Keeping the elderly active

Jette Nielsen
Instructor and founder of “Op på dupperne”
Our experience and hundreds of studies show that exercise improves quality of life and give people a *longer life significantly*.

So we thought that it was paradoxical that the offers they gave elderly sick people were only to retrain, not to maintain an active lifestyle.

We were convinced that to change older peoples lifestyle, then we should create an environment that motivated people to continue to train in a sports club.

**Aim:** To create an environment where exercise is a natural part of the daily life for the elderly in Greve
History "Op på dupperne"

Sports Club

- Today 1200 members
- Today 25 instructors (Continuous education)

Rehabilitation team

- Yearly around 50 citizens
- Two instructors
Citizens who have:
- KOL
- Diabetes (Type 2)
- Alzheimers
- Ischemic heart disease
- Mentally disease to a minor degree

Aim: Rehaillitated citizens continue to be physical active in the sports club

Members:
- Between 60 and 93 years
- Huge variation in Fitness level
Partnership with Greve Municipality

**Purpose:**
To offer rehabilitation for citizens for whom it is difficult to be physically active so the participants can develop and maintain their functional level.

**Goal:**
To direct the participants to the sports club when the rehabilitation period is over, so they can take care of themselves.
Partnership with the municipality Greve

Partnerships agreement
Meetings 4 times a year
Engaged staff in the municipality
Engaged staff in the rehabilitation
Taxa for the most week persons

The participants must be verified by the staff from the municipality
The offers goes for 4 months
Doctors, sosu-assistenst, visitators, terapists refers to the project
Tests before start and in the end of the project

Chair sit and reach
Back scratch
Time up and go
Chair stand
6. min. walk
Average of the test results Spring 2014

Chair sit and reach Right side  +10.9 cm
Chair sit and reach Left side   + 9.4 cm
Back scratch Right side        + 9.0 cm
Back scratch Left side         + 13.0 cm
Time up and go                 + 25% (2.7 sek.)
Chair stand                    + 4.5 gange
6 min. Walk                    + 25% (86 m)

Everybody has been in a better condition at the 2. test.
How many come through?

2012
44 started – 13 stopped – 29 came through – I alt 66% came through

2013
47 started – 10 stopped – 37 came through – I alt 79% came through

2014
51 started – 14 stopped – 37 came through – I alt 73% came through
Direct citizens to the local sports club in Greve financed by the individual

60-70% continue in Op På Dupperne

The offer do a big and positive change for the participants

- Physically-
- Mental- and
- Social health

They got a bigger quality of life
We can offer training to everybody from the project

A Very good fitness level  8%
B General good fitness level  70%
C Moderate fitness level  14%
D Impaired fitness level  6%
E Very Impaired fitness level  2%
Different levels because.....

The training will be adaptet to each teams level

43 teams spread on 5 levels

Everybody kan train as much as they like every day and week

The Price for 1 year
850 kroner ~ 113 Euro
Different level in our teams

Example of exercise in level A

Example of exercise in level B
Different levels in our teams

Example of exercise in level C

Example of exercise in level D
Different levels in our teams

Example of exercise in level E
Social contact is very important
Social arrangement in the Club

- Summer- and Christmas party
- Excursions
- Lectures
- Dance and dinner 1 Friday each month
- Holidays for 5 days
- Walk in the Camino
Party and entertainment
Our website:
www.oppaadupperne.dk
Op Påa Dupperne
Greve Senior Sport

Billeder fra aktiviteter