



Town of Narrogin Active Seniors

Case Study 5

Background

Narrogin is the regional centre for the Upper Great Southern area and has a population of 5,000. The \$8.2 million Narrogin Regional Recreation Complex, which includes aquatic facilities, was opened in August 2002.

With a high number of seniors in this area, an application was made to enhance the opportunities for physical activity participation for seniors at the Recreation Complex. It aimed to support the Home and Community Care (HACC) program, operating for less mobile seniors and to relieve pressure on the health services in the area.

Project Objectives

- Increase physical activity for seniors.
- Enhance the health of seniors through regular participation in physical activity.
- Increase utilisation of Narrogin Leisure Centre.

Project Strategies

- Determine from seniors what activities they would like to participate in.
- Provide interesting, exciting physical activities for seniors to participate in.
- Provide staff with training in Aqua Aerobics.
- Provide cost effective activities for seniors.
- Set up a branch of Seniors Recreation Council WA in the Upper Great Southern Region.

Project Results

The Town of Narrogin has established an active seniors group to encourage seniors in the community to participate in physical activity with the assistance of community groups Homecare and Senior Citizens. As part of an ongoing commitment to the community, the program has begun well and achieved the following outcomes:

- Twenty seniors became active participants in the program for approximately 60 minutes each week for 45 weeks.
- A free Come and Try Day attracted 80 participants.
- Five staff were trained as Aqua Aerobics instructors.
- A large increase in the number of seniors using the pool.
- Increased participation by seniors in Aqua Aerobics.
- Number of sessions increased to three per week, and now include other members of the community.

- New branch of the Seniors Recreation Council established.
- Presentation made to the local Parkinsons' Group.

Where to from here?

- *Take the Plunge* will commence March 2005 and be conducted by the Upper Great Southern Branch of the Seniors Recreation Council of WA.
- The program will continue with an additional two sessions being made available.

Lessons learned

- Best method of recruiting is through participants in the community as radio and newspaper advertising seemed to have minimal effect.
- Ask seniors what they want and make sure they are well looked after.
- Ask for help early from other agencies and stakeholders.



Total project cost: \$10,800 (including \$5,000 Local Activity Grant)

Project Date: November 2003 – November 2004

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