

# **Active Ageing SA Inc.**

Trading as Active Ageing Australia®

## **ANNUAL REPORT July 2008 to June 2009**

*enhancing positive ageing experiences...*

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## EXECUTIVE SUMMARY

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‘Ageing is a privilege, and a societal achievement. It is also a challenge, which will impact on all aspects of 21<sup>st</sup> Century society. It is a challenge that cannot be addressed by the public or private sectors in isolation: it requires joint approaches and strategies.’

World Health Organisation quoted at the Inaugural International Conference on Longevity, Sydney, Australia, March, 2004.

### Provision of opportunities

- ◆ Active Ageing SA is the key organisation for the provision and promotion of active recreational and physical activity opportunities for the ageing population in South Australia. Active Ageing SA operates through a ‘train the trainer’ model by training physical activity leaders who offer classes to older people, developing products and services.

### Partnerships

- ◆ Active Ageing SA has been responsible for setting up State wide programs working in conjunction with Governments, both Federal and State, Local Councils, Associations and groups, as well as Voluntary Care agencies, Recreation and Community Centres and service providers in the fields of recreation, health, fitness and aged care.

### Positive images

- ◆ Active Ageing SA promotes a culture supportive of positive images of older people as well as environments that enhance the range and type of recreational activities and opportunities available to them. It is committed to increasing participation in physical and recreational activities while increasing levels of fitness, health and quality of life through recreational activities and involvement.

### Serving needs

- ◆ Active Ageing SA recognises that it serves the recreation, health, fitness and aged care industries and the community of older people through consultancy/advisory services, program and resource development, information provision and continuing education programs. To best meet the needs of the ageing population, Active Ageing SA continues to monitor the programs and services it is delivering as well as those being provided by other agencies and organisations in the community.

### Funding support

- ◆ Active Ageing SA continues to be able to best meet the needs and challenges of a changing population through funding support from the Office for Recreation and Sport, Department of Health (Health Promotion Branch), Department for Families and Communities (Office for the Ageing) and the Australian Government (Department of Health and Ageing). Additional financial resources from corporate sponsorship, product sales, course fees,

consultancy and advisory services as well as membership fees contribute to the growth, development and sound functioning of the organisation.

### **Commitment**

- ◆ As the ageing population continues to grow, the demands on communities, Governments and organisations will increase accordingly. Active Ageing SA will continue in its commitment to active, healthy ageing through the ongoing evaluation, maintenance and implementation of high quality services, resources and programs that reflect the changing needs, culture and profile of the ageing population.

### **Summary**

- ◆ Active Ageing SA had a successful year in 2008-09, featuring significant growth in a number of areas. The major achievements include:
  - Recruitment of new staff
  - Continuity of existing Board members
  - Formulation and approval of new Active Ageing SA policies
  - Winning two new major projects through competitive grant schemes
  - Satisfactory completion of all funded projects
  - Sustained viability of ongoing training and education courses
  - Contribution to the industry through the engagement of volunteers and university students
  - Preparation for the 2009 Active Ageing Week
  - Updating the EMAA Manual resource
- ◆ Future issues that need to be addressed include:
  - Financial viability
  - Obtaining higher funding levels over a longer term, including corporate sponsorship
  - Increased staff training opportunities
  - Increased identification, recruitment, training and retention of volunteers
  - Improved media profile and public awareness, especially in the allied health professional area
  - Further marketing of products interstate and overseas

- Further development of new products and services such as the Chronic Disease Self Management (CDSM) area
- Development of new marketing methods for existing products and services
- Implementation of the proposed EMAA Business Plan

The Board wishes to acknowledge the work of Project Officer Kylie Morphet who left Active Ageing SA to take a research position at the University of SA. Kylie successfully undertook the research and compilation of the three Be Active Directories for Central Northern Adelaide Health Service for the northern, eastern and western Adelaide regions.

Part of the exciting development of the organization has been the continuing expansion of training on a national basis and growing the brand of Active Ageing Australia® which was adopted in 2006. Executive Officer Sioux Christiansen undertook a review of the organisation's financial performance and developed course administrative structures to improve viability. The Board engaged Tony Stacey, of Tony Stacey Management Consulting, to support the Executive Officer in developing a business plan providing an agreed mechanism to build target markets for the courses the organization offers across Australia.

Master Trainer Pauline Brooks, together with President Bob Barnard and Master Trainer Robin Townsend are gratefully acknowledged for their invaluable input to the EMAA Manual update.

We look forward to continued success in the years to follow as we strive to add life to years!

**Board of Management**

**Active Ageing SA Inc.**

**(Trading as Active Ageing Australia®)**

## 1.1 ACTIVE AGEING AUSTRALIA® BACKGROUND

Active Ageing SA Inc. began as Recreation for Older Adults in 1980 with a mission to advance the issue of physical activity levels for older South Australians.

Active Ageing SA Inc. is a non-profit independent, incorporated body, registered in South Australia under the Associations Incorporation Act of 1985 and is governed by the Active Ageing SA Board that sets the strategic direction for the organisation.

### Training role

Active Ageing SA has many years of experience in conducting training courses for health care workers who deal with older adults in various settings. For example, the “Easy Moves for Active Ageing®” (EMAA) 2-day course has trained over 1,800 participants to date and is comprised of two days of practical training. The EMAA training course has been highly regarded by the various industry sectors in South Australia, has been updated again, registered with Service Skills as an approved learning resource, Trademarked and delivered in Queensland, Victoria and New South Wales. A number of supportive training courses are delivered with EMAA as the foundation course.

### Program Development

Active Ageing SA has also established a reputation for program development by creating new courses for specific markets in response to demand. For example, EMMA Music was developed in response to EMMA Leader feedback.

### Communication Role

In addition, the Board of Active Ageing SA formally passed a Motion to use the Active Ageing Australia® brand exclusively across Australia, retaining the legally registered name of Active Ageing SA Inc. for governance. Active Ageing Australia® has been recognised by the South Australian Government as the peak body in South Australia for the dissemination of information as it relates to physical activity for the ageing population and is acknowledged by the Australian Commonwealth Government through funding various pilot programs. Active Ageing SA has adopted a self-management training and education philosophy to promote the role of physical activity and partnered many organisations with a similar approach. The Active Ageing Hotline continues to receive calls on a daily basis with requests for information on local physical activity options.

Active Ageing SA has a network of professionals whom it can access for specific projects as required.

## 1.2 STRATEGIC PLAN

The Active Ageing SA Strategic Plan entitled “**Enhancing Positive Ageing Experiences – a strategic, operational and marketing plan for 2007-10**” set the overall direction for the organisation over a three year timeframe. The plan was reviewed in March 2009 by the full Board and staff. Three priority objectives were agreed at the Planning Day:

- Agree the future direction of Active Ageing Australia®
- The development of secure and sustainable self-funding income streams eg: the national development of EMAA and other courses.
- To review and develop corporate and individual membership bases.

Seven strategic actions are given that provide guidance for the Board and staff:

- The development of initiatives, programs and projects state-wide and beyond
- Strengthening the organisation’s key communication roles and functions
- Strengthening the effectiveness of programs and services for active ageing and continuing to promote key health promotion messages
- Strengthening collaborative partnerships with Local and State Governments and organisations in the fields of recreation, health, fitness, research and aged care, including groups from multilingual backgrounds
- Development of a membership base and membership services
- Strengthening collaborative partnerships and representation with relevant tertiary bodies, research and professional Organisations
- Promotion/development of new initiatives and programs incorporating applied research

Against a background supplied by Active Ageing SA’s Strategic Plan, Operational Plan and corporate objectives, the **Marketing Plan** provides a blueprint for future development aimed at providing professional and financial sustainability for the organisation.

In the latter half of 2009, the next 3-year Strategic Plan will be developed.

**Marketing Plan  
2009-10**

An external marketing and EMAA course audit commenced in May 2009 by Tony Stacey Management Consulting. This process is currently being completed and will bring clarity and direction to the organization in developing its profile and customer base.

'Active Ageing – the process of optimising opportunities for physical, social and mental wellbeing throughout the life course in order to extend healthy life expectancy and the quality of life in older age.' **World Health Organisation**

**2.1 PATRON**

His Excellency Rear Admiral Kevin Scarce AC CSC RANR Governor of South Australia

**2.2 BOARD OF MANAGEMENT**

**President:** Mr Bob Barnard  
(Chief Exercise Physiologist, Centre for Physical Activity in Ageing)

**Vice President:** Ms Michele Sutherland  
(Falls Prevention Program Manager,  
SA Department of Health)

**Treasurer:** Ms Jan Martin  
(State Manager, Life.Be In It)

**Executive Officer:** Ms Sioux Christiansen

**Members:** Mr Brett Hill  
(Manager, Recreation and Community  
Development, Port Adelaide/Enfield Council)

Ms Anne Henderson  
(Site Director, The Lodge Aged Care Facility)

Dr Robert Penhall  
(Director, Department of Geriatric and  
Rehabilitation Medicine, Royal Adelaide  
Hospital)

Mr Rob Williams (elected June 09)

**Past Board members:** Marg Ralston AM  
Sandy Williams  
Dr Phil Hamdorf

Ann Lloyd  
Judith Robertson  
Pauline Brooks OAM  
Katrina Reschke  
Margaret Scharer  
Joan Skibneff  
Mary Lane  
Di Paterson OAM  
Di Thorpe  
Jill Brebner

## **2.3 MEMBERS OF STAFF**

<b>Executive Officer &amp; Public Officer</b>	Ms Sioux Christiansen
<b>Program Manager</b>	Ms Tracey Gerhardy
<b>Project Officers</b>	Ms Kylie Morphett (retired) Ms Chelsea Barlow
<b>Administration Assistant</b>	Ms Katie Kelson (retired) Mrs Teresa Romeo
<b>Consultant – Education &amp; Program Development</b>	Mrs Pauline Brooks OAM

## **2.4 LIFE MEMBERS**

Margaret Scharer (1989)  
Joan Skibneff (1996)  
Mary Lane (1999)  
Di Paterson OAM (1999)  
Pauline Brooks OAM (2003)  
Jan Martin (2003)  
Dawn Beck (2006)  
Deidre Phelps (2006)

## 2.5 VOLUNTEERS

Our volunteer numbers continue to grow and we are very grateful to the following people who have supported us during the year.

Debbie Pannell

Teresa Romeo

Terry Streeton

## 2.6 STUDENTS

Active Ageing SA would like to acknowledge the assistance of university students from the University of South Australia (Physiotherapy).

During the year, seven students spent an average of 100 hours each with Active Ageing Australia®, working on projects as part of their Health Promotion placement.

### **UniSA School of Health Sciences Physiotherapy students**

Adam Marshall

Nicholas Martin

Kazmond Leong

Leisa Stringer

Yee Vun Liew

Marek Dubovinsky

Jessica Watson

**3.1 BOARD MEETINGS AND AGM**

The Board met on thirteen occasions during 2008-09:

- 16 July
- 20 August
- 24 September
- 15 October
- 26 November
- 2 December
- 3 December (AGM)
- 18 February
- 16 March (Planning Day)
- 18 March
- 15 April
- 20 May
- 17 June

The AGM was held on Wednesday 3<sup>rd</sup> December and the Annual Report and audit were approved. In addition, elections were held (see positions listed above).

As required by law, the Office for Consumer and Business Affairs was subsequently informed of the outcomes.

## 3.2 TRAINING COURSES

### **Easy Moves for Active Ageing® (EMAA) – over 1800 Leaders trained Nationally.**

Nationally endorsed and accredited as a learning resource by the National Service Industries Skills Council, **EMAA** continues to flourish with over 1800 leaders being trained Nationally.

During the year, a record number of EMAA courses were conducted throughout Australia with universally positive feedback from Trainers and participants.

Maintaining the standards and quality of the EMAA program has been a key driver for Active Ageing SA in the program's development and expansion. An essential ingredient in the program's success has been the quality of the team of EMAA trainers. Qualified physiotherapists, with Certificate IV in Workplace Training and Assessment and a broad experience in the fields of aged and community care, the EMAA trainers have demonstrated a commitment and belief in EMAA through their ongoing involvement and outstanding teaching.

The bi-annual update of the EMAA Manual was primarily completed by Mrs Pauline Brooks, Mr Bob Barnard and Mrs Robin Townsend. The Manual reviewed current research and practices and included:

- Addition of a new 'Exercise for the Frail Older Person' section
- Moved 'Building Blocks for Better Balance' section to flow on from Balance exercises within the Core Program
- Updated research evidence
- Self management moved to beginning of 'Special Needs and Considerations' section

A total of 8 EMAA Trainings were held in SA, and 9 interstate (including Vic, NSW and Qld) and 2 NoFalls Plus in NT (a combination training of EMAA and NoFalls delivered over 2 days).

A total of 125 people were trained in EMAA in SA and 123 interstate and 41 who attended the No Falls Plus trainings in NT.

### **EMAA Trainers**

- Pauline Brooks OAM (SA), Master Trainer
- Robin Townsend (SA), Master Trainer
- Stephanie Henderson (NSW)
- Elizabeth Robinson (NSW)

- Clare Raymant (VIC)
- Helen Noakes (VIC)

### **EMAA Update**

In the interest of quality assurance and maintenance of standards, EMAA graduates are required to attend an Update every 2 years after completing the initial EMAA training course. The Update enables EMAA graduates to renew and refine their skills and use of the manual and program while learning from their shared experiences in the field.

EMAA graduates continue to report that the EMAA program forms a firm foundation for the delivery and development of the exercise and activity sessions for their participants as well as a key resource and reference base for their work with their professional colleagues.

A total of three EMAA Updates were held in SA and 1 interstate. There were 60 people who attended the EMAA Update training in SA and 4 interstate.

### **EMAA Music**

EMAA Music continues to be delivered in South Australia as an extension of the basic EMAA course. An interstate model, EMAA 2 Music, has been developed for NSW to encompass and utilize the work and experience of the EMAA Trainers.

One EMAA Music course was held during the year in SA with 5 people who attended.

### **Home Activity Monitoring Project (HAMP)**

This important project began in late 2004 with funding from the Office for Recreation and Sport and the Australian Government Department of Health and Ageing. Subsequently, additional funding was provided by the Adelaide City Council and the Department of Veteran's Affairs.

Active Ageing SA Inc. developed and delivered this innovative, home based physical activity program for older South Australians who were sedentary and isolated. The aim of the HAMP program was to increase levels of physical activity and reduce the incidence of injurious falls.

The HAMP processes and program resources have been assessed, including the use of the HAMP resource book of exercises and innovative coaching support services provided by telephone.

391 people progressed into the program to participant level.

The final evaluation conducted by the Ehrenberg-Bass Institute for Marketing Science indicated that:

- The average number of falls per client showed a steady decline
- A positive impact on the level of physical wellbeing and activity

- A positive impact on emotional wellbeing
- overall a very high level of satisfaction with the program, resources and service

The recent evolution of the HAMP program has been the development of the successful HAMP2 strategy which supports the training of 'Facilitators' ie resource support personnel within local health networks, specifically the Adelaide Hills Community Health Service as a Pilot model, to enable the delivery of the HAMP program with the additional element of direct supervision of participants.

A Board member, Dr Robert Penhall, delivered a poster on the HAMP project to an international conference in France.

The HAMP concept will be further developed by Active Ageing Australia® in the future.

## Tai Chi

Rosemary Palmer (Moving Meditation School of Tai Chi and Qigong) continues to deliver Tai Chi Chair and Tai Chi and Qigong for Dementia Training for Active Ageing Australia®, in South Australia and interstate. Feedback has been unanimously positive with leaders incorporating the Tai Chi and Qigong moves into their EMAA programs.

One Tai Chi Dementia course was held in SA with 10 people attending.

## 3.3 PROJECTS

### Become Active Directories

The 'Become Active' directories are physical activity resource guides that have been created for various areas in South Australia. The directories provide comprehensive information on physical activity options that are available for adults. They are the first directories in South Australia to rate physical activity options according to their content. This allows people to choose an activity that is suitable for their fitness and skill level.

The Become Active in the South directory completed last year was typeset and uploaded to the AAA website through a grant from the Office for the Ageing.

The directories scope was greatly enhanced due to a request from the Southern and Central Northern Adelaide Health Services to include physical activities for all persons 18 years and over. Active Ageing Australia® has worked with the Human Services Finder, a Government web-based search engine, to make this information available to health professionals and the public in an online format. The information is also available on the Active Ageing Australia® website.

Central Northern Adelaide Health Service has provided funding to update existing directories for the Northern, Eastern and Western suburbs commencing September 2009.

## **'Falls Prevention in SA' Website**

[www.fallssa.com.au](http://www.fallssa.com.au)

### **Falls Website**

#### **Update**

Active Ageing Australia® received funding from the Department of Health and Ageing through the National Falls Prevention in Older People Initiative Community Grants Scheme in late 2006 to develop the first South Australian Falls Prevention Website.

The website is designed to be an easily accessible, user-friendly and up-to-date falls management website that has the potential, once widely known, to provide basic information and ideas for the target market over many years.

Through a grant from the South Australian Department of Health, the website was upgraded in 2009 to include information for Residential Aged Care Facilities including professional development and research, screening and assessment recommendations and useful information on how to reduce the risk of falls of residents. Furthermore the website now provides information on past and future falls seminars, conferences and forums including the 2009 SA Falls Prevention Forum delivered by the Safety and Quality Unit, SA Department of Health; the Australian and New Zealand Falls Prevention Conference (ANZFP); and the Falls Seminars hosted by Active Ageing Australia®. Where possible the Powerpoint presentations are available for viewing.

### **Get Active For Living DVD**

Active Ageing SA received funding through the Office for Recreation and Sport 2008-2009 IRIS grant for the Get Active for Living DVD project with a focus on the hearing impaired to increase participation in physical activity in a sustainable manner of up to 200 South Australians with a disability through the production of a home-based exercise program on a DVD/Video resource.

Barry Couzner and Clare Phillips were engaged to develop a DVD/Video resource suitable for people with physical disability, cognitive impairment and hearing impairment and previously inactive older persons. The resource includes background information on the benefits of physical activity and provides a home-based exercise program that encourages participants to increase their physical activity levels to 150 minutes per week.

The assistance of the Centre for Physical Activity in Ageing is gratefully recognized for permitting the DVD to be filmed on site and encouraging six of their clients to volunteer to demonstrate the exercises for the filming.

The project was delivered on time, on budget, with 200 copies of the DVD being distributed across the Carer's Association, Deaf Can Do and many government aged care facilities.

### **Healthy Active Australia**

The Department of Health and Ageing's Healthy Active Australia 2008, Towards Sustainable Better Health grant has become known as the Nextstep program.

The Nextstep program aims to test the efficacy of two on-line self-management courses that focus on physical activity and nutrition in the 45-49 age demographic in Adelaide.

The participants in the project are identified via GP Divisions across Adelaide during the conduct of the 45-49 Health Check and contact with selected corporate interests, promotion and public speaking engagements. Targeting this group has the potential to identify families at risk of chronic disease and unhealthy lifestyles. Changing the habits of parents can have a positive impact on the whole family. The project management and implementation has recognised the necessity of expansion of the age group up to 55 year olds.

Once enrolled, participant's health and fitness is evaluated and they have a choice of either the "Active Living Every Day" (ALED) or "Healthy Eating Every Day" (HEED) products that are published by Human Kinetics Australia. These products have a sound research base that indicates their level of success in the USA environment, but to date, have not been jointly tested and evaluated in Australia with this demographic. Essential nutritional material, measures and terminology was adjusted by Nutrition Professional Australia to Australian conditions.

The fourteen-week program intake commenced in June 2009 and will continue into 2010 under the direction of Project Officer, Chelsea Barlow. To date, exceptional personal results have been achieved by the participants.

### **Be Active in the South**

The Office for the Ageing Positive Ageing Grants enabled Active Ageing SA to upload its completed Be Active in the South directory to the website. After completion of the research and compilation of physical activities available in the southern suburbs of Adelaide, the information was typeset and uploaded to the AASA website to compliment the various directories already available.

### **Active Ageing Week 2009**

Although Active Ageing Week 2009 was held in July 2009, the planning and funding for the event took place in this financial year.

Funding through the Department of Health – Health Promotion Branch enabled a limited but very successful Week including a Health Professional's Seminar on the 'Psychology of Exercise in the Older Person – engagement and self-management'.

Sponsorship from The Senior Newspaper gave vital pre-promotion of events such as the University of SA Successful Ageing Seminar and the garden demonstrations by SA garden "supremo" Malcolm Campbell and sponsored by South Australian Company, Wormswork Pty Ltd.

The final report of the Week will be in the 2009-2010 Annual Report.

According to the World Health Organisation (WHO) workplace physical activity programs can reduce sick leave by up to 32% and increase productivity by up to 52%.'

In support of current and potential future projects, Active Ageing SA submitted applications in 2008-2009 to the following grant schemes with a very high success rate:

- Statewide Enhancement Program – Stream 2 - successful
- Inclusive Recreation Inclusive Sport - successful
- Positive Ageing Grants - successful
- Office for the Ageing - successful
- Department of Health and Ageing CDSM grants scheme - successful
- Safework SA Grant – unknown
- NRMA Community Grants Program

### 3.4 COMMUNICATIONS

#### **Taking Action**

Active Ageing SA employs various methods of communicating with members, partners, the general community and clients.

The newsletter was produced 4 times during the 2008-09 year and has been the main method of marketing Active Ageing SA's products as well as distributing information about topics of interest and research. Each newsletter was posted or emailed to over 1,000 people and organisations by office staff, with the newsletter being produced "in house".

*Taking Action* is available only to Active Ageing SA members and VIPs.

#### **Active Ageing SA Website**

The website has been an essential and successful means of communication. It contains a wealth of information about the organisation and attracted 246,180 hits during the financial year period.

The website is updated as each *Taking Action* newsletter is produced.

See [www.activeageingsa.net.au](http://www.activeageingsa.net.au)

### **Active Ageing SA Hotline**

The hotline number of 8232 9077 received many calls in the year. Often information about Active Ageing SA's physical activity directories in local government areas is supplied via the hotline with a "hard" copy being posted in response to an individual request. The hotline also receives calls about training courses and other matters.

### **Community presentations**

Active Ageing SA continued to reach the community with its active ageing messages through presentations to numerous groups and Organisations.

Community presentations were made to:

- City of Holdfast Bay Community Forum (HACC clients)
- Para Hills Church group – physical activity information
- Eldercare Sash Ferguson (Mt Barker) – 30 residents – falls prevention plus physical activity information
- RSB (Royal Society for the Blind) – Salisbury – 20 older people with low vision – physical activity information
- Lifecare Hayfield Plains Retirement Village (Balaklava) – 40 residents plus community members – physical activity information
- Cancer support group (Colonel Light Gardens) – 30 community members – physical activity information

### **Promoting health for Active Ageing**

As part of its commitment to Government through the Statewide Enhancement Program (StEP) funding and as an integral part of its own philosophy, Active Ageing SA has continued to successfully promote several health messages:

- We're Smoke Free
- Be Active*
- Alcohol. Go Easy
- Smart Choice Healthy Eating

## **3.5 PARTNERSHIPS**

Active Ageing SA has continued to develop professional relationships with a number of important organisations, both private and government.

We are proud to have the following professional partners:

- ACH Group
- Adelaide North East Division of General Practice (ANEDGP)
- Aged and Community Services SA & NT
- Aged and Community Services NSW
- Alzheimer's Australia (SA)
- Arthritis Foundation (SA)
- Asthma SA
- Cancer Council
- Carer's Association
- Central Northern Adelaide Health Service (CNAHS)
- Centre for Ageing Studies
- Centre for Physical Activity in Ageing
- Council on the Ageing (COTA Seniors Voice)
- Deaf Can Do
- Department of Health and Ageing
- Department of Veterans' Affairs
- Diabetes SA
- Domiciliary Care SA
- Flinders University
- Helping Hand Aged Care
- Human Kinetics Australia
- Life Be In It
- Local Governments
- National Heart Foundation
- Nutrition Professionals Australia
- Office for Recreation and Sport

- Office for the Ageing
- Recreation SA
- South Australia Police
- SA Department of Health (Health Promotion Branch)
- SA Department of Health (Safety and Quality Unit)
- Southern Adelaide Health Service (SAHS)
- Sport SA
- The Senior Newspaper
- University of Adelaide
- University of South Australia
- Wormsworld Pty Ltd

### **3.6 COMMITTEES**

Active Ageing SA has had representation on the following committees:

- Northern Region Falls Prevention Network
- Southern Region Falls Prevention Network
- Mature Age Physical Activity Network (MAPAN)
- Engaging older people in Falls Prevention: South Australian Research and Evaluation Network
- International Day of Older Person (Office for the Ageing)
- New Arrival and Emerging Communities Sport and Active Recreation Forum
- Walking Forum Network with the National Heart Foundation

### **3.7 CONFERENCES & EVENTS ATTENDED**

Active Ageing SA personnel attended the following conferences and events during the year:

- Man Alive!
- IP for the Not-For-Profit Sector – University of SA virtual seminar
- Portraits of the Ageing Symposium
- International Day for the Older Person (Office for the Ageing)
- Falls Prevention Forum (SA)
- Australia & New Zealand Falls Prevention (ANZFP) Conference (Melbourne) October 2008
- Productivity Committee for “Not-for-profits”
- Fraud in the Not-For- Profit Sector – Associations Forum
- Financial Management for the Not-For-Profit Sector Associations Forum
- Healthy Eating and Physical Activity Initiatives Networking
- Funding Submissions workshop - NFPAS

### **3.8 OTHER ACTIVITIES**

#### **Training**

During the year AAA staff have undertaken various training courses, including:

- MYOB
- Project Management
- Certificate IV Train the Trainer

## ACKNOWLEDGEMENTS

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The 2008-2009 year provided staff challenges not previously experienced by Active Ageing SA Inc. and the Board of Management gives its heartfelt thanks to Bob Barnard, Pauline Brooks OAM and Tracey Gerhardy for their energy and commitment to see the organisation through a period of consolidation.

Active Ageing SA expresses its sincere gratitude to the following for their ongoing support of the organisation in 2008-09

### **Funding grants**

Office for Recreation and Sport

South Australian Department of Health (Health Promotion Branch)

Department for Families and Communities (Office for the Ageing)

Department of Health and Ageing

Central Northern Adelaide Health Service

Southern Adelaide Health Service

### **Office for Recreation and Sport**

Hon Michael Wright MP

Paul Anderson

Fraser Keegan

Kerin Cross

Jenny Hughes

Richard Mellon

### **SA Department of Health (Health Promotion Branch and Safety and Quality Unit)**

Hon John Hill MP

Michele Herriot

Michele Sutherland

Penny Thyer

**Department of Health and Ageing**

The Hon. Nicola Roxon MP, Minister for Health and Ageing

The Hon Justine Elliot MP, Minister for Ageing

Various Project Liaison Officers

**Arthritis Foundation of South Australia/Osteoporosis Foundation**

Jenny Bennett

Joan Lynch

**Diabetes SA**

Michele Hogan

**Asthma SA**

Pamela Lockyer-Scrutton

Nigel Cooper

**Heart Foundation**

Wendy Keech

Michelle Wilson

Jacquie Smith

Alison Day

**ACH Group**

Mark Songer

**Registered Training Organisations**

Sport SA

Kranz International College

**Centre for Physical Activity in Ageing**

Bob Barnard

**Council on the Ageing – COTA National Seniors**

Ian Yates

Debra Petrys

**Human Kinetics**

Chris Halbert

Michelle Maloney

**Moving Meditation School of Tai Chi and Qigong**

Rosemary Palmer

**Life. Be In It**

Darrilyn Wood

Jan Martin

**Sport SA**

Jan Sutherland

**Volunteering SA**

Evelyn O'Loughlin (CEO)

**Printers**

Peacock Publications

Rapid doc

Butterfly Press

**University of South Australia**

*School of Physiotherapy*

Gisela van Kessel

**The Centre for Ageing Studies**

Melinda Andrews

**Adelaide University**

Healthy Ageing Research Cluster – Susan Gravier

**Diversional Therapy Association**

Gaynor Jackson

**Recreation SA**

Rosemary Sage

**EMAA Colleagues**

Pauline Brooks OAM

Robin Townsend

Stephanie Henderson

Clare Raymant

Elizabeth Robinson

Helen Noakes

**Auditor**

Haydn F Edwards, Chartered Accountant

**Computing and website**

Giovanni Trimacco (SMT net computing)

**The Senior Newspaper**

Sue Miceli

Patricia Leighfield-Cohen

**The Messenger**

Catherine Bauer

Natalie De Nadai

**The Advertiser**

**Corporate members** (during July 1, 2008 - June 30, 2009)

Adelaide Hills Community Health Service

Alexandrina Centre for Positive Ageing x 2

Anglicare SA

Balaklava Mill Court Homes

Boandik Lodge

Camden Community Centre

Centre for Physical Activity in Ageing

City of Port Adelaide Enfield

City of Salisbury

City of Salisbury – Positive Ageing Services

Eastern Eyre Health and Aged Care Inc

ECH

Hutt St Centre

Jewish Community Services

Klemzig Residential Care

LHI Retirement Services x 2

Lifecare Churches of Christ x 2

Milang Progress Association

Monreith Aged Care Facility

Pt Augusta Council

Resthaven Incorporated

Salvation Army – Linsell Lodge

Seniors Information Service

SERCHS (South East Regional Health Service)

St Margaret's Rehabilitation Hospital

UnitingCare Wesley Adelaide Inc