

Social Participation

Age-Friendly Resource Kit for Outdoor Recreation Clubs, *Outdoors Victoria*:

<https://outdoorsvictoria.org.au/age-friendly-resource-kit-for-outdoor-recreation-clubs/>

The Age-Friendly Resource Kit for Outdoor Recreation Clubs provides practical strategies and guidelines for recreational clubs and associations to encourage older people to participate in their nature-based activities. The website has information about being age-friendly, checklist and guidelines to enable Clubs to check their age-friendliness, and tips about how Clubs can encourage older person participation.

Community Physical Activity Programs, *Tasmanian Government Get Moving*

Tasmania: www.getmoving.tas.gov.au/whats_on/community_physical_activity_programs

This website details state-wide and local community physical activity programs. It includes information about a broad range of programs that promote easy to challenging activity, including the Heart Foundation's Walking group and Heartmoves exercise program.

Complete Streets Archive, *AARP*: www.aarp.org/livable-communities/archives/info-2014/complete-streets.html

AARP have a range of resources for communities to use to create Complete Streets, or Safe Streets. These resources help to improve the safety of all road users, enabling people of all ages to safely and easily participate in community life.

Constructing Connections: A profile of Men's Sheds in Tasmania, *TasCOSS*:

https://issuu.com/tascoss7/docs/tasmanian_mens_sheds_final_050916

This report provides a profile of Men's Sheds in Tasmania and the benefits for men who attend these groups and the community at large. It identified that the majority of men who attend Men's Sheds are retired and over 65 years of age, and that participation in these groups promotes social connections, health and wellbeing, and in some cases, disrupts the progression of mental health issues.

Seniors Week, COTA Tasmania: www.cotatas.org.au/programs-events/sw2017/

Seniors Week is an annual, state-wide celebration of positive ageing in the community, with a wide variety of low cost activities run for one week in October to encourage people to try new things and meet new people. Each Seniors Week is themed and any organisation can register to host an event, with these supplied in the Seniors Week program.