



Active Aging in BC:

Strategies at the Community Level

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The recreation, parks and culture sector is an essential partner for building healthy individuals and communities, as well as fostering economic and environmental sustainability.

ACTIVE AGING IN BRITISH COLUMBIA



Mission



BC Recreation and Parks Association is a strong provincial voice for the parks, recreation and culture sector.

We inspire and support community leaders and practitioners to build and sustain healthy communities.

We do this through advocacy, communication and education with a diverse network of partners.

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BCRPA

1) Active Aging Consultation

2) Active Communities Initiative

3) Older Adult Activity Handbook & DVD

4) Assisted Living Facilities

5) Boomers+ Boot Camp

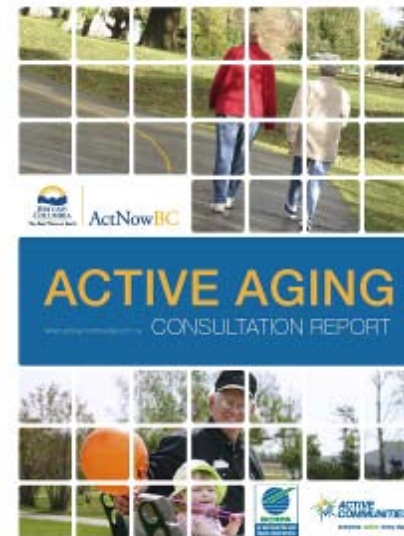
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Priority areas:

1. Healthy eating
2. Injury prevention
3. Physical activity
4. Tobacco cessation
5. Social connectedness
6. Livable Communities
7. Transportation



ACTIVE
AGING

CONSULTATION

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- Toolkit and resources
- Active Communities Plan - 20% by 2010
- Local awareness and social marketing
- Community partnerships
- Tools and Resources for Active Communities Evaluation (TRACE): five process evaluation categories

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Burns Lake

Town centre with wheelchair-accessible trails and outdoor exercise stations for older adults

everyone. active. every day.

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Hornby Island

Active Hornby community walks

Older adults-led weekly walking group

everyone. active. every day.

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BCRPA

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3) Older Adult Physical Activity Resources

4) Assisted Living Facilities

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- To expand physical activity information provided in physical activity guides and handbooks
- To address the unique needs and requirements of older BC residents and the BC environment
- To encourage more physical activity and healthy living

ACTIVE AGING IN BRITISH COLUMBIA

& DVD



BCRPA

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- 3) Older Adult Activity Handbook & DVD

4) Assisted Living Residences

5) Boomers+ Boot Camp

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- To support activity for older adults in Assisted Living Residences
- To develop and test a best-practice model for delivering physical activity in this setting

ASSISTED
LIVING
FACILITIES

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Age-friendly boomers boot camp to promote and introduce

The sports of BC Seniors Games

Recreation activities and skill development

BOOMERS+

BOOT CAMP

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- Third Age Training Module for Fitness Instructors
- Osteofit program in partnership with BC Women's Hospital

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