


# Keeping the elderly active

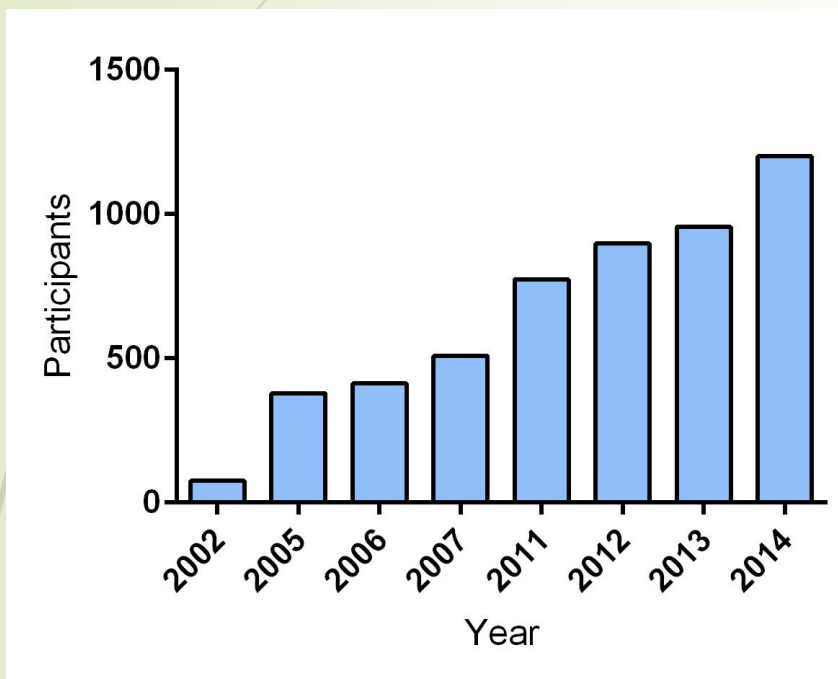


Jette Nielsen  
Instructor and founder of "Op på dupperne"

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- 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

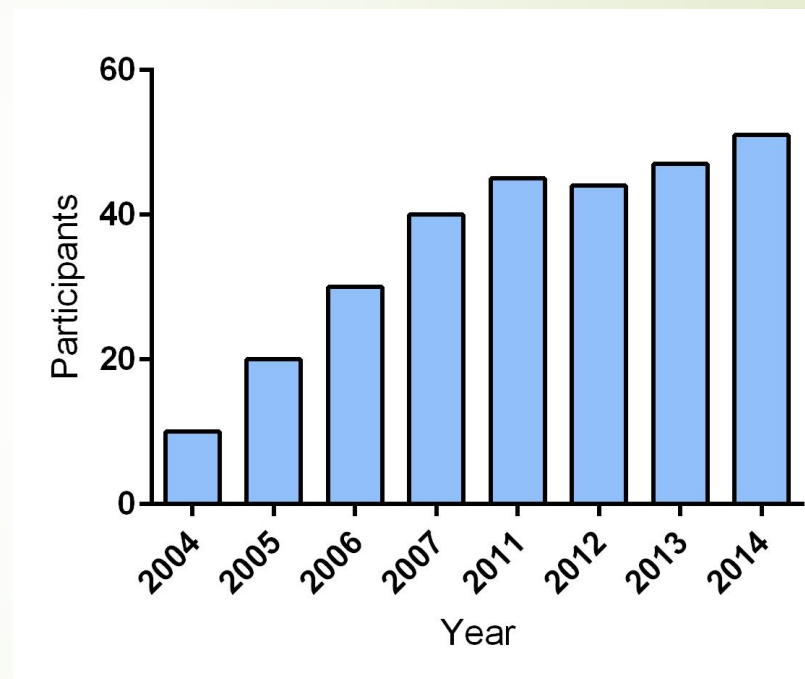
# History "Op på dupperne"

## Sports Club



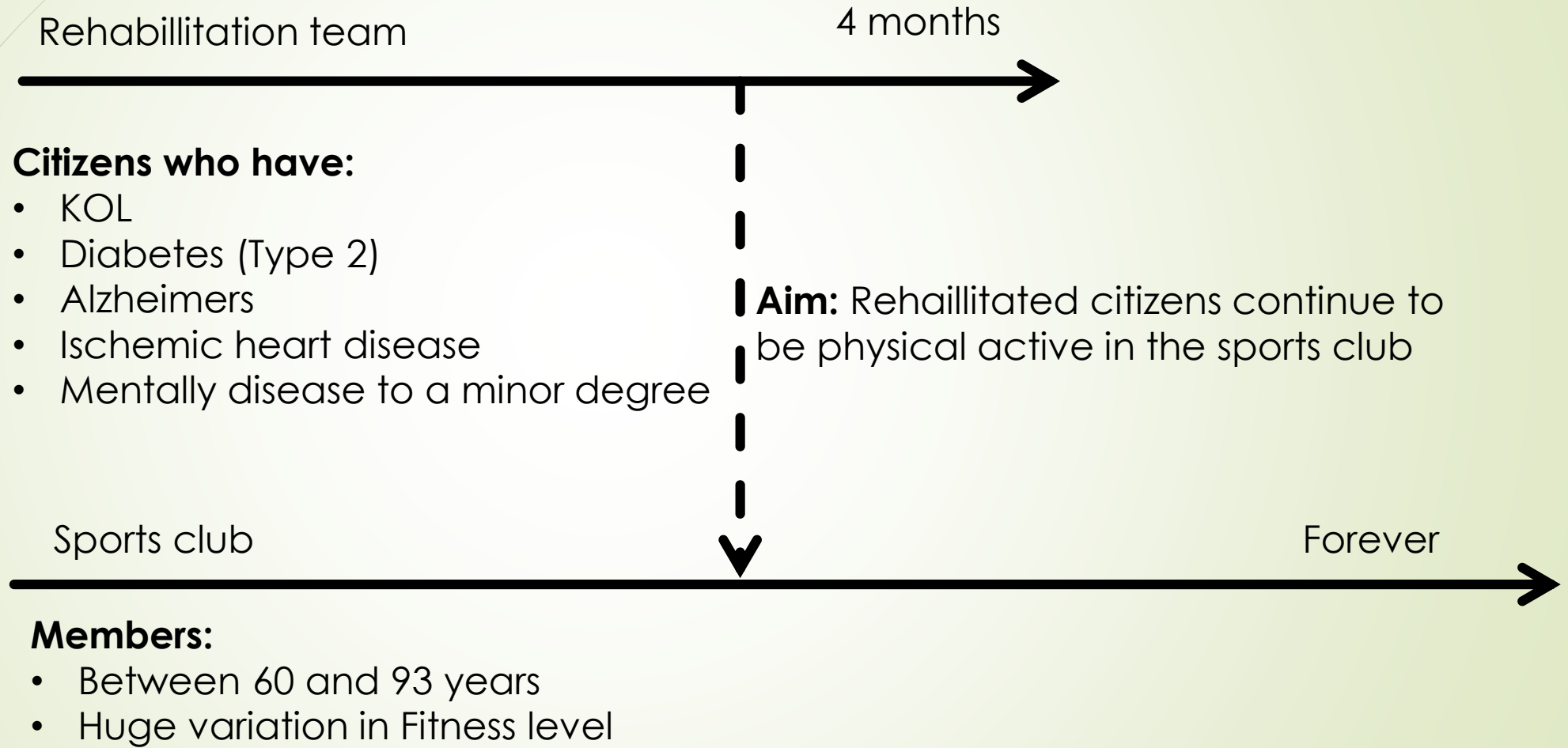
- Today 1200 members
- Today 25 instructors (Continuous education)

## Rehabilitation team



- Yearly around 50 citizens
- Two instructors

# Rehabilitation for life





# Partnership with Greve Municipality

## **Purpose:**

To offer rehabilitation for citizens for whom it is difficult to be physical 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, therapists 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 testresults 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

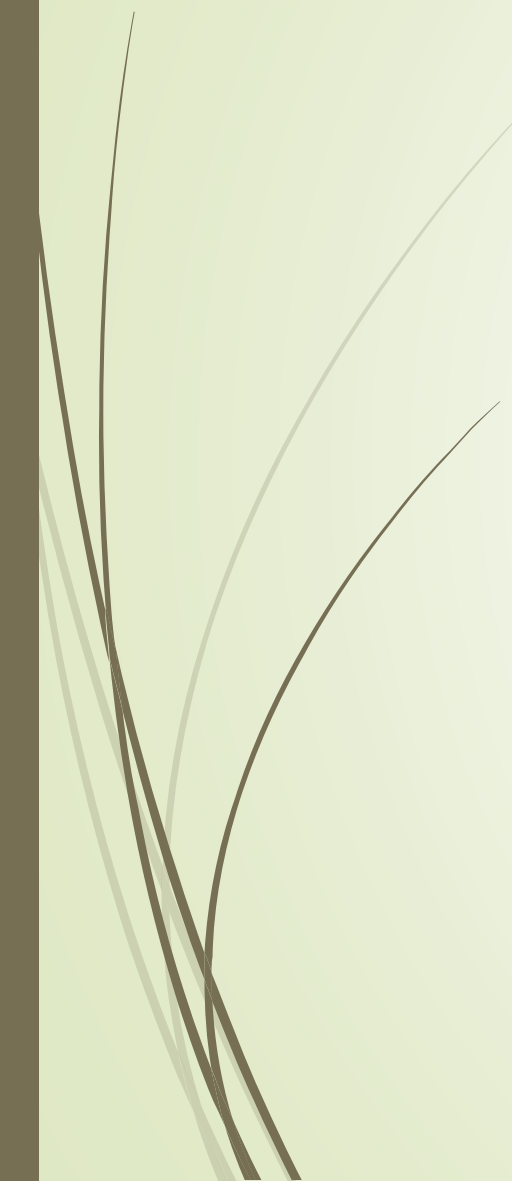
They got a bigger quality of life





# We can offer training to everybody from the project

<b>A</b>	Very good fitness level	<b>8%</b>
<b>B</b>	General good fitness level	<b>70%</b>
<b>C</b>	Moderate fitness level	<b>14%</b>
<b>D</b>	Impaired fitness level	<b>6%</b>
<b>E</b>	Very Impaired fitness level	<b>2%</b>





# Different levels because.....



The training will be adapted to each team's level

43 teams spread on 5 levels

Everybody can 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](http://www.oppaadupperne.dk)







## Billeder fra aktiviteter











