

DID YOU KNOW? ...

90% of older Australians have at least one chronic health condition.
50% of older Australians have 5 or more chronic health conditions.

Most older Australians are not achieving adequate physical activity for optimal health and wellbeing.

Many older Australians find physical activity difficult when faced with the consequences of chronic health conditions, such as pain, fatigue and mobility limitations.

There are practical, proven, skills that can be helpful for managing chronic health conditions and improving levels of physical activity.

Being more physically active can result in significant improvements in both physical and emotional wellbeing regardless of age.

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myMoves for Seniors

An Internet-Delivered Self-Management Program to improve Physical Wellbeing

Physical activity as we age

90% of older Australians have a chronic health condition and most are not achieving adequate physical activity levels. In 2014, it was estimated that more than 60% of individuals aged 65 and older were not physically active in NSW. This is very concerning because maintaining regular physical activity is imperative to the management of numerous chronic health conditions and maintaining good mental and physical health. However, older Australians face many barriers to participation in physical activity, such as pain, fatigue and worry about managing numerous health conditions.

The good news is that there are practical strategies that can be used to help improve physical activity levels as you age, and this can lead to improvements in physical and emotional wellbeing.

What is the myMoves Program?

The myMoves Program is a new self-management program delivered to you in your home via email and telephone. This program provides good information and teaches proven skills for managing physical activity as you age. The aim of this program is to help people maintain good physical wellbeing despite their chronic health conditions.

We developed the myMoves Program because managing physical activity as you get older and face multiple chronic health conditions is difficult. Many people have limited access to good information and are never taught practical pain management skills.

The myMoves Program is suitable for:

- **NSW residents aged 65 and older**
- **People who have at least 1 chronic health condition**
- **People who can walk outside for at least 10 mins without stopping.**

What does myMoves involve?

The myMoves Program consists of:

- 5 Online Lessons completed over 8 weeks.
- Simple DIY Tasks, which help you to learn the material and practice the skills taught.
- Brief weekly contact with a physiotherapist who will support you through the program and answer your questions.
- Wearing two small physical activity monitors for 1 week on 3 occasions over 3 months, and completing some brief online questionnaires.

We have received encouraging feedback about the program with 96% of participants reporting it was 'worth their time'. Many participants have also reported improvements in their emotional wellbeing and ability to participate in everyday activities.



How to Participate?

Visit our website to read more and register your interest in the myMoves for Seniors Program. The myMoves Program is being offered by the myMoves Team at Macquarie University, a team of highly experienced physiotherapists and psychologists. We look forward to working with you to help you to live a more active lifestyle, and enjoy better health and wellbeing.

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