



Physical Activity and Older People

Public Health Unit
Small Grants Project
2003-2004



Great Southern Public Health Unit: 'Stay On Your Feet (SOYF) Walk Leader Project'

Two Projects funded initially (Project 1: 'Kick Start Project' and Project 2: 'Stay On Your Feet (SOYF) Walk Leader Project'), however due to a range of reasons (including Physical Activity Coordinator position vacant for an extended period of time and Walk Leader Project being successful initially) a request was made to roll funds from Project 1 into the expansion of Walk Leader Training (Project 2)

Project Aims:

- Increase the provision and access to appropriate, regular walking groups in Albany and Katanning for less-abled seniors.
- Promote awareness of the link between physical activity and the reduced risk of falls

Target Group/s:

- Seniors – 60 years and over
- Aged care professionals
- General community

Objectives:

- To increase the provision of and access to walk groups for seniors in Albany and Katanning
- To train volunteer walk leaders for seniors community walks
- To promote awareness of the link between physical activity and the reduced risk of falls.

Strategies:

- Identified people interested in being trained as SOYF Community Walk Leaders in Albany and Katanning
- Used existing walk leader training resource developed by Dept Sport and Rec (DSR) as framework for content
- Conducted training courses (Albany, Denmark, Katanning) assisted by DSR
- Supported walk leaders to identify their chosen walk route and undertake hazard check
- Work with LGA to ensure safe and hazard reporting procedures in place
- Promote walks to community, using media, launching through existing community walk (Arthritis Community Walk)
- Support walk leaders with regular meeting, updates and ongoing promotion



Results:

- 33 Walk Leaders trained in various locations throughout region (initial program was to target Albany and Katanning however strong interest from other regional towns saw training extended to other towns).
- 11+ Walk Groups established initially, 9+ Walks continuing after 6 months.
- Numbers of walkers: ranging on average from 6 upwards depending on location, time of year

What worked well

- Partnership/collaboration between organisations (DSR, Injury Control Council, local government)
- Sense of belonging within community (including recognition of Volunteerwalk leaders through SOYF volunteer program)

What did not work so well

- Using LGA as key contact point for promotion of walking program – they lacked resources to support.
- Expanded program meant lack of opportunity to follow up with some leaders following training.
- PA coordinator not filled during most of project meant additional load on IP coordinator

What can be learned

- Extremely long 'lead-in' time
- Negotiations and support from LGA essential, but often time consuming.
- Issues of risk management extremely important
- Don't reinvent the wheel - use existing resources and support



Midwest Public Health Unit: Seniors Walking Groups

Project Aim:

- Increase the number of persons who participate in walking groups.

Target Group/s:

- People aged 60 years and over.
- Professionals who provide physical activity information and services.
- Health professionals involved with falls prevention activities.

Objectives

- Develop sustainable partnerships that provide and support physical activity interventions for older people.
- Promote the importance of physical activity in older people.
- Promote awareness of the link between physical activity and the reduced risk of falls.
- Advocate for the provision of services that may assist in maintaining balance and flexibility that may result in a reduced risk of falling.

Strategies:

- Establishing partnerships with key service providers to promote falls.
- Recruiting volunteers from community groups.
- Conducting walk leader training sessions.
- Providing access to pedometers for walk leaders and walkers.
- Providing ongoing support to walk leaders and walk groups.
- Having a launch for the walk groups.
- Developing advertising to promote the walk groups.
- Distributing informational resources related to physical activity, including the link to falls prevention.
- Distributing informational resources relating to footwear and foot problems.

Results:

- 4 trainings conducted (in 4 locations).
- 44 Walk Leaders Trained.
- 6 New walking groups established.
- 305 seniors participating in the various walks (approximately 70 different seniors).
- Media articles and interviews generated - 5 newspaper, 1 radio, 1 television.
- 49 people attended launches.



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What worked well

- Partnership/collaboration between wide range of organisations.
- Sense of belonging within community.
- Social benefits that participants gained from being involved.
- Linking a group with an established centre or group was most effective.
- Having the right leader - the leader/contact needs to be committed and enthusiastic.
- A minimum of 5 participants (to allow for times when people are sick or away).
- Maintain contact with the group so that they feel supported is important.

What did not work so well

- The footpaths around many areas are not in good condition and caused a greater risk.
- Difficult to get established in many smaller regional towns – especially as many of the residents live on farms and it is more difficult to organise.
- Labelling someone a walk leader discourages people from being involved.

What can be learned

- The seniors really enjoy the groups and the visible benefits that they receive from them make it a rewarding program to be involved in.



South Metropolitan Public Health Unit - 'Shire of Waroona Program'

Project Aims

- Promote physical activity as a means to enhance the health and prevent falls in seniors.
- Develop sustainable partnerships that will facilitate sustainable physical activity programs for older members of the community.

Objectives

- Develop sustainable partnerships that provide and support physical activity interventions for older people in the South Metropolitan Region.
- Promote the importance of physical activity in older people.
- Promote awareness of the link between physical activity and the reduced risk of falls.
- Advocate for the provision of services that may assist in maintaining balance and flexibility that may result in a reduced risk of falling.
- For the Shire of Waroona Recreation & Aquatic Centre to maintain and broaden its service of low cost physical activity programs for Seniors residing in Waroona and the surrounding district.

Target Group/s

- Primary: Seniors aged 50 years and over living in the Shire of Waroona in the Peel Region.
- Secondary: Shire of Waroona Local Government Authority, including Shire of Waroona Recreation & Aquatic Centre management & staff.
- Health professionals & support agencies who service seniors in the Shire of Waroona (eg; GP's, SOYF Peer Educator, Aged Care Facility).

Strategies

- Conduct a survey to determine the physical activity program needs and preferences of seniors in the Waroona District.
- Waroona Recreation & Aquatic Centre Management to investigate possible options of meeting the physical activity needs of the Waroona Community.
- Centre to maintain current charges and be subsidised from funding in order to retain the current instructor while the above options are pursued.
- The Waroona Shire Council to continue its policy of lowest possible fees for senior physical activity programs to reduce cost barriers for seniors.
- The Waroona Shire Council to consider employing future instructors as casual employees or volunteers.
- Management of the Centre to investigate the possibility of the provision of an on site service at the Aged Care Facility for residents eg. Chair Aerobics.
- Management of the Centre to form partnerships with GP's, Allied Health Professionals, Waroona SOYF Peer Educator and Senior Support Agencies in the promotion and prescription of physical activity to seniors for the management and prevention of health conditions and for the prevention of falls.



Results:

- Increase in number, cost & type of senior programs serviced by the Centre 'Good' average number of participants in instructed senior programs over the financial year (48 weeks):
- Aqua classes, 2 sessions per week -15 participants per session.
- Gym classes, 2 sessions per week - 6 per session.
- Pilates, 1 session per week - 3 per session.
- Media - monthly articles placed in two local newspapers, notice board promotion within the Centre, fitness Activity Brochure distributed throughout the area.
- Paid instructors and volunteers employed at the Waroona Recreation & Aquatic Centre.
- Referral from GP's, Allied Health & other agencies.

What worked well

- Number and level of satisfaction with partnerships formed (including partnership/level of support from Council).
- Sustainability of seniors physical activity program.
- Fitness Instructors have received an improved level of support and wage structure.
- The role of other staff at the Centre has broadened with access to fitness training and involvement in the administration & promotion of the fitness programs.
- Senior full time staff now work collaboratively in partnerships on community physical activity strategies & programs.
- New equipment purchases improved the quality and presentation of the programs.
- Program variety & continuity.
- Class fees kept low which led to a better retention level of participants and an increase in attendance.
- Participants level of satisfaction & self-reported health benefits of the programs.
- Instructor's level of satisfaction with training & employment conditions and retention level of program instructors.

What did not work so well

Difficulty with retention of professional fitness staff (this was anticipated) at the Waroona Recreation & Aquatic Centre.

What can be learned

- It is possible for Centres to maintain and broaden their service of low cost physical activity programs for seniors.



South West Population Health Unit – ‘Walk Ball’

Project Aim:

- To promote physical activity in the South West region of Western Australia to prevent falls in seniors.

Target Group/s:

- Primary: Seniors over the age of 50 years living in the South West Health region of Western Australia.
- Secondary: Organisations and individuals who work to increase levels of physical activity in seniors.

Objectives:

- To introduce the low impact game of Lifeball to each Health Network Region in the South West by June 2002.
- To develop sustainable partnerships to provide and support Lifeball as a sport offered to older people in the South West as a means of promoting physical activity to prevent falls, by June 2002.

Strategies:

- Liase with Positive Ageing Foundation of Australia to train personnel in the South West region in **Lifeball**.
- Develop links with organisations in communities in the South West to promote the importance of physical activity in preventing falls in seniors, which can include playing a sport such as **Lifeball**.
- To train personnel in rural communities in **Lifeball**.
- To support local project personnel to obtain sponsorship to buy equipment for **Lifeball** teams.
- Involve media in the promotion of the game.
- Introduce **Lifeball** into other settings that seniors attend, such as senior centres, hostels, “have a go days” and HACC activity days.

Results:

- 11 x Come and Try days conducted in 11 major SW towns.
- Approx. 250 people participated in Come and Try days.
- 35 people attended Training clinic conducted in Bunbury.
- Media – media releases sent to 6 SW Regional media outlets, 11 x Come and Try days promoted in the local media.
- Presentation (approx. 70 people attended) on the relationship between falls and physical activity.
- 9 SW locations included **Lifeball** into their existing physical activity programs.
- 91 x over 50yr olds participated at 9 x venues.
- SWAH Project Officer promoted physical activity as a countermeasure for falls in seniors when supporting or presenting the game.



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What did not work so well

- Recognition of limited resources of local government. The Manjimup and Donnybrook days were not well promoted and the attraction rate in these towns was poor. Centre Managers were responsible for promotion however due to limited resources this did not occur or did not occur optimally. Alternative methods of promotion should have been considered.
- Contract restrictions resulted in the SWAH project officer position being made vacant affecting the outcome of this project, particularly sustainability components.

What can be learned

- Importance of developing partnerships – from promotion, sustainability etc.
- It is extremely important that novice teams be monitored, coached and umpires be accredited to ensure the risk of falls is not increased.
- 'Lifeball is a game for all ages', and can be promoted more broadly within the community.
- PA Foundation continue to develop and manage media releases to ensure content.
- Further implementation, accreditation and monitoring of the game are needed to keep the process on track.



North Metropolitan Health Service: 'Seniors Walk Program'

Following the Seniors Walk Program being implemented in City of Subiaco. It was proposed that walking groups would be rolled out in the City of Nedlands, the Town of Mosman Park and the Shire of Peppermint Grove.

Aim:

To promote physical activity to seniors of the Lower Zone of the NMHS as a means to prevent falls, and to increase the proportion of adults who participate in 30 minutes of moderate intensity physical activity on most days of the week.

Target Group/s:

Seniors of the Lower Zone of the NMHS

Objectives:

- To develop sustainable partnerships with local government authorities in the Lower Zone of NMHS in establishing and maintaining a walking program for seniors.
- Promote awareness of the link between physical activity and the reduced risk of falls to seniors in NMHS Lower Zone area.

Strategies:

- Development and promotion of educational resources to promote the program.
- Development and promotion of educational resources to promote participation in the program, meeting points and times.
- Training of Walk leaders.
- Seniors walk program media promotion.
- Reporting of pedestrian hazards using the Main Roads reporting card or directly to their local council.
- Implementation of 'Walk Friendly' audit on walk routes by NMHS PHP staff to ensure safety, security, access, aesthetics and comfort.

Results:

- Strong partnerships developed.
- Six walk leaders recruited and attended training.
- Five walk leaders active at the commencement of the walking program.
- Three City of Subiaco walks established.
- There are currently thirty-two seniors registered as participants in the walking program within the City of Subiaco.
- Promotional material sent to 20 seniors groups within the City of Subiaco.
- Ten thousand fliers printed and distributed.
- Media - 2 articles in the local newspaper, promotion in Council's monthly Newsletter, article in NMHS PHP newsletter 'Hear's to Health', at least 1 Local primary school Newsletter and article in Perth Central Coastal Division of GP's weekly fax.
- Presentation by PHP staff at the Seniors Luncheon in June 2003.



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What worked well:

- Partnership/collaboration between organisations, particularly the local Council, City of Subiaco.
- Seniors Walking program facilitated the development of a greater awareness of the SOYF messages and the importance of regular moderate physical activity with the City of Subiaco council.
- Reorientation of the program to the council, indicated a policy adoption of this program.
- Social benefits that participants received from being involved in the groups.



Northern Goldfields Health Service, Public and Community Health: 'Exercise Leader Program'

It was identified that physical activity service providers for the 50's and over population needed more ideas and a general update on best practice in the exercise leader field. Consequently, funding was utilised to provide an exercise leader session.

Aim:

To increase the skills of, and provide support for, people that are currently working as exercise leaders for older people, thus increasing the benefits of physical activity for the older people participating in the classes.

Target Group/s:

Exercise leaders for older people.

Objectives:

- To develop sustainable partnerships that provide and support physical activity interventions for older people.
- Promote the importance of physical activity in older people.
- Promote awareness of the link between physical activity and the reduced risk of falls.
- Advocate for the provision of services that may assist in maintaining balance and flexibility that may result in a reduced risk of falling.

Strategies:

- Provide training for those currently engaged in leading exercise classes for older people.
- Establish a network for the exercise leaders in the region.

Results:

- The program sustained a few staffing issues for example, job transfers.
- Exercise leaders reported training was useful and provided an invaluable experience, particularly with different techniques used in classes.
- Three of the eight survey respondents reported they hadn't had an opportunity to apply what they had learnt.
- The remaining five survey respondents reported they had used some of what they learnt in their training.
- Respondents reported that some form of networking, workshops and further training would be useful to swap ideas with others who run exercise groups.
- Whilst the aim of the training was to increase the knowledge and confidence of the exercise leaders in running classes, a couple of leaders felt less sure of themselves and worried about which exercises would be dangerous.
- Anecdotal feedback from people who attended the classes reported that they enjoyed the changes however, no formal evaluation was conducted.
- Identification of a gap in support for people providing a valuable community service.



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What worked well:

- Networking opportunity between exercise leaders particularly as service providers often work in isolation. The network would strengthen an already great service provided by exercise leaders.
- Identification and planned implementation of a sustainable network group.
- Links made between physiotherapists, health promotion staff.
- Links between different agencies conducting appropriate exercise classes for older people eg. Tai Chi.
- Social benefits that participants received from being involved in the groups.



Swan and Kalamunda Health Service

It was reported that staff changes and health promotion staff reductions had delayed the implementation of the Positive Aging Program. Only one component of this project was completed largely due to staffing issues.

Project One: 'Health Wellbeing and Independence Seminar'

was implemented and a full report was received;

There was no output for Project Two 'Group Leader Training Manual'. Numerous correspondence and phone calls produced no response or indication that the project would continue. Consequently the DOH decided to close off the file as the administrative time required to continue pursuing an outcome was not seen as a valuable use of resources.

Aim:

Project One. 'Health Wellbeing and Independence Seminar' was to provide opportunities for older people in the Swan and Kalamunda region to increase their participation in physical activity.

Target Group/s:

Primary

Seniors aged 60 years and older within the Swan and Kalamunda region.

Secondary

Senior groups, community groups and local health professionals and service providers who are interacting with the primary target group.

Objectives:

- To increase the target groups awareness of the benefits of regular, moderate-intensity physical activity.
- To increase the target groups knowledge of how physical activity can be incorporated into daily activities.
- To develop sustainable partnerships that will facilitate sustainable physical activity programs for older members of the community.
- To promote services and programs that may maintain independence of older people in the Swan and Kalamunda region.
- To increase awareness of health professionals and service providers of the benefits of moderate intensity physical activity to their target groups and clients.

Strategies:

- Plan and promote the '2003 Positive Aging Seminar' based on the seminar held in 2002.
- Implement and evaluate the '2003 Positive Aging Seminar'.



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Results:

- Number of people attended – 130
- 66% of survey respondents reported that they would improve their attitude and lifestyle eg. Eating habits; exercise as a result of the seminar.

What worked well:

- Attendance from a wide range of community organisations, agencies and health professionals and seniors.
- Promotion of the seminar.
- Presentations and the quality of the presentations and speakers.
- Opportunity to mix with agencies.



Pilbara Population Health

Interim reports for a couple of the projects were received only. Some reports didn't address all of the required reporting criteria.

'Karratha Physical Activity for over 50's Directory'

Aim:

- Foster the development of partnerships that provide and support physical activity interventions for older people.
- Promote the importance for older people to participate in physical activity by highlighting benefits of physical activity.
- Promote the awareness of the link between improved physical activity levels and the reduction in the risk of falls through advertising of physical activity programs for seniors.
- Increase the levels of participation in physical activity with older persons to assist in the reduction of falls.

Target Group/s:

Seniors over 50 years of age

Strategies:

- Develop a directory guide of physical activity programs and clubs in the Shire of Roebourne.
- Advocate for provision of services.

Results:

- Partnerships established between the Pilbara Population Health Unit, Pilbara Home Care, the Shire of Roebourne, occupational therapists and physiotherapists in Karratha and the Department of Sport & Recreation.
- 100 directories distributed.

Note: Report very limited and did not address the reporting criteria.

Hedland Physical Activity with Older Aged Persons

Aim:

- To promote the uptake of physical activity interventions by older persons in the community, resulting in a decrease in falls and physical injuries attributed to loss of balance and coordination.

Target Group/s:

Older aged persons



Strategies:

- Provide structured and self-directed exercise programs including walking, swimming, balance and strength sessions.
- Provide education sessions to community members to inform them of the benefits of regular physical activity.
- Develop future partnerships that provide and support physical activity interventions for older people.
- Develop a partnership with 'Twilight Zone' older persons community groups.
- Purchase pedometers to be used to monitor daily physical activity. Also serves as a motivational tool.

Results:

- Partnerships established between the physiotherapists, nursing staff, health promotion officers, and community health diabetes educator.
- 12 education sessions conducted.
- 170 participants in fitness programs.

Note: No final report was submitted and consequently the IPB and PAB are unaware of this projects completion.

Newman Aboriginal Older/Disabled Persons Physical Activity – 'Aquatic Program'

The report made reference to the late receipt of funds, which delayed the program until the pool reopened for the next season. The program strategies had to be modified to account for this delay.

This report also provided a good evaluation of some of the issues encountered when implementing a program for Aboriginal people.

Aim:

- To increase Aboriginal older person's awareness of the importance of physical activity in developing better health.
- To increase levels of participation in physical activity with Aboriginal older/disabled persons in the Newman and Jigalong community.

Target Group/s:

- Aboriginal older people, aged 55 and over in the Newman and Jigalong communities.

Objectives:

- To promote the uptake of physical activity interventions by older persons in the community, resulting in a decrease in falls and physical injuries attributed to loss of balance and coordination.



Strategies:

- Present education discussion to focus on the advantage of regular physical activity for health (this was conducted with the delivery of Diabetes Education information by the physiotherapist to the people of Jigalong).
- Present culturally appropriate program for physical activity improvement with Aboriginal persons with the view to empower people to be confident to undertake their own water exercise.

Results:

- Although the water exercise program encountered several difficulties, overall the program was very well attended and enjoyed by participants. It is intended that the program will be continued and additional funding has enabled the Health Service to purchase a hoist to cater for disabled clients.

Some of the difficulties encountered included:

- Cultural issues such as funerals and in the Martu culture it is not appropriate for men and women to engage in activities such as swimming or water activities together. The program became limited to women only as the staff available were women.
- Limited pool opening times.
- Pool water temperature too cold for the participants in the last few weeks.
- Classes needed to be conducted by a Martu person at Jigalong.
- The pool manager at Jigalong left and consequently the pool closed.

Results

- Program was conducted from January to March (pool closed in April).
- 52 participants attended the weekly exercise program conducted by the physiotherapist. Numbers for sessions conducted without the physiotherapist were not recorded.
- A computer generated exercise program for hydrotherapy was purchased so that exercises could be printed onto laminated cards. If the physiotherapist was not available HACC staff continue the program by following the activity cards.

What worked well:

- Partnership between HACC and Newman Physiotherapy Department.
- Participants enjoyed the water program immensely and are asking when the water program will commence again.
- Program was well received by HACC staff.
- The new equipment bought with the DOH funding made exercises more enjoyable and encouraged participation.
- A new hoist.



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Roebourne's Fishing Day Out

Aim:

To promote a healthy lifestyle including activity and nutrition (and promote cultural sharing).

Target Group/s:

- Residents of Roebourne over the age of 45 years.
- People with mental illnesses, people with disabilities, and veterans.

Objectives:

- To promote safe and appropriate exercise.
- To promote healthy eating habits (and access to culturally appropriate foods).
- To promote sun protection.
- To promote awareness of and access to health services including community health and allied health and community organisations including Pilbara Home Care.
- To provide community members with the opportunity to make supportive links with other community members and organisations.
- To promote cultural sharing.
- To decrease social isolation of disadvantaged community members.

Strategies:

- Included taking a collaborative approach using multi-disciplinary teams and capacity building within the community.
- Organised a fishing day out to Cossack that included provision of transport, healthy food and several health workers including a physiotherapist, occupational therapist, Aboriginal health worker, HACC worker and a community health nurse.

Results: *(No formal survey was conducted)*

- Achieved most of the objectives however, future groups could be improved with implementation of recommendations.
- 17 participants.
- Participants reported they found it easy to participate in fishing.
- Some participants found it difficult to walk.

Recommendations:

- The group continues on a monthly basis.
- Continue to conduct a reconnaissance of locations.
- Further discussion regarding strategies to promote the wear of appropriate footwear are required.
- Video the event to include qualitative information for future groups.
- Participants requested another fishing trip for the next event.
- Provide equipment such as shade cover if unavailable etc.



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What worked well:

- Informal discussion indicated that they enjoyed the day.
- Opportunity to relate stories from previous visits to Cossack.
- Culturally appropriate location. Reconnaissance was completed prior to the event.
- Facilities were appropriate and accessible and there was plenty of shade.



Summary of issues for the small grants project

Funding Transfer to Population Health Units

The funding transfer was delayed to Population Health Units (PHU's) until November 2002 due to administrative issues within the Department of Health.

This caused problems for some of the PHU's who were unable to access funds that were not specifically allocated to the small grant project and consequently delays with commencement of their specific projects occurred.

Refunded monies from Population Health Units for Outputs not delivered upon

A further limitation was related to the administration of securing a refund of monies for Outputs that were not delivered upon. Due to financial processes, following the transfer of money to PHU's for specified Output Performance Measures, the Working Group was unable to secure the return of these funds if Outputs were not delivered upon. Although the return of funds would have added to the administration demands of the grants, the ability to withdraw funds would have ensured some level of accountability and follow up for non achievement of Outputs.

Difficulties encountered during the process of managing the small grants

The main limitation of the project related to the availability of and continuity of the project's key contact person. In several instances, including the Gascoyne example, the contact person left their position and the position was not filled. Also in some instances the position was left vacant for a considerable period of time and/or was filled by an inexperienced officer who appeared not to be well supported. Short-term contracts and/or rapid staff turnover, particularly in regional areas are issues that directly impacted on the effectiveness of the project.

A final limitation in the small grants project was the time taken to administer the grants particularly in relation to following up on the large number of projects that did not 'run smoothly' (for reasons outlined above and others).

Recommendations for future funded small grant projects

Suggested recommendations to overcome some of the problems encountered in the administration and management of the small grants, include:

- The forwarding of money to PHU's to be linked to receiving the final report or at least an interim report (linked to the achievement of perhaps 50% of the key outcomes). Most PHU's appear to have the capacity to absorb the costs associated with setting up their initiatives therefore retrospective funding would seem appropriate. This also addresses the problem of trying to get PHU's to return funds to the Department if outputs are not delivered upon. Some PHU's however, had difficulty in absorbing the costs prior to receiving DOH payment and consequently caused delays with program implementation.
- All applications to be signed by Management, including the formal agreement that outlines the roles and responsibilities of both parties. This ensures that Management are aware of the PHU's roles and responsibilities in relation to the project and ensures (some) long-term commitment to the project. It also can assist to ensure Management are aware of workloads of their staff and support requirements.



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- A Working Group (of at least three representatives) to be nominated as part of the submission process and acknowledged within the formal agreement signed by Management. The formation of a Working Group would assist to ensure responsibilities are shared and facilitate the sustainability of the project.
- Consideration of realistic time demands in the administration of the grants. Although time was considered, consideration was not given to the large number of projects, which did not run smoothly and hence required extensive time investments on behalf of the members of the Working Group. Additional administration time would need to be allocated also for the incorporation of recommendations, for example to link payments with reporting requirements.
- Inclusion of information within the final report to assist in building capacity within other organisations who may be considering similar projects, such as 'What did work well', 'What did not work so well' and 'What can be learned'.

Conclusion

Although the grants were very well received by Population Health Units throughout the state and the partnership between the Injury Prevention (IPB) and Nutrition and Physical Activity Branch (N&PAB) was a positive and strategic one from a Departmental perspective, the issues encountered with administering, implementing and managing the regional small grant project deemed the initiative unsuccessful in this instance. However, the Injury Prevention Branch (IPB) and Nutrition and Physical Activity Branch (N&PAB) believe the grants do have the capacity to lead to the development of some innovative and sustainable initiatives within the community. It is recommended however, that some fundamental changes would be required if similar small grant projects are to be considered in the future.



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Produced by Injury Prevention Branch
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