

Good practices in HEPA

NAME OF THE ACTIVITY

Walk and Talk (WaT) – Movement Meeting Point (MMP)

LEADING ORGANISATION

DTB

COUNTRY

 Germany

HEPA-RELATED TOPIC

HEPA for NCD prevention, HEPA for active ageing (including falls prevention)

TYPE OF ACTIVITY

Physical activity, low-threshold range of exercises, education

TARGET GROUP

Elderly people over 75–80 years

OBJECTIVES

The main objective of this initiative is to activate elderly, inactive people.

ACTIVITIES

Walk and Talk (WaT): Many elderly people in the neighbourhood live alone. This activity involves creating a meeting point for the initiative in a place that many older people know or visit regularly, e.g. a pharmacy. The organisers invite them – with the help of the pharmacist – to the WaT session in the neighbourhood they know and feel safe in. During the walk they give the participants specific tasks (like introducing themselves to two or three other participants; exchanging information such as what they like, where they shop, what they cook). This activity can be organised once per week.

Movement Meeting Point (MMP): This is an example to activate elderly people aged 70 years and older. Exercising in a group is a valuable social component, especially for older people, and improves personal motivation and the fitness. The implementation is done primarily outdoors in a suitable area/public space in the respective municipality. The MMP should be carried out regularly once a week on a specific day and at a fixed time. It is recommended to plan a duration of approx. 45–60 minutes. A fixed location (e.g.

the pharmacy, the meadow in front of the bridge, etc.) is also useful as a starting point for the MMP. At first, the group walks to the exercise site and then plays games or does exercises focusing on building coordination, mobility and strength.

RESULTS / EVALUATION

There is no scientific evaluation but the concept has received good feedback from many clubs, their instructors, and participants. According to the feedback, the concept works very well to reach and activate elderly people, mainly for the following reasons: everybody can take part, people should be able to walk approx. 2 km independently, comfortable daily clothing is sufficient, participants don't need any special equipment, there is no obligation, no need to be a club member, and it's free of charge.

TIPS & TRICKS

The walk leader should be a person the elderly people know and trust. In some villages – the priest invites the elderly people to a weekly WaT. It is a great success! In other villages the pharmacist or retired doctors are MMP Guides.



WEBSITE

www.dtb.de/bewegungstreffeleiterin

CONTACT

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