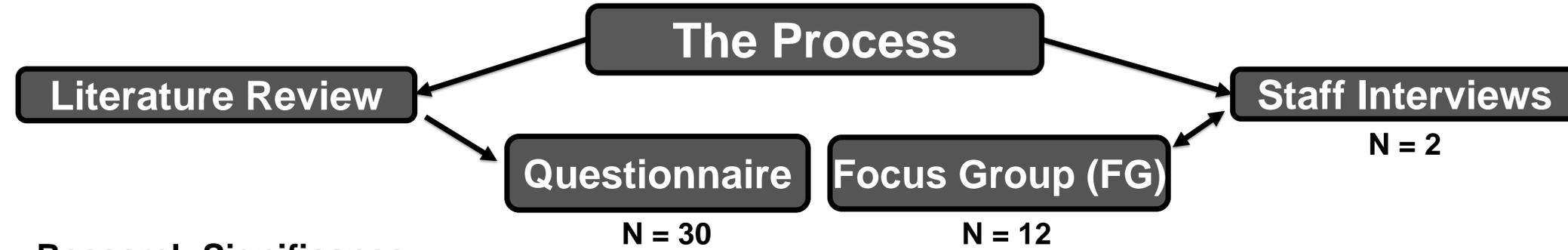




# Embracing the views of those who matter the most: an approach towards a more sustainable recreational program for older adults.

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*"...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



### Research Significance:

- OAs face challenges to **meaningful** community engagement.

*"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...& feel respected"* (Staff #2).

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



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

### Key Findings:



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

\*Also identified areas for improvement.

- **Half** report a **'slight'** improvement in health; the rest report a **'large'** improvement, or no change.
- Great appreciation for the
  - ✓ **Approach** to classes
  - ✓ **Variety** on offer
  - ✓ **Social opportunities**

### Recommendations:

Offering More Choice	Staying Connected
✓ <b>Senior Friendly Classes</b>	✓ <b>Suggestion Box</b>
✓ <b>'Leveled' Classes</b>	✓ <b>Questionnaire &amp; FG</b>
✓ <b>Flexibility in Scheduling</b>	✓ <b>Communication</b>

References: (More in the sheet on display)

Lorek, A. E., Dattilo J., Mogle, J., Freed, S., Frysinger, M., & Chen, S. (2017). Staying connected: recommendations by older adults concerning community leisure service delivery. *Journal of Park and Recreation Administration*, 35(3), 94-112. <https://doi.org/10.18666/JPra-2017-V35-I3-7682>

## Introduction

### 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.