Community Conversation
Summary report

We wanted to know what our community said about increasing Physical Activity in people over 55 years in the Barwon region.

What we did.

In March 2020, consultation sessions were held with 27 representatives from a range of community services and organisations in Geelong and Colac.

What we heard.

During our conversations we identified a range of factors which could influence the amount of physical activity in people over 55 years. The major themes which we identified are outlined below.

Confidence, motivation and knowledge

Family, partners and owning a pet

Accessibility, physical abilities and inclusion

Mental health and social support

Infrastructure, safety and transport

Service cost, design and equipment

Stronger together.

Our community recognised that there was a role for individuals to take action, but also for community groups, regional health services and government organisations.

Several opportunities emerged for Barwon Health, in partnership with other organisations, to support the community to increase physical activity in people over 55 years.

Turning ideas into action.

We used our discussions to form ideas for action!

Supporting
people to remain active, and access opportunities for physical activity during periods of 'life transitions'.

Information
on where local services are that encourage and support physical activity.

Mentorship
to address lack of confidence or fear, or to build networks to access services.

Accessibility
including physical, environmental, cost, or awareness. This needs further investigation.

Several possible partnership actions will be proposed to the *G21 Healthy Eating and Active Living Incidental Activity* working group and with local agencies for them to consider what they may be able to implement or enhance.

It is hoped to re-run the conversations next year to check in on how we are all, individuals and agencies, progressing.

So, watch this space!
We're just getting started.