

## Reporting Schedule of Activity Milestone (i) (continued)

### Development of programme (continued)

	<b>Activity</b>	<b>Output</b>	<b>Date</b>	<b>Comments</b>
<b>1.0</b>	<b>Design</b>			
<b>1.1</b>	Ethics Application	<ul style="list-style-type: none"> <li>- additional submission to UOW HREC</li> <li>- revision requested</li> <li>- revision submitted</li> <li>- revisions accepted</li> </ul>	<ul style="list-style-type: none"> <li>10/10/05</li> <li>18/10/05</li> <li>16/11/05</li> <li>18/11/05</li> </ul>	<ul style="list-style-type: none"> <li>Approval to conduct programs for individuals &amp; programs for employees was requested.</li> <li>HREC requested a script for presentation to employers and a letter of approval from employers</li> <li>Copies of script, revised information sheet and consent form submitted.</li> <li>Approval for changes requested 10/10/05 granted.</li> </ul>
<b>2.0</b>	<b>Advertising</b>			
<b>2.3</b>	Newspaper articles	<ul style="list-style-type: none"> <li>- Shoalhaven &amp; Nowra News</li> <li>- South Coast Register</li> </ul>	<ul style="list-style-type: none"> <li>10/11/05</li> <li>23/11/05</li> </ul>	See Attachment A
<b>2.4</b>	Community newsletter articles	<ul style="list-style-type: none"> <li>- UOW Research &amp; Innovation News</li> <li>- Shoalhaven ACC Bulletin</li> <li>- Connections, OT Australia</li> </ul>	<ul style="list-style-type: none"> <li>Sept&amp; Oct 05 issue</li> <li>Spring 05 issue</li> <li>Sept-Oct 05</li> </ul>	See Attachment B

		- Heads News	Nov. 05 issue	
2.5	Media release	UOW Shoalhaven Campus released a statement about the first program & attendance of Jo Gash	14/10/05	See Attachment C
2.6	Presentations	<ul style="list-style-type: none"> <li>- Rotary Club of Sussex Inlet</li> <li>- Bomaderry Inner Wheel</li> <li>- Bomaderry Rotary Club</li> <li>- Australian Association of Gerontology National Conference, Gold Coast</li> <li>- National Speakers Series: Community for All Ages, Bateman's Bay</li> <li>- South Nowra Rotary Club</li> </ul>	<p>24/10/05</p> <p>8/11/05</p> <p>14/11/05</p> <p>10/11/05</p> <p>18/11/05</p> <p>19/12/05</p>	<p>As presentations are an effective means of recruitment, more presentations are planned for the first quarter of 2006.</p> <p>As a result of the Project Co-ordinator's attendance and presentation at the AAG conference, she was invited to present a keynote address on the Do It Now project at the National Speakers Series conducted by the Australian Department of Health's Office for an Ageing Australia. Representatives of all levels of government were present. There was considerable interest in the Do It Now project. Since the presentation there have been follow-up discussions with Temora Shire Council and the South East Area Consultative Committee</p>
2.8	World wide web	- advertisement posted on Shoalhaven Campus list server	17/10/05 20/10/05	Attachment D

<p><b>3.0</b></p>	<p><b>Recruitment</b></p>	<ul style="list-style-type: none"> <li>- 87 recruits, as at 23 Dec 05</li>   <li>- 41 female, 46 male</li>   <li>- 6 recruited from radio</li> <li>- 12 recruited from print advertising</li> <li>- 65 recruited from personal contact</li> <li>- 4 recruited from www</li>   <li>- 48 from Planning Area 1</li> <li>- nil from Planning Area 2</li> <li>- 15 from Planning Area 3</li> <li>- 7 from Planning Area 4</li> <li>- 17 from Planning Area 5</li> </ul>	<p>Aug- Dec05</p>	<p>Since the HREC has approved the recruitment of employees, discussions have been held with the Human Resources personnel at the Department of Education, Employment and Training, TAFE and the Illawarra Area Health Service. Internal memos re pre-retirement programmes which are being offered as part of the Do It Now project have been sent to employees aged 55+ in each of these organizations.</p> <p>Discussions have also been held with Human Resources personnel at some of the other large organizations within the Shoalhaven. eg Shoalhaven City Council, Tyco, Gates Rubber, Manildra, Dairy Co-op , Paper Mill.</p> <p>1 x 3 hour programme will be offered to employees of SCC, DEET, TAFE, and IAHS in the new year. These will be conducted either on site or at the Campus. Discussions are continuing with the other employers.</p> <p>47% female 53% male</p> <p>Personal contact will be the primary means of recruitment in 2006 as it has proven to be the most effective.</p> <p>Still no recruits from Area 2. Area 2 will be targeted in 2006.</p>
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## Reporting Schedule of Activity Milestone (ii)

### Provision of programmes 1-8

4.0	Programmes	<p><b>3.1 Bay &amp; Basin</b> 12, 19, 26 October 05 10 participants 4 females; 6 males</p> <p><b>1.1 Nowra</b> 15, 21 November 05 8 participants 6 female; 2 male</p> <p><b>E.1 Nowra (pre-retirees)</b> 23 October 05 10 participants 5 female, 5 males</p> <p><b>4.1 Sussex Inlet</b> 8, 15 December 05 6 participants 3 females, 3 males</p> <p><b>5.1 Milton</b> 13, 21 December 05 5 participants 5 females</p> <p><b>TOTAL</b> 39 participants</p>		<p>5 x programmes have been conducted.</p> <p>There has been 1 x programme in Areas 1, 3, 4 &amp; 5 for the 65+.</p> <p>There has been 1 x 1 x 3 hour pre retirement programme for the 55-64. It was conducted at the Shoalhaven Campus in the evening</p> <p>The revised format of 2 x 3 hour sessions is popular with participants and has been effective in minimizing participant drop out / absenteeism.</p> <p>There is a discrepancy between the number of recruits and the number of participants because people are not always available on the day that a program is scheduled. Also, a program is not scheduled for a particular Area until there is a minimum number of</p>
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		<p>23 females, 16 males</p>	<p>participants.</p> <p>For various reasons, some people who have booked to attend a program have to cancel. Hopefully, these people will be able to attend a subsequent programme held in their Area.</p> <p>It is anticipated that the number of recruits will continue to rise due to continued advertising and 'word of mouth' / recommendations from satisfied participants.</p> <p>There will be a relative increase in the number of programmes being offered January - April 2006</p> <p>At this stage, it is difficult to determine if the target number of 200 participants will be achieved.</p> <p>The shortened programme and the addition of the pre-retirement programmes should ensure as many participants as is possible prior to 30 April 06.</p> <p>58% female 41% male</p>
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