

Final Progress Report

Do It Now Project

Executive Summary

The Do It Now Project was conducted by the Australasian Occupational Science Centre from July 2005 to June 2006.

Regional Partnership funding of \$55,000 (excl GST) contributed to the salary costs for the Project Officer engaged to undertake the project.

The Do It Now (DIN) Project consisted of an Education and a Research module.

The aim of the Education module was to conduct 20 programmes to educate 200 Shoalhaven residents aged 55 years and over about the importance of continued participation in purposeful and meaningful occupations for their health and well being.

The aim of the Research module was to gather data from the participants in the Education programmes. Findings from the data analysis will inform relevant stakeholders about the occupational needs and the community-based barriers to the occupational participation of a sample of Shoalhaven seniors.

171 Shoalhaven residents aged 55 and over participated in a Do It Now Education programme.

20 programmes were conducted; 7 programmes for residents aged 55-64 years and 13 programmes for residents aged 65 years and over. Programmes were conducted in each of the 5 Local Planning Areas (LPA).

Preliminary analysis of the follow-up telephone interview data reveals that 99% of respondents enjoyed the DIN Project, 99% agree that participation in community activity positively influences health, and 57% of those already participating in community activities intend to take up new activities. The data shows that of the 12 respondents who are currently not participating in community activities, 10 (83%) intend to take up community activities in the future.

Recommendations from the participants to improve opportunities and choices for Shoalhaven seniors to participate in purposeful and meaningful occupations include: development of senior friendly walking tracks, modifications to community centres and halls to improve acoustics for the hearing impaired, and reduction in 'red tape' associated with volunteering.

The DIN Project has achieved outcomes at all levels. Shoalhaven residents have reported positive lifestyle changes. DIN has contributed to Shoalhaven economic development through employment of research staff. It has influenced both local and national policy for seniors' health and well being through its contribution to Blueprint Shoalhaven and the National Speakers Series: Building a community for all ages, respectively. DIN will continue to influence knowledge and policy at an international level through dissemination of publications in its research findings. Additionally, DIN has raised the profile of Shoalhaven nationally and internationally.

Do It Now Project

1. Summary of performance against activity milestones

	Activity Milestone	Expected completion date	Actual completion date	Performance summary
(i)	Development of programme Design - Ethics approval	30 Sept 05	5 Sept 05	Initial approval from the University of Wollongong Human Research Ethics Committee (UOW HREC) to conduct the Project was granted on 5 September, 2005, on condition that separate programmes would be conducted for people aged 55-64 and 65+.
			17 Nov 05	Approval to use the questionnaire developed to gather data for the research module and approval to conduct programmes for individuals and programmes for employees was granted 17 November 2006.
				Shoalhaven City Council (SCC), the Department of Education and Training (DET) and other Shoalhaven local businesses were subsequently invited to promote the Project to their employees.
				Employees from SCC, DET and local businesses attended the DIN Education programmes for the age group 55-64.
				The Shoalhaven Paper Mill requested a customized DIN Education programme for its employees who had been made redundant in its restructure.
			7 Mar 06	Additional approval to conduct the follow-up telephone interviews was granted on 7 March 2006.

	- Programme development	30 Sept 05	30 Sept 05	<p>During the first 3 months of the Project:</p> <ul style="list-style-type: none"> - powerpoint presentations and handout material for the Education module were prepared; - questionnaires, which participants completed during the Education programmes, were developed for the Research module; - questions for the 3 month follow-up telephone interview to evaluate the Education module were considered; - teaching equipment and instruments were purchased; - venues for the Education programmes were investigated and booked; - Superannuation, Workers Compensation and Public Liability insurances were organised.
	Advertise	30 Sept 05	28 June, 2006	<p>The DIN Education programme was advertised on the www, in the printed press, on the radio and by means of brochures, as described in the previous progress reports.</p> <p>The AOSC website is being upgraded and the revised version will go live shortly. Advertising on the www means the DIN not only has local, but also national and international exposure.</p> <p>The DIN Education programme was also advertised from 25 August 2005 to 28 June 2006 at presentations at community and service club meetings attended by residents aged 55 years and over. 636 Shoalhaven residents attended these presentations and were informed about the underlying principles of the DIN Project. Refer to Table B(ii)</p>

	Recruit	30 Sept 05	15 May, 2006	Recruitment continued until 15 May 2006. Between 8 August 2005 and 15 May 2006, 245 residents indicated they were interested in participating in the Education programme by providing their telephone number for contact. 235 participants were booked into a programme that would be conducted in their local area. Refer to Table B(i)
(ii)	Provision of programmes 1-8	31 Dec 05	31 Jan 06	<p>8 x programmes, in which 55 residents participated, were completed by 31 Jan 06.</p> <p>There were 3 x programmes for 55-64 year olds in which 17 residents participated - 8 male, 9 female (47% / 53%). All these programmes were conducted in LPA 1.</p> <p>There were 5 x programmes for 65+year olds in which 38 residents participated – 14 male, 24 female (37% / 63%). 2 x programmes were conducted in LPA 1 and 1 x programme was conducted in LPA 3, LPA 4 and LPA 5.</p> <p>Refer to Table B(iii)</p>
(iii)	Provision of programmes 9-20	30 April 2006	14 June 06	<p>The remaining 12 x programmes in which 116 residents participated, were completed by 14 June 2006.</p> <p>There were 4 x programmes for 55-64 year olds in which 36 residents participated – 24 male, 12 female (67% / 33%). These programmes, which drew participants from all LPAs, were conducted at the Shoalhaven Campus in LPA 1.</p> <p>There were 8 x programmes for 65+ year olds in which 80 participants participated – 18 male, 62 female (23% / 77%). 5 x programmes were conducted in LPA 1 and 1 programme was conducted in each of LPA 2, LPA 3 & LPA 5.</p> <p>Refer to Table B(iv)</p>

				<p>In summary:</p> <ul style="list-style-type: none"> - 171 Shoalhaven residents participated in the 20 DIN Education programmes. <p>Refer to Appendix A for a descriptive profile of the participants.</p>
(iv)	<p>Evaluation</p> <p>Data Collection</p> <ul style="list-style-type: none"> - data for Research module <ul style="list-style-type: none"> - data for evaluating the Education module 	31 May 2006	<p>7 June 2006</p> <p>22 June 2006</p>	<p>Participants in the final DIN programme completed their questionnaires on 7 June 2006.</p> <p>The Project Officer maintained a reflective diary throughout the Project. The diary was used to record a range of data including recommendations from the participants, reoccurring issues that were revealed as important to the Shoalhaven seniors and suggestions for future projects.</p> <p>The follow-up telephone interviews of participants in Education programmes 1-14, which were conducted by Mary Millgate, a Shoalhaven-based independent researcher, were completed on 22 June 2006. Interviews with participants in programmes 15-20 will be conducted over the next 3 months.</p> <p>Criteria for follow-up interviews were:</p> <ul style="list-style-type: none"> -attendance at the single session programme for 55-64 year olds and attendance at 2 sessions in the programme for 65+ year olds; - granting of permission for follow-up. <p>The process involved in the follow-up included:</p> <ul style="list-style-type: none"> - the Project Officer making a maximum of 3 attempts to contact eligible participants to obtain permission for the Telephone Interviewer to call them; - the Telephone Interviewer making a maximum 3 attempts to contact those eligible participants who had given permission

	<p>Analysis - data for Research module</p> <p>- data re effectiveness of DIN Project</p>		<p>TBA</p> <p>TBA</p>	<p>for the interview.</p> <p>92 (81%) of the 113 participants in programmes 1-14 were eligible according to the criteria above.</p> <p>79 (86%) of the 92 eligible participants were followed up.</p> <p>All research data have been collated by a research assistant, Simone Foggo who is an undergraduate student at Shoalhaven Campus. Data have been transferred into a SPSS computer application which allows statistical analysis of data. It allows for in-depth data access and preparation, analytical reporting, graphics and modelling. Dr Jenny Peat, an experienced Shoalhaven-based research consultant, has been contracted to do the analysis. Preliminary data analysis has been undertaken. Further analysis will be undertaken over the next 3 months.</p> <p>Data from the telephone follow-up interviews have been processed in a similar way by Simone Foggo, so that data can be cross-tabulated. Dr Jenny Peat has undertaken preliminary analysis. Final analysis of the data will be undertaken once all follow-up interviews have been completed by Mary Millgate.</p>
	Report	31 May, 2006	TBA	The report for the stakeholders, which will include recommendations, will be completed when all follow-up and research data have been analysed.
	Acquittal	31 May, 2006	30 June 06	<p>The final acquittal has been completed.</p> <p>The Regional Partnership funding of \$55,000 (excl GST), received between July 2005 and June 2006, has been allocated to the salary and superannuation of the Project Officer.</p> <p>Refer to Appendix I for Acquittal Form.</p>

2. Summary of performance against outcomes

	Project Outcome	Performance Measure	Performance summary
(a)	Participants will better understand the relationship between participation in purposeful occupation and health and identify their personal barriers to occupational participation	90% of participants demonstrate an increased level of understanding about the relationship between purposeful occupation and health, and 75% demonstrate an increased level of occupational participation activities by April 2006	<p>Project outcomes relating to the effectiveness of the DIN Project cannot be measured until of the follow-up interviews are completed.</p> <p>However, preliminary analysis of the follow-up data reveals:</p> <ul style="list-style-type: none"> - 99% of participants agree that participation in community activities influences health and well being. - 20% of participants reported that the DIN Project changed their understanding of the relationship between community activities and health. - 11 participants commented that the DIN project reinforced their beliefs about the positive relationship between community activities and health. <p>Refer to Appendix C for sample comments about the influence of the Education programme on participants' understanding of the relationship between community activities and for examples of additional activities in which participants are now taking part.</p>
(b)	Participants will identify community-based barriers to their participation in purposeful occupation	Project report identifying and recommending ways of overcoming community-based barriers to participation in purposeful occupation by Shoalhaven residents by May 2006.	<p>The Project report will be completed when all data have been collected and analysed.</p> <p>See Appendix D for recommendations from DIN participants for increasing Shoalhaven seniors' opportunities and choices for participation in purposeful and meaning occupation. These are drawn from the Project Officer's reflective diary.</p>

(c)	Within the Shoalhaven there will be a more cohesive approach to community policy in relation to older residents' opportunities for participation in purposeful occupation	SCC, SDGP, IRT and SEIAHS implement the recommendations in the project report in order to obtain a more cohesive community policy for older residents by June 2006	<p>The full impact of the DIN Project on policy development in relation to older Shoalhaven residents cannot be measured until the Project report has been completed and disseminated to relevant stakeholders. Uptake of any Project recommendations will need to be measured over time.</p> <p>However, as there has been input on the DIN Project in the Blueprint Shoalhaven and the National Speakers Series fora, the DIN Project has already had an influence on policy development at both the local and national levels.</p> <p>The final report of Blueprint Shoalhaven, which was launched on 26 June, will be available on www.blueprintshoalhaven.com.au</p> <p>The final report of the National Speakers Series, which were launched on 26 June, will be available on www.health.gov.au/communityforallages¹</p>
(d)	AOSC will have the credibility to continue its research programme	2 articles in high impact, peer reviewed journal submitted by December 2006.	<p>Dr Alison Wicks, the Director of the Australasian Occupational Science Centre (AOSC), was the DIN Project Officer. Throughout the course of the Project, Dr Wicks has presented information on DIN and the AOSC at local, national and international seminars. For example:</p> <ul style="list-style-type: none"> - At the request of the University of Western Ontario (UWO), Canada, an audio-visual conference with Dr Wicks was held on 25 November, 2005. UWO researchers had learnt about the DIN and AOSC from the AOSC website and requested an opportunity to learn more about them. - Dr Wicks was an invited Keynote Speaker at the

¹ Suter, K. 2006. The report on the findings & recommendations of the National Speakers Series. Dept of Health & Ageing, Canberra.

			<p>Dept. of Health & Ageing's National Speakers Series: A community for all ages – Building a better future, held at Batemans Bay on 18 November, 2005. The title of her presentation was 'Do It Now: A program promoting seniors' participation.'</p> <p>- Dr Wicks was also invited to present at the Blueprint Shoalhaven's Health/Ageing/Public Service Summit held on 3 April, 2006. The title of this presentation was 'An occupational perspective of health'. See ² for a copy of this presentation.</p> <p>- On 27 April 2006 Dr Wicks presented a seminar for staff members of Dalhousie University in Halifax, Nova Scotia, Canada. The DIN project was discussed at length. Dr Wicks has since been invited to be an Adjunct Professor at Dalhousie University.</p> <p>- On 2 May 2006, Dr Wicks was a guest speaker to students and faculty members at the University of Western Ontario (UWO), in London, Canada. As a result of this presentation, UWO staff members have proposed a collaborative research project based on the DIN Project. Refer to Appendix E for a copy of an email from Dr Lynn Shaw from UWO suggesting research collaboration.</p> <p>- Preliminary findings of the DIN project were presented by Dr Wicks at the Canadian Society of Occupational Scientists Conference held in Vancouver, Canada 5-6 May 2006. The paper was titled 'Seniors' strategies for meaningful participation'. Refer to Appendix F for a copy of the Abstract for this presentation.</p>
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² www.blueprintshoalhaven.com.au/images/Ageing/Wicks%20An%20occupational%20perspective%20of%20health.ppt

			<p>- On 30 May, Dr Wicks was a participant of a working party to synthesise the outcomes of the Blueprint Shoalhaven's Health/Ageing/Public Service Summit.</p> <p>The findings of AOSC research will continue to be disseminated and its underlying principles promoted at forthcoming fora. For example:</p> <p>- On 22 May 2006, Dr Wicks submitted an abstract for a presentation, titled 'Do It Now: Promoting participation in retirement for healthy ageing' at the Australian Association of Gerontology (AAG) Conference which will be in November 2006 submitted. Refer to Appendix G for a copy of this Abstract.</p> <p>- Dr Wicks has been invited to present at the Health Services Australia (HSA) Group National Conference 11-12 August 2006. HSA is a government business enterprise reporting to the Department of Human Services. Refer to www.healthoz.com.au for information about HSA Group.</p> <p>- Dr Wicks will be submitting an article on which the AAG presentation will be based to the Australian Journal of Gerontology for peer review by 28 August, 2006.</p> <p>Visits to AOSC from national and overseas academics indicate the growing international reputation and profile of AOSC. The visits from academics not only raise the profile of Shoalhaven nationally and internationally, but also promote the AOSC locally. For example:</p> <p>- Professor Gail Whiteford, Head of the Albury – Wodonga Campus of Charles Sturt University (CSU), and Clare Wilding, PhD candidate from CSU visited</p>
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			<p>AOSC from 9-10 March, 2006. During their visit Prof. Whiteford presented a public lecture on 9 March and they both conducted a workshop for local occupational therapists on 10 March.</p> <p>- Professor Tamako Miyamae, Associate Professor Setsuko Yamasaki and Assistant Professor Akiko Tamaru from the Serei Christopher University in Hamamatsu, Japan visited AOSC from 21 – 23 March, 2006. A Mayoral Reception at Shoalhaven City Council was held for these Japanese visitors. Refer to Appendix H for a photo of the Mayoral Reception.</p> <p>The work of AOSC will continue to be profiled around the world. For example:</p> <p>- Professor Susan Ryan from the University College Cork in Ireland will be visiting AOSC 10-11 July 2006.</p> <p>- AOSC is hosting the Inaugural International Occupational Science Think Tank from 19-22 July 2006. 18 leading occupational scientists from 8 different countries will be attending this historic event.</p> <p>- In September 2006, Dr Wicks will presenting AOSC research at the Occupation UK & Ireland Conference in Northampton, UK. While in the United Kingdom, Dr Wicks has been invited to talk about the AOSC and the DIN project at the University College Cork, and at Leeds Metropolitan University.</p> <p>An additional economic outcome of the DIN Project, which further strengthens the credibility of AOSC, is the employment of 3 Shoalhaven residents. Future AOSC projects will lead to an increase in employment opportunities for students and research personnel.</p>
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3. Summary of mitigating circumstances

(1)	Continuation of Advertising beyond 30 Sept 05	As the Education programmes were being conducted over an extended period, it became apparent that it was necessary to continue advertising beyond the first 3 months of the Project to ensure ongoing promotion of the DIN project to Shoalhaven residents.
(2)	Continuation of Recruitment beyond 30 Sept 05	Recruitment was continued over 8 months, rather than restricted to the first 3 months of the Project to maximize the number of people recruited and to minimize the period between when people registered for the programme and their participation. This strategy effectively increased the number of recruits and decreased the likelihood of drop-out due to waiting time.
(3)	Delay in completion of programmes 1-8	<p>In the early months of the DIN Project, when advertising was primarily by press, brochures and radio, recruitment was relatively slow. Education programmes were not conducted until at least of minimum of 6 participants per LPA had been recruited. Hence there were insufficient recruits to conduct the first 8 programmes by the end of December.</p> <p>However, when it became apparent that presentations at community and service clubs were the most effective means of advertising, local clubs and groups were targeted. There was a delay in presenting to some of the clubs and groups as many had already planned their guest speakers and most went into recess over the Dec-Jan period.</p>
(4)	Delay in completion of programmes 9-20	The delay in completion of programmes 1-8, as described above, resulted in a delay in the completion of programmes 9-20.
(5)	Delay in completion of report	The delay in the completion of the programmes has meant that the follow up of the participants in programmes 15-20 will not be complete now until September. In addition to the reasons given above, the unanticipated depth and breadth of the data for analysis means that the report of recommendations is unlikely to be completed until 30 Dec.

(6)	Reason for not reaching the target number of participants	<p>245 people registered to participate in the DIN Education programme, and 235 subsequently booked into a programme that was to be conducted within their LPA. However, only 171 of those who were booked actually participated, with factors beyond the control of the Project Officer, such as illness, family business, pre planned holidays etc frequently being the reasons for non attendance.</p> <p>However, it should be noted that many of the people who were registered and or booked, but were unable to attend, have indicated that they would still like to participate if the DIN Project were to continue.</p>
(7)	Reason for delay in implementation of recommendations	<p>The final recommendations will be included in the final report, the completion of which has been delayed for the reasons discussed above.</p>

4. Process analysis and recommendation for improved practices

	Process element	Process Analysis	Recommendation
(1)	Time Frame	The Project was conducted between July 05 and June 06. This means that after 6 months, when the Project was really getting established, the 'slow' period of December and January impacted on the advertising, recruitment and conduct of programmes.	If 12 month projects were to commence in January and finish in Dec, then preparations can be done in January and the finalisation in December, thus minimising the impact of the 'slow' period on the conduct of programmes.
(2)	Length of project	The Project was conducted over a 12 month period. Initially, participants were directly recruited from presentations at community groups, however towards the end of the 12 months, there was an increase in number of participants recruited by 'word of mouth'. It is anticipated that if the project was extended, there would be potential for people not as actively engaged in the community to be recruited to the programme through trickle down/word of mouth.	Community development projects need to be conducted for at least 24 months.
(3)	Programme format	Originally, the Education programme was designed to consist of 4 x 2 hour sessions. Once recruitment commenced, it was realised that many people were unable or unwilling to commit to the programme for 4 weeks. Therefore the programme was reduced to 3 x 2 hour sessions. After evaluation of programme 1, the format was further modified to 2 x 3 hour sessions.	Reducing the number of days for sessions and increasing the number of hours per session can maximise participation without significantly compromising the depth and breadth of the content in community education programmes.

(4)	Reminder calls	Participants were contacted by telephone the day before the programme to remind them of the day, time and place of the programme.	Incorporation of reminder calls maximises participation rates in community education programmes.
(5)	Refreshment break	The inclusion of a 15 minute break for refreshments after 1 ½ hours provided a respite for the Project Officer and also a time for participants to stretch and use bathroom facilities. The break also avoided attention-loss due to fatigue. But, most importantly, the break provided an opportunity for participants to talk to each other and get to know each other.	Refreshment breaks should be included in 3 hour community education programmes.
(6)	Venue	<p>Shoalhaven City Council's public halls and community centres in all LPAs were venues for the programmes. Using a local venue facilitated access for participants. They were all easily accessible, well-lit, and provided suitable facilities for seniors.</p> <p>The programmes which were run at the Shoalhaven Campus of UOW in LPA 1 promoted the Campus to local community members. For many participants it was the first time they had visited the Shoalhaven Campus.</p>	<p>Community education programmes should be conducted in venues with appropriate facilities.</p> <p>Where possible, community education programmes may be held at university campuses to foster links between university and community.</p>
(7)	Cost of participation in Education programme	There was no charge to DIN participants. AOSC Pty Ltd Board members have raised the question of whether a small fee charged to participants would positively influence their commitment to the programme.	Consider introducing a small charge for participation in community education programmes.

		Although travel reimbursement was available to all DIN participants, only 2 people in the 65+ programme requested reimbursement. In one of the programmes for the 55-64 year olds, drivers were reimbursed for their travel, as these participants were long-term unemployed.	Retain the option of travel reimbursement for participants in community education programmes, especially if there is a research component.
(8)	Self selection of participants	Due to the conditions of the Ethics Approval, all participants were volunteers. This meant that the participants were self selected. As the majority of participants were recruited from community groups and clubs, most of them were already actively engaged in the community. Therefore, the education programme was presented to the 'converted' and or to those who already appreciated the importance of community engagement. Due to this fact, research findings could be skewed.	Self selection of participants needs to be acknowledged as a limitation of the research module of community projects.
(9)	Participatory Action Research (PAR) approach	<p>A PAR approach was adopted for the Project. PAR recognizes community strengths and utilises participant contributions.</p> <p>Many DIN participants expressed appreciation of having the opportunity to 'have a say' in policy development. Several have requested copies of the final report.</p>	<p>PAR should be adopted in community education programmes.</p> <p>The final report of PAR projects should be published on the www to maximise dissemination of findings to community members.</p>

5. Relevant Documents

All relevant reports, promotional material and media have been included in previous progress reports.

Descriptive Profile of Do It Now Participants

Table A(i) Age

	Total	Female	Male
59 years and under	46	17	29
60-64 years	29	23	6
65-69 years	30	21	9
70-74 years	26	21	5
75 years and over	38	24	14
Total responses	169	106	63

Table A(ii) Highest level of educational attainment

	Total	Female	Male
Primary school	12	9	3
High school	56	36	20
TAFE qualification	51	29	22
University graduate	14	8	6
Post-graduate	14	7	7
Other*	21	16	5
Total responses	168	105	63

*Includes industry-related qualifications, teaching certificates, in-house Defence Forces training etc

Table A(iii) Employment status

	Total	Female	Male
Employed	39	17	22
Unemployed	13	4	9
Retired	116	85	31
Total responses	168	106	62

Table A(iv) Primary employment by Australian Standard Classification of Occupations

	Total	Female	Male
Managers and Administrators	11	2	9
Professionals	48	32	16
Associate Professionals	10	5	5
Tradespersons and related	22	7	15
Advanced Clerical and Service	25	22	3
Intermed. Clerical and Service	21	16	5
Intermed. Production and Transport	11	3	8
Elementary Clerical, Sales and Service	8	7	1
Labourers and Related	2	1	1
Home Duties	7	7	0
Total responses	165	102	63

Table A(v) Participant distribution by LPA

Local Planning Area	Number of Participants in DIN	% of total DIN participants	Shoalhaven* Population Distribution
LPA 1	89	52%	47%
LPA 2	22	13%	8%
LPA 3	30	17%	19%
LPA 4	6	4%	5%
LPA 5	16	9%	21%
Out of Area or did not respond	8	5%	

* ABS Census 2001 Data

Table A(vi) Years of residence in Shoalhaven

	Total	Female	Male
Less than 5 years	33	23	10
5 – 14 years	40	28	12
15 years or more	96	55	41
Total responses	169	106	63

Table A(vii) Type of residence

	Total	Female	Male
Home owned or being purchased	136	84	52
Retirement Village	17	12	5
Rented or other	13	9	4
Total responses	166	105	61

Table A(viii) Number of persons in home

	Total	Female	Male
Alone	43	35	8
One other person	104	62	42
Two or more people	20	9	11
Total responses	167	106	61

Table A(ix) Retirees years since retirement

	Total	Female	Male
Less than 5 years	34	24	10
More than 5 years	73	52	21
Total responses	107	76	31

Advertising, Recruitment & Participation

Table B (i) Advertising, Recruitment & Participation Summary

Community group presentations	17
Attendees at presentations	636
Expressions of interest by phone	245
Individuals booked to attend DIN	235
Participants in DIN programmes	171

Table B(ii) - Community Group Presentations (Advertising)

Date	LPA*	Group	Number of Attendees
25 Aug 05	3	Sanctuary Point Probus	60
8 Sept 05	X	Sunset Club SIBA & NCC	59
24 Oct 05	4	Sussex Inlet Rotary	15
14 Nov 05	1	Bomaderry Rotary	21
19 Dec 05	X	South Nowra Rotary	20
20 Feb 06	3	Jervis Bay Probus	58
24 Feb 06	5	Mollymook Probus	65
9 Mar 06	X	Sunset club SIBA & NCC	50
28 Mar 06	1	Nowra Evening View	35
4 April 06	1	Kangaroo Valley CWA	12
5 April 06	X	Shoalhaven Lioness	15
5 April 06	2	Culburra View	78
5 April 06	X	Men's Fellowship	27
15 May 06	2	IRT Culburra	8
30 May 06	5	Milton/Ulladulla Rotary	36
9 June 06	X	Shoalhaven Sunrise Club	22
28 June 06	1	Nowra Day View Club	55
Total		17 groups	636 Attendees

*X presentations draw attendance from multiple LPAs

Table B(iii) Number of Participants by Gender in Programmes 1-8

Date	LPA	Total	Female	Male
12, 19, 26 Oct 05	3	10	4	6
15, 21 Nov 06	1	9	7	2
23 Oct 05	E	10	5	5
8, 15 Dec 06	4	6	3	3
13, 21 Dec 05	5	5	5	-
20, 27 Jan 06	1	8	5	3
24 Jan 06	E	2	2	-

31 Jan 06	E	5	2	3
TOTAL		55	33	22

Table B(iv) Number of Participants by Gender in Programmes 9-20

Date	LPA	Total	Female	Male
27 Feb 06	E	6	3	3
1, 6 Mar 06	1	5	4	1
7 Mar 06	E	12	5	7
8, 15 Mar 06	3	12	6	6
16 Mar 06	E	10	3	7
24 Mar, 7 /11Ap 06	1	13	10	3
27Mar,6 Apr 06	5	9	7	2
10,18 Apr 06	1	7	4	3
12 Apr	E	8	1	7
19 Apr, 17 May 06	1	9	9	-
25 May, 1 June 06	2	18	16	2
7,14 June 06	1	7	6	1
TOTAL		116	74	42

Table B(v) Number of Participants by Gender in Programmes 1-20

Date		Total	Female	Male
TOTAL		171	107	64

Sample Data from Do It Now Project

Table C (i) – Sample responses to initial questionnaire

In which community activities do you participate?	Political lobbying Volunteer native animal carer Chamber of Commerce Rotary Book Club Craft Sewing Group Hospital Committee Markets U3A Fishing Bushwalking Older Women's Network Milton Show Breeding show birds Concert Band Clean up Australia Day Gardening Fine arts at TAFE Play music at clubs, pubs and weddings Meals on wheels Folk dancing View Club.
Are there other community activities in which you would like to participate?	Teach Spanish to adults Scottish dancing As I so very involved in my loved area, I have recently had to change my number to silent. Start a seniors community band Start a babysitting business Playing music for financial gain and pleasure Coastal Patrol I would love to help people in their gardens, or work for a nursery Volunteering Something educational Teach reading Sport Want to write life story Computer skill educator Thinking of joining Landcare

Table C(ii) How did you learn about the ‘Do It Now’ project?

Radio	3
Newspaper	6
Word of Mouth	35
Employer	21
Internet	0
Other (including Presentations)	112

Table C(iii) Sample responses to follow up telephone interview

What made the experience enjoyable?	<p>Very worthwhile. As the population is getting more and more top-heavy, how we deal with old age is going to be a big problem in Australia. While we knew we were getting older, we hadn’t particularly thought about it and it gave us the opportunity to reflect on whether we were handling it ok (1.2.2).</p> <p>Meeting other people; hearing about other people’s lives; friendship – never know when meeting new people might lead to other things (1.1.3).</p> <p>It was something different. Interesting to hear different people expressing what they’ve done in their lives – all very interesting. Alison was <u>so</u> interesting and for a girl from the bush without high school education it was fascinating (1.3.1).</p> <p>Felt it was worthwhile – an awareness program. In hindsight the program was a turning point for me and a wake-up call. I realised I had no hobbies that weren’t work related, no forward plan and all I lived for was work and work-related matters. Now I only work two days a week, and guess what, the business still operates. It took until January to realise that I had been in a big hold of depression and a downward spiral over the last five years. I’m now coming out of it, have stopped working so hard and have taken up new interests (E.1.12).</p> <p>Met ladies who I saw regularly at Bingo but didn’t know, and now I do. Met up with some since for coffee and everything was much more personal. It was lovely having my opinion listened to (1.3.2).</p> <p>I’ve been to several seminars which looked at financial matters, but this session came from a different tack and got us thinking about how we were going to spend our time, the activities we might do and even the kind of housing we might have. Plus the health aspects. It was run very efficiently in a very relaxed atmosphere (E.6.1).</p>
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	<p>Perhaps more interesting than enjoyable; it made me see another phase of my life expanding in front of me and made me realise it's not far away and helped me put it in the right perspective (E.1.6).</p>
<p>How do you think participation in community activities influences people's health and sense of wellbeing?</p>	<p>Being more directly involved and giving of our time makes you feel good in yourself. If you feel good then it's good for your overall health(4.1.5).</p> <p>What Alison had to say opened my eyes a little bit; now I know why those that hibernate are like they are – sad, and bored, and lonely. If you get involved it keeps you more alert and active and therefore healthier (1.3.5).</p> <p>Most human beings need social interaction with other people; we need to laugh and commiserate with others. Can become introverted if you stay at home. Social interaction is as essential as sleeping and eating. It's become more important to us, since coming to the Shoalhaven to interact and this have been one of the happiest times of my life and one of the best decisions we've made (1.2.8).</p> <p>I learnt a lot from attending and primarily that DIN is what I have to do. Dealing first with personal issues but fully intend to get involved with the community later. Dealing with personal issues has been really good but have begun one community activity. I'm living by DIN now! (1.1.10).</p> <p>Keeps your mind occupied and stops you sitting around all day getting bored. Gives you something to look forward to and something to get up for each day (3.2.3).</p> <p>Would not have said yes at the time, but now I feel DIN did change my understanding of the relationship between community activities and health. Helps to create a balance between all the groups with which people interact. Groups cannot all be work-related (eg. Chamber of Commerce and Council). The skill is to learn how to balance all the groups and to know which make a difference to health and well-being – eg. if you over-indulge in work-related ones you can become a workaholic! (E.1.12).</p> <p>Occupation is the big thing – a lot of my friends are just sitting in their armchairs eating chips! I'm very motivated and doing things in community groups keeps me going (1.4.11).</p> <p>Always felt that if you're actively involved then it's much better</p>

	for you all round. It makes you feel useful when you're doing something to help others and this, in turn has a great influence on your wellbeing. There is a satisfaction to be gained by helping and being available for others. It makes a difference to that person's life (3.2.14).
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Table C(iv) Intention to participate in new community activities (currently participating)

Response		%
Yes	33	57%
No	25	43%

Table C(v) Intention to participate in new community activities (currently not participating)

Response		%
Yes	10	83%
No	2	17%

Table C(vi) Did you enjoy your participation in the 'Do It Now' programme?

Response		%
Yes	77	99%
No	1	1%

Sample of Recommendations from Do It Now Participants

1.	Reduction of 'red tape' which can be a barrier to older people becoming volunteers
2.	Development of 'senior friendly' walking tracks
3.	Purchase of a mini bus for self care residents at a retirement village to use for group outings
4.	Establishment of a Time Bank system, whereby people accrue 'credit' when they do volunteer work early in life, which can then be 'withdrawn' when they require assistance in the later stages of their life.
5.	Establishment of 'acoustic friendly' community halls and venues for the convenience of people with a hearing impairment
6.	Holding an Open Day for Seniors at Shoalhaven Campus
7.	Use of a student support network by seniors who are learning to use the Internet
8.	Continuation of the Do It Now project
9.	Establishment of a 'men's shed' programme in retirement villages
10.	Development of a life story writing programme for Shoalhaven seniors
11.	Establishment of a concert band for Shoalhaven seniors
12.	Development of non examinable courses for seniors at Shoalhaven Campus

From: "Lynn Shaw" <leshaw@uwo.ca>
To: "Alison Wicks" <wicks@uow.edu.au>
Cc: "Debbie Rudman" <drudman@uwo.ca>
Sent: Thursday, 25 May 2006 6:54 AM
Subject: International grant through SSHRC

Alison I want to engage in further dialogue about the potential of a Fall submission to the SSHRC international grants. I really think we can build upon your work and extend it internationally, (the Do it Now or the ehealth would likely fit with the SSHRC grant.). I think that we could build upon an international grant, go for the 75,000.00 and possibly even take a risk in pitching it for two years. I am thinking of working with you, Deb, and potentially your contact in Sweden. I am going to set up a meeting with the IOF granting person here at the university to discuss this potential after I get back from the CAOT conference in Montreal. Let me know what you would like me to find out, Deb will bring further details along with your mouse when she comes to Australia in July. Take care
Lynn Shaw

IOF Development Grant

http://www.sshrc.ca/web/apply/program_descriptions/iof_e.asp

IOF Project Grant

http://www.sshrc.ca/web/apply/program_descriptions/iof_e.asp

Abstract
for
2006 Canadian Occupational Science Conference
Vancouver, Canada

5-6 May, 2006

Seniors' strategies for meaningful occupation

Dr Alison Wicks,
AOSC, University of Wollongong

This paper presents preliminary findings from focus groups exploring seniors' strategies for meaningful occupation. The focus groups are part of the 'Do It Now' project conducted by the Australasian Occupational Science Centre and funded by the Australian Government through its Regional Partnership program. 'Do It Now' is both a community education program and a research study focusing on older people living in Shoalhaven, a rural community in the state of New South Wales, Australia. The aims of the project are to inform Shoalhaven seniors about the relationship between health and meaningful occupation and to gather information about their occupational needs and strategies for participation in meaningful occupation. The project participants are male and female volunteers all aged over 55 years. To date, findings related to participants' occupational strategies are as diverse as their occupational interests. To illustrate the diversity, three examples of seniors' strategies are discussed. First, there is the strategy of 'making prior connections' which has enabled one couple to make a smooth transition from their city home to a rural retirement village. Second, the strategy of 'downsizing' is discussed. Several participants have adopted this strategy to reduce time spent on home maintenance so they can participate in preferred occupations. And third, there is discussion on the strategy of participating in group activities such as bingo to maintain social networks after leaving paid employment. Such findings will inform the project's recommendations to the Shoalhaven City Council for policies that ensure older people have opportunities and choices for meaningful occupation.

**Abstract
for
AAG 39th Annual Conference**

Title: Do It Now: Promoting participation in retirement for healthy ageing

Category: Practice report for oral presentation

Author: Dr Alison Wicks

Institution: Centre for Health Service Development, University of Wollongong

Position: Honorary Research Fellow
Director, Australasian Occupational Science Centre

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Intention: to submit paper for peer review

Whilst programs on financial considerations of retirement are readily available, few programs focus on what people *do* in retirement. Government and community agencies also need information on what retirees want to do, to ensure they create appropriate opportunities and choices for people's active engagement in the community during retirement. The 'Do It Now' program addressed these two issues in Shoalhaven, a 'sea-change' community on the south coast of NSW, by educating seniors on the relationship between health and ongoing participation in meaningful activities and gathering data on what seniors are doing, want to do, and what facilitates and hinders their participation. Fifty pre retirees aged 55-64 and 130 retirees aged over 65 attended the education program, during which they completed a specifically designed questionnaire, a Satisfaction with Life scale, and used instruments that enabled them to reflect on what they had done in the past, and consider what they wanted to do in the future. Significant findings include the diversity of the Shoalhaven seniors' current activities, their high satisfaction with life and some successful strategies developed by 'sea changers'. Suggestions for enabling seniors' participation ranged from including walking tracks and men's sheds in retirement villages, to a reduction in the 'red tape' associated with volunteering. These findings will inform the program's recommendations to the Shoalhaven City Council and other relevant agencies. Combining education and research in programs like 'Do It Now,' which focus on participation in meaningful activities, can promote satisfying retirement and foster healthy ageing in other 'sea-change' communities.



Photo of Mayoral Reception held at Shoalhaven City Council on 22 March, 2006
for visiting Japanese academics.

L. to R.:	Councillor Greg Watson	- Mayor of Shoalhaven City Council
	Robbie Collins	- Head of Shoalhaven Campus
	Professor Tamako Miyamae	
	Bill Hilzinger	- Chairman, AOSC Pty Ltd
	Dr Alison Wicks	- Director, AOSC
	Assistant Professor Akiko Tamaru	
	Associate Professor Setsuko Yamasaki	

REGIONAL PARTNERSHIPS (RP)
POST ACTIVITY REPORT - ACQUITTAL of FUNDS

This form must be completed and signed by the funding recipient and returned to the DOTARS Office at Wollongong (PO Box 2102, Wollongong NSW 2500).

Organisation Name: ASOC Pty Ltd.

Project Name: DO IT NOW

Total RP Funding Approved: \$ 60,500 (GST inclusive)

RP Instalments Received (A): \$ 59,400 (GST inclusive)

RP Expenditure To Date (Actual)			
Budget Item No.	Budget Item (GST exclusive)	Approved Budget as per Funding Agreement	Expenditure To Date
1	Wages and Salaries	\$55,000	
2			
	RP GST Exclusive Cash Contribution		
	GST Component	\$ 5,500	
	Total RP Cash Contribution	\$60,500	(B) \$54,936

Surplus/Deficit of funds received to date:

\$ - 4,4643 GST Inclusive (B – A)

Other Cash Contributions		
Other Cash Contributing Partners as per Funding Agreement	Cash Contributions as per Funding Agreement	Expenditure To Date
AOSC Pty Ltd	\$30,000	\$28,000 approx*
Shoalhaven City Council	\$25,000	\$25,000
Total	\$55,000	\$53,000 approx*

* to be confirmed when accounts are finalised as at 30/6/06

Declaration

I declare that I have been authorised to make this statement by **Bill Hilzinger, AOSC Pty Ltd Chairperson** and that the information I have given on these forms is complete and correct.

Name: Alison Wicks

Position: Project Officer

Phone: 02 44480841

Organisation: AOSC

Signature: _____ Date: 30 June 2006