can act as enablers or barriers to older Australians' engagement in physical activity and social connections. As a result, environments can influence older Australians' health and wellbeing.

The World Health Organisation considers age-friendly communities and environments to be a key aspect of healthy ageing. An age-friendly environment considers the needs of older people across various action areas including:

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



These action areas can be addressed by Surf Life Saving Clubs as part of the Silver Salties program and other activities targeting older Australians. Use the checklist on the next slide!

Source World Health Organisation' Healthy Ageing Policy including Age-Friendly Environments

Progress Key

A. Achieved & embedded Actions implemented, evidenced and ongoing discussion and monitoring.	B. Partially achieved Discussions and planning occurring, and some actions being implemented.	C. Just starting Initial discussions and planning occurring but little to no action.	D. Yet to occur Planning and discussions yet to occur.
--	---	--	--

Action Areas	Definition	SLSC Opportunity - Silver Salties Example	Progress			
			A	B	C	D
Outdoor spaces and buildings	Older Australians live in an environment that includes open spaces, buildings, shaded areas and walkways that are safe and easy to navigate.	The Surf Life Saving Club environment e.g. park, beach, clubhouse, pool is made as safe as possible for older Australians through risk assessment processes. Beach matting is used where relevant.				
Transport	Older Australians can get out and about using a range of affordable, user-friendly transport and associated services.	The Surf Life Saving Club makes connections with local community travel services to provide an affordable, user-friendly transport option for Silver Salties participants to get to the Surf Life Saving Club.				
Social participation	Older Australians are supported to be active in their community doing the things they enjoy.	Silver Salties participants are supported to be physically and socially active through the 20+ programs on offer including volunteering opportunities and other activities they enjoy.				
Respect and social inclusion	Older Australians from all backgrounds are valued and appreciated and no one is excluded based on race, geography, culture, language, gender, sexuality, ability or socioeconomic status.	Silver Salties participants from all backgrounds are valued and appreciated and no one is excluded based on race, geography, culture, language, gender, sexuality, ability or socioeconomic status. Cultural and diversity training opportunities are explored.				
Civic participation and employment	Older Australians participate in employment, training, lifelong learning and volunteering opportunities and inform government policies.	Silver Salties participants enjoy lifelong learning as part of the Wisdom & Wellbeing Club or any activity where they are learning something new, as well as volunteering opportunities through the Surf Life Saving Club.				
Communication and information	Older Australians access information they need in a variety of formats to stay informed and connected with their communities, families and friends.	Silver Salties access information about the Silver Salties program and the local Surf Life Saving Club through a variety of formats including mail, email, social media and presentations so they can stay connected with others.				
Community support and health services	Older Australians are helped to stay healthy, active and independent through community support and health services, including services responding to elder abuse, fraud or exploitation.	Silver Salties participants are supported to stay healthy, active and independent through the local Surf Life Saving Club and the promotion of health services as part of the overall Silver Salties program and specifically as part of the Wisdom & Wellbeing Club.				

Source: This Progress Checklist is based on content from *World Health Organisation' Healthy Ageing Policy including Age-Friendly Environments* and *Queensland Government Department of Communities, Disability Services and Older Australians, Queensland: an age-friendly community*



CONGRATULATIONS!

You have completed the “Engaging with older Australians” module for the Silver Salties program.

For more information, contact the Silver Salties Team

silversalties@slsa.asn.au