Embracing the views of those who matter the most: an approach towards a more sustainable recreational program for older adults.

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Purpose: ‘Community Engagement’

Engaging those who ‘matter the most’ in the development of programs.

- Promotes sustainability & fulfillment of felt needs.
- Limited application in the literature & practice.

Empowering older adults (OAs) & staff of the 55+ Day program.

- Exploring their perspective on the programming to inform decision-making.

Study Limitations: Sample; Instrumentation; Self-reports; Time; Generalizability

Introduction

Research Significance:

- OAs face challenges to meaningful community engagement.
- OAs who perceive control over their environment seem to have better overall health & well-being.
- Community leisure can be a facilitator!

How can the Y help?

Key Findings:

85-90% agree that the programming is effective for the demographic.

- Half report a ‘slight’ improvement in health; the rest report a ‘large’ improvement, or no change.
- Great appreciation for the

Recommendations:

Offering More Choice

- Senior Friendly Classes
- ‘Leveled’ Classes
- Flexibility in Scheduling

Staying Connected

- Suggestion Box
- Questionnaire & FG
- Communication

References: (More in the sheet on display)


As they get older, people feel like they’ve kind of been pushed to the sidelines…it’s a demographic that really needs to be heard…and feel respected” (Staff #2).

“...we’ve said to [seniors] ‘yes you’re still an important part of our community...’ but we haven’t given that chance to them, to then be the masters of what that’s going to look like.”

- Staff #2