

Good practices in HEPA

NAME OF THE ACTIVITY

Prévention Active Senior (PAS)

LEADING ORGANISATION

Azur Sport Santé

COUNTRY

■ ■ France

HEPA-RELATED TOPIC

HEPA for active ageing (including falls prevention)

TYPE OF ACTIVITY

Adapted physical activity: mostly active and Nordic walking, muscle strengthening and balance

TARGET GROUP

Elderly people over 60 years old who are not physically active enough

OBJECTIVES

To prevent loss of autonomy and chronic diseases from developing among elderly people aged over 60 years who are not sufficiently physically active and who are at risk of developing chronic diseases. To develop a HEPA network and a local offer for this target group.

ACTIVITIES

A three-month adapted physical activity programme offered free of charge to the elderly participants, as it is financed by a public body that has a goal to prevent loss of autonomy among elderly. The programme consists of two adapted physical activity sessions per week: one developing cardio-respiratory capacities and the other strengthening the muscles and improving balance. On top of that a guide has been created for a third weekly session that needs to be done autonomously. The programme also includes education of coaches and working with municipalities to create a sustainable HEPA offer for the elderly.

RESULTS/EVALUATION

Since 2017, more than 1400 elderly people with an average age of 71 years old have participated in the programmes. 77% of participants are women. The regularity rate is at 83%, with only

4 training sessions missed out of 24. 99% said they were satisfied or extremely satisfied with the programme and 96% wanted to continue, with a preference for supervised sessions. In a survey, partners and municipalities reported that 48 HEPA offers for the elderly were created thanks to the programme. These offers correspond to 81 hours of weekly practice and 45% of participants continue to practice regularly. The programme has been organised in 75 municipalities and has included 52 different physical activity organisations and 64 certified PA coaches.

TIPS & TRICKS

Include games and fun activities as much as possible!



WEBSITE

www.azursportsante.fr/initiatives/seniors/

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