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**ON HEALTHY AGEING**

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Exercise for the over 50s



The effects of the LLLS™ community strength training program on the incidence of social isolation in Western Australia

Nathan Trengove, Active Ageing Project Manager



## What is Living Longer Living Stronger™?

- Evidence based strength training program
- Developed & launched in 1999 by COTA Victoria & National Ageing Research Institute (NARI)
- Providers include: gyms, health & fitness centres, physiotherapists & exercise physiologists
- Western Australia currently has 10,000 participants @ 72 providers

# Social Isolation in Western Australia

- Social isolation – separation from the community, often leads to loneliness. (Ferrara, 2009)
- More prevalent in those living alone. (Ferrara, 2009)
- More likely to occur after significant loss e.g. spouse or housing decision. (Ferrara, 2009)
- Significant fear with trying something new. (Ferrara, 2009)

## Integration through LLLS™

- Non- intimidating environment.
- Fully supervised sessions, qualified staff.
- Group exercise – warm up & some exercises.
- Social morning teas after **EVERY** session.
- Regular social outings, bring a friend for free events.



## Case Study One – Community Dwelling

- 58 yo, Male, loss of partner 8 months prior.
- Invited to “Come & try LLLS day” by friend.
- Initial comments “Fun, enjoyable and benefits my health”
- After 3 months “Feel healthier, I’ve made new friends”
- After 12 months “I’m glad I did this its changed my life!”

## Case Study Two - Aged & Community Care

- 71 yo, Female, living alone, seeking domestic assistance.
- Received brochure from assessor, sought referral from GP.
- Attended once, received phone call from “worried” participants.
- “It felt wonderful to know someone cared about me”.

## Findings – 2010 Participant Survey

- What do you enjoy most about LLLS?

**63% - Seeing my friends, social morning tea.**

- What benefit motivates you most to attend?

**42% - Catch up with friends, social interaction.**

- What do you miss most if you don't attend?

**78% - Seeing my friends & instructors.**



## Closing Quote

“I lost my wife in 2007 and proceeded on a downward spiral out of control. I was having a mid-life crisis and felt very depressed. I spoke to a friend every now and then but that didn’t really help. I went to the Senior Citz, but that was full of OLD PEOPLE!

My Doctor and daughter both recommended Living Longer Living Stronger at the Rec Centre. I never looked back, the combination of exercise and meeting new people **SAVED MY LIFE**”. LLLS Participant\*, Harvey 2009.

\*Name withheld due to privacy reasons.

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# References

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Australian Bureau of Statistics. (2009). *Living Alone. Living Longer Living Stronger: A participant snap shot*. (2010).