

Development and implementation of the 'Active and healthy ageing for all' program

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Theme: Social transformation through development of the fieldwork

Key-words: ageing, healthy, lifestyle

Introduction

The ability to manage a healthy lifestyle while ageing, depends on the physical health behaviours of individuals (e.g., regular exercise and healthy food), but also on one's social, psychological, and economic status.

Objectives

This research project aims to implement a healthy lifestyle program for community-dwelling elderly in socially vulnerable contexts.

Method

Based on literature review and needs assessment, a multidisciplinary research team (including students of bachelor degree in occupational therapy, nursing and dietetics) developed the 'Active and Healthy Lifestyle for All (AHAA)' program. AHAA was constructed in co-creation with the target group and is being implemented in several organizations in Flanders.

Results

AHAA includes sessions about physical activity, nutrition, sleep & mental well-being. It is built from a holistic, population-centered view.

The inclusion of elderly in vulnerable situations was a challenging process considering these elderly do not always feel motivated to participate in lifestyle programs. Therefore, the future AHAA project is including a regional analysis.

After completion and evaluation of AHAA, a train-the-trainer course will be developed for professionals.

Conclusion

AHAA is a low threshold and tailored program that is ready for further and sustainable implementation in primary care.

References:

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Title

The title of your presentation should be no more than 12 words.

Abstracts

Your abstract will have a maximum of 200 words and should include a brief explanation of how your presentation is related to one of the 2022 Annual Meeting main theme "*Designing transitions: are we ready for the unexpected?*".

For your abstract submission please consider structure aspects mentioned under each format description and be aware that your audience might range from students to professors.

Author Information

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Topics

Within the Annual Meeting main theme, you will be able to choose one of the three major sub-themes:

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