

Exercise Right for Active Ageing

Purpose and explanation of the program

Exercise Right for Active Ageing is an initiative of Exercise & Sports Science Australia funded through a Sport Australia - Better Ageing Grant. The program will allow people over 65 years of age to access 12 x 1-hour subsidised exercise sessions.

In the Exercise Right for Active Ageing exercise sessions you will participate in group-based activities at a low to moderate intensity. The sessions will include large muscle-group aerobic activities and may include resistance exercises using dumbbells, body weight and/or resistance bands, such as arm raises and seated rows.

Who will deliver the sessions?

The exercise sessions will be delivered by accredited exercise scientists and accredited exercise physiologists. These are university-trained professionals who deliver exercise to improve the health and wellbeing of older people and the activities within the exercise sessions have been tailored to be safe and effective.

What assessments will be included?

We will be recording some information about you before you start the exercise sessions and once your 12 sessions are completed.

We will be recording your age, gender and any pre-existing medical conditions. We will also be testing your grip strength, leg strength, balance, flexibility and agility using some simple functional assessment tasks. You have the right to voluntarily stop any test at any time. In addition, the authorised provider may direct you to stop the test you are completing. Specific test procedures will be discussed in person. Testing will take about 15 minutes.

Attendant risks

Risks associated with exercise are specific to the type of test or exercise. General risks associated with exercise include abnormal blood pressure, muscle and or joint pain, and light-headedness. Any type of exercise may, in rare cases result in stroke, heart attack or death. All effort will be made to minimise these risks by monitoring you during testing and exercise and by considering your medical history. Furthermore, staff are trained in first aid and CPR.

Following exercise, you may get some muscle discomfort, particularly if you have not been exercising those muscles for a while. This discomfort typically appears the day after exercise and should resolve itself within 2 days.

Responsibilities of the participant

Information on your healthcare rights can be found in the Australian Charter of Healthcare Rights available at www.safetyandquality.gov.au For your own safety, you need to report your health history; this includes current and past conditions, medications and any symptoms experienced during exercise. Reporting of this information will ensure you only participate in exercise that is appropriate for you. For information on abnormal symptoms experienced during exercise, ask your exercise professional.

Expected benefits of the research

You will play an important role in establishing the benefits of group exercise sessions for improving the health of older people. Your involvement will have national implications and results will help the research team to lobby for ongoing support for future programs.

All results are confidential

The information that you provide to us is strictly confidential. All data collected will be de-identified and consolidated when published in any reports or scientific publications.

Storage of data

All data will be password protected on secure computer servers. De-identified data will be kept for seven (7) years from the completion of the project and publication of results.

National evaluation

Sport Australia is also running a national evaluation of all 27 Better Ageing grant programs – including Exercise Right for Better Ageing. You can take part in this national evaluation by visiting <https://tinyurl.com/BetterAgeingSurvey>

Your exercise professional will also provide you with a handout to guide you to the national evaluation website.

Questions?

If you have any questions, please ask your exercise professional.



Consent form

Exercise Right for Active Ageing

I confirm that I have read and understood the information sheet and that:

- I agree to voluntarily participate in the Exercise Right for Active Ageing exercise sessions.
- I understand that I am free to withdraw at any time.
- I understand that evaluation data will be gathered for reporting and research purposes.
- I understand that my name will not appear in this data and I will not be individually identifiable.
- I consent to having this data collected.
- I have read all the information carefully and I understand it.
- I acknowledge and accept the risks associated with the testing and exercise in which I will participate.
- I have had the opportunity to ask any questions, which have been answered to my satisfaction.

Participant name

Signature

Date

