

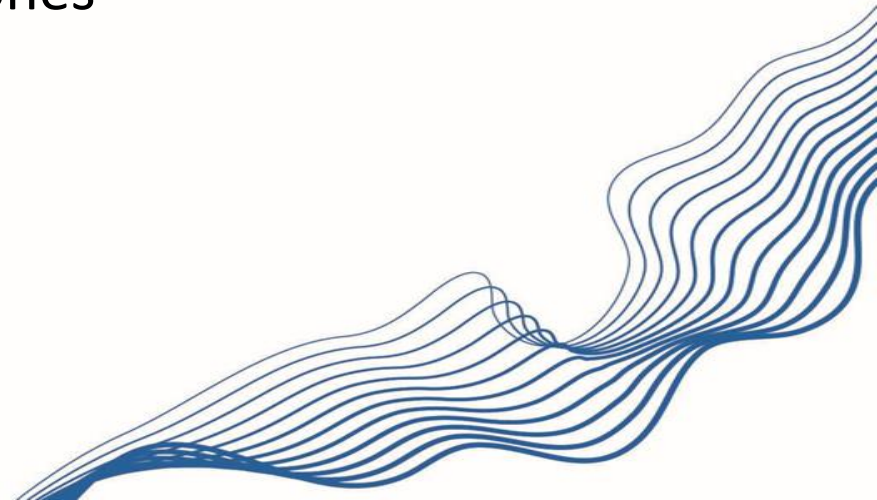


Boroondara
Adventure Camp May
2019

Active
Adults

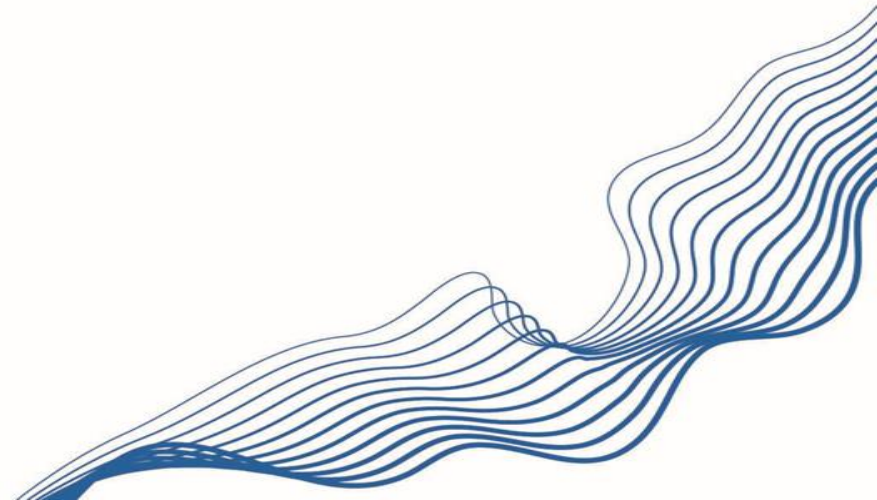
Why?

- To promote social interaction amongst older adults
- To allow older adults to connect with each other in a fun environment
- To promote active lifestyles amongst those aged 55+
- To get older people out of their comfort zones
 - “Break the Status Quo”
- To have FUN!



How?

- YMCA Victoria arguably leaders in Older Adults programming
 - 14,000 over 50 members across 30 facilities
- Y-Vic Scope – Camps & Rec Facilities
 - Reach
- Impact of programming at Y-Vic
- YMCA is a Not for Profit organisation
 - Programs are low income friendly



What?

- Participants over the age of 55+ are taken to a YMCA Camp for a half-day
- Complete 2 Activities including:
 - Giant Swing
 - Orienteering
 - Archery
 - Flying Fox
 - High Ropes

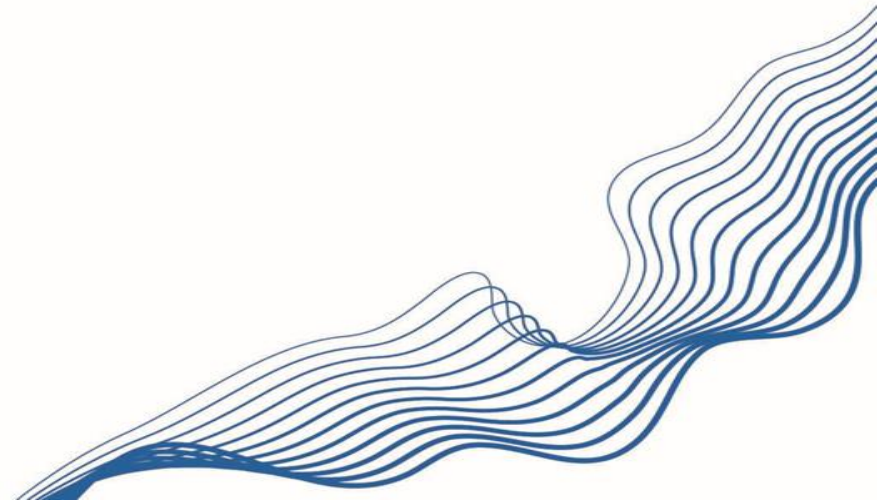


1st Camp - October 22nd 2018

- 8 participants in total from Hawthorn Aquatics & Leisure Centre

2nd Camp - May 13th 2019

- 13 Participants in total aged 55+
- 7 from Boroondara Sports Complex
- 6 from Hawthorn Aquatic & Leisure Centre



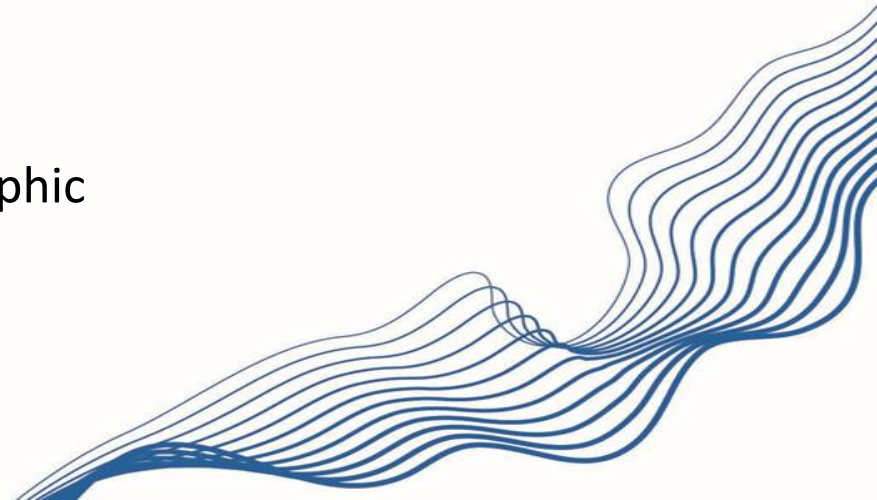
Activities & Recap of the Day

- 2 Activities:
 - Flying Fox & Frisbee Golf
- Morning Tea & Lunch
- Walk on the Beach



Program Outcomes

- All participants rated the day at least a 7/10, with the average score a 9/10
- 7 participants gave it a 10/10
- All participants except 2 were members
- 2 non-members have since attended facility for group classes
- Not measurable:
 - New friendships & connections created
 - Increased confidence
 - Promote activities to friends of a similar demographic



How to get involved

- Touch base with your local YMCA sites
- The program is available to non-members
- YMCA Camps run these days regularly irrespective of whether recreation sites have arranged an outing



Plans for the future & support needed

- Future Camps at Boroondara
 - Every 2-3 months with a longer break over Winter Period
 - Next camp planned for Spring (September/October)
- Outreach
 - Support from Councils/LGA's to advertise programs to those in the community who may be hard to reach
 - Socially isolated
 - CALD Groups

