

Senior Sport Active Ageing

Health promoting exercise supports the well-being of the elderly

The worldwide number of people over 60 years of age is growing at a faster pace than that of any other age group. If this age group grows as predicted, they will number nearly two billion by 2050. At that point, people over 60 will, for the first time in history, constitute a larger proportion of the world's population than people younger than 14.

A good ability to function guarantees the well-being of the elderly

Ageing is a natural process in human beings, resulting in physical, mental, and social changes in all of us. For example, the natural process of ageing involves slowing down of movements and a decrease in physical capability.

Maintaining a sufficient level of functionality is the cornerstone of the ageing population's mental and physical well-being. Over 37% of people older than 75 live alone and are obliged to get through everyday life on their own. The independent living of the elderly is

hindered by the weakening of their co-ordination and balance and the slowing of movements. For this reason, up to 41% of them restrict their movement, especially outside the home*. Confining oneself to those four walls slowly isolates the ageing person from others and may even lead to severe depression.

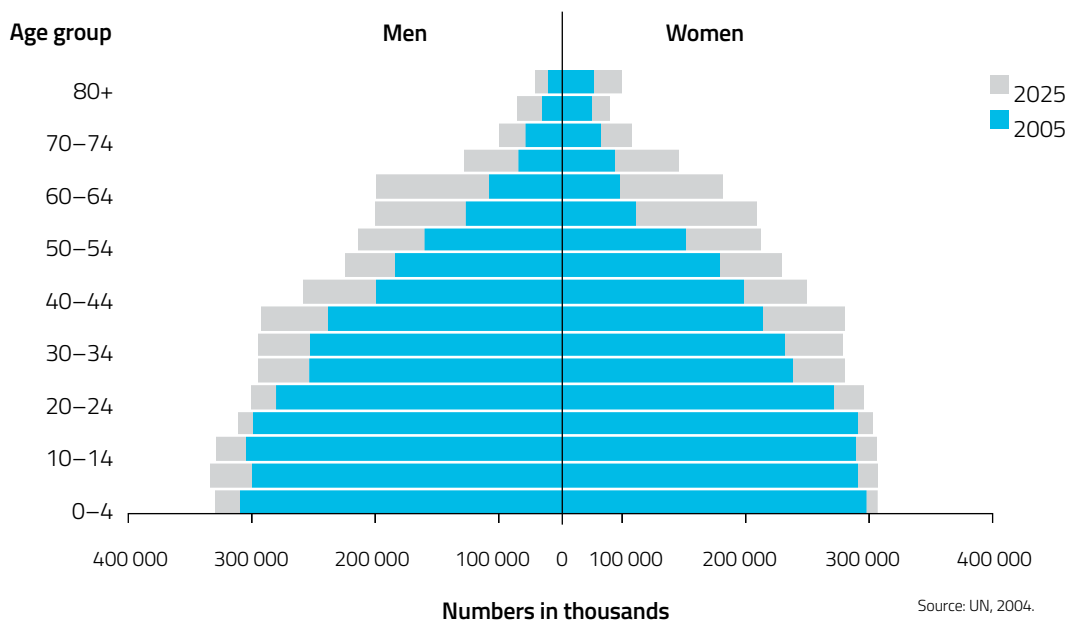
Even light activity will stimulate the elderly population

We have researched the age-related decline in the ability to function, and its prevention. This research has taken place as part of the Moto+ project, in collaboration with educational institutions and physiology experts. Several studies suggest that daily stimulating activities and regular exercise support maintenance of the elderly's ability to function and even improve it.





The global population in 2005 and 2025



When the small obstacles feel large

Exercising and spending time outdoors and observing the turn of the seasons and the progress of days, one after another, contributes to everyone's well-being. For older people, being able to go outdoors is no longer a foregone conclusion. When elderly people do so, they often experience obstacles that appear simple but can have great effects: lack of places to rest, uneven ground, and uncertainty about one's ability to cope alone. In addition, weaker co-ordination and balance can easily lead to falling down, which is the single greatest cause of injuries and fear amongst the elderly.

Falling down is an expensive risk

According to the WHO, about 28–35% of over-65-year-olds fall down each year. The older and physically weaker people become, the more likely it is for them to fall down several times a year. The WHO's studies also indicate that on average people living in care institutions fall down more often than others do.* The fear of falling down increases

the risk of it happening, and courage to go out alone fails. This limits social life and diminishes quality of life.

Falling down and the resulting injuries nearly always require medical care. On average, the hospital stay of a person older than 65 due to a fall costs 5,060 to 13,130 euros. It has been estimated that the costs caused by falling among people aged over 65 will amount to 184 billion euros by 2040.*

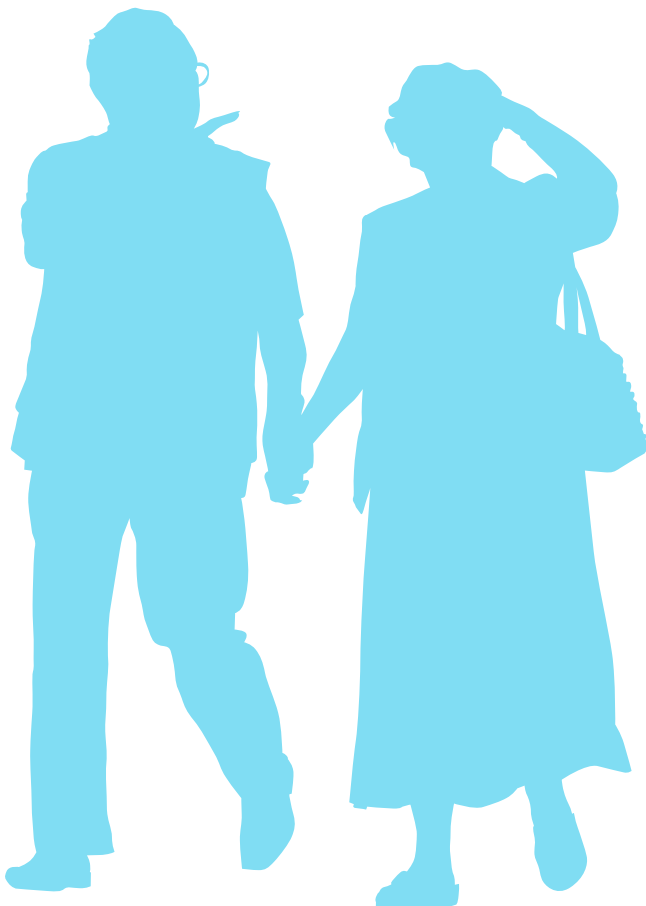
Prevention is the best solution for saving these costs

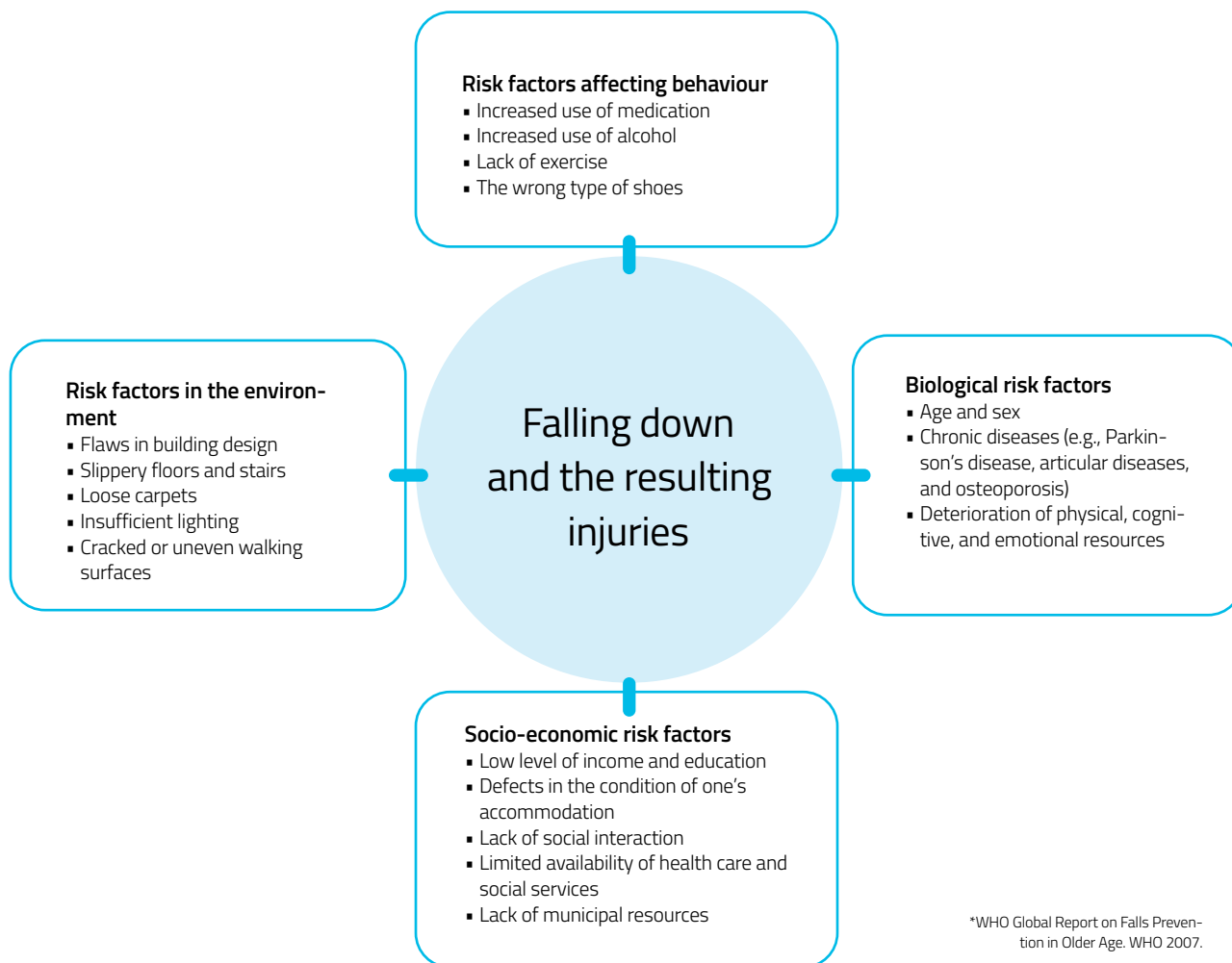
Lappset's concept for senior citizens has been designed from the standpoint of preventive health promoting exercise. Our solutions promote opportunities for the elderly to maintain social contacts and participate in diverse activities. Furthermore, the use of sport products designed for senior citizens improves ability to function, which helps them feel safe when they go out independently.

* WHO Global Report on Falls Prevention in Older Age. WHO 2007.

“ People fall down when their ability to maintain balance is limited and they find it difficult to move on an uneven surface. Municipalities and cities achieve considerable savings by making a one-off investment that restores the ability to walk of the elderly, preventing them from hurting themselves by falling down. From the perspective of mental health, people relieve their anxiety when they walk in the fresh air outside. Taking a walk brings a rhythm to the day, and a feeling of having accomplished something. These things have an important effect on well-being.”

■ Pirkko Lahti, psychologist and long-time chair of the Miina Sillanpää Foundation







Proven product efficiency

Lappset's product range for senior citizens sustains well-being and has been developed in close collaboration with exercise professionals. We draw from research on the elderly and monitor the usage of our products alongside our clients and the end users. Furthermore, we engage in continuous development work with exercise professionals and experts in various aspects of health care. Hence we are able to ensure the functionality and safety of our products and to

maximise their benefit for the users. All the products in our product range, as well as the items of outdoor furniture recommended to supplement them, comply with European quality and safety standards. By using high-quality materials and solutions that withstand even extreme conditions, all of our products are long-term and safe investments.



Lappset has built more than 600 senior parks around the cities of Barcelona, Girona, and Lleida, in the region of Catalonia, north-east Spain.

A global test environment

Ageing of the population and the associated challenges are a globally important theme. As a preventive measure, the World Health Organization has set up the WHO Global Network of Age-friendly Cities and Communities. Building a park for senior citizens is one way of building an environment that better meets the needs of the

elderly. We have already built more than a thousand parks for senior citizens, in 23 countries, worldwide (for example, in Asia, Australia, and Europe).



Light exercise, with remarkable effects

As a person grows older, moving and exercise gain new meanings. Not only do they support one's ability to function; they also involve an increasingly important social dimension, and the exercise also develops mental skills. Even light exercise rewards senior citizens with experiences of accomplishment. As their skills grow stronger they regain the ability

to function independently. All Senior Sport products from Lappset include various elements that hone senior citizens' ability to function in a versatile, balanced way. With the help of our products, they can engage in dozens of exercises that help them manage their everyday life. The next page features examples of diverse exercises and their benefits.



Exercising the upper body to add flexibility and strength making it easier to

- reach up for dishes or to the hat rack
- put on socks
- spread clean laundry to dry



Walking on different surfaces, building muscle mass and flexibility, and exercising the knees makes it easier to

- walk in the bathroom
- climb stairs
- pick things up from the floor
- sit down and get up again
- get out of cars



With work on manual dexterity, it becomes easier to

- use a mobile phone
- hold a cup
- button one's shirt
- open doors
- open cans and other containers
- handle small objects





Design tips

Exercise and spending time outdoors have many positive effects on the life of the elderly. One of these is the social aspect of exercise. For senior citizens living alone, spending time outdoors is an opportunity to meet other people and peers while doing something meaningful.

To support the social dimension of outdoor activities, areas for senior citizens should have enough space and be equipped with furniture that makes it possible for them to chat and gather freely. Meeting friends at the park also attracts them to going outdoors.

Watch a video of Senior Sport <https://youtu.be/DxPIfh7yBLE>

“Senior citizens often fear going out. Am I strong enough? Are there places to rest? Senior parks are for people over 65. There they may face challenges that they also encounter in everyday life, such as getting on the bus, climbing stairs, and opening cans, but the parks also offer spots for resting. Such exercise parks are a unique opportunity for senior citizens to take care of themselves.”

■ Pirkko Lahti, psychologist and long-time chair of the Miina Sillanpää Foundation



- Senior communal areas may include traditional elements that create a community spirit, such as a grill.
- Benches with armrests and of a proper height make it easier to sit and get up.
- Flowerbeds can be both a functional and an aesthetic element. Local residents can take care of flowerbeds by themselves if these are at a suitable height.
- Even surfaces make it is easy to reach the area.
- Colours make the park more accessible for the weak-sighted and divide the park into distinct areas.
- The placement of equipment and park furniture is carefully planned from the standpoint of functionality and social interaction.
- The senior park is a safe exercise environment, as the equipment is placed sufficiently close to the ground.
- Wood is a warm material that suits many environments well.



A functional set of equipment, permitting dozens of exercises, can even be installed for small spaces. You can also tailor the set with the MyDesign! design service.



If space permits, it is recommended to recognise the social aspect of outdoor activities. For example, a grill, flower boxes, and benches can be placed in suitable spots in the yard.



The MyDesign! design service helps you piece together a suitable set of equipment that makes everyday health-promoting exercise possible even in larger areas. This tailored plan can include not only the Senior Sport equipment but also ground materials and all outdoor furniture, up to litter bins.

MyDesign!

Parks designed to meet users' needs

Lappset has delivered equipment for senior citizens and a set of park furniture for Helsinki's Taavetinpuisto, realised by the Miina Sillanpää Foundation in collaboration with the City of Helsinki. The park is a meeting place for the elderly, a pleasant environment in which they can stop for some light exercise and spend time with friends. The sport equipment in the park also suits those whose mobility is limited or who use a wheelchair. The foundation holds frequent instructed exercise sessions for senior citizens at the park. Anyone can participate.

The Miina Sillanpää Foundation is a pioneer of activating the elderly in Finland. The foundation has lent us valuable expertise in the course of development of the senior concept.

“ Studies suggest that after people turn 75, they spend less time outdoors. This impairs their ability to function and increases loneliness. A senior park is a natural environment for both sitting around and exercising. It goes without saying that parks also are suited to personal instruction and exercise.”

■ Marianne Kyrklund, Master of Science (Health Care), physiotherapist with Suomen Terveystieteiden tutkimuskeskus

Design help

When you wish to create a unique set of equipment for your senior park, Lappset's MyDesign! design service is there to help. MyDesign! can replace individual elements of standard products or prepare an outdoor exercise ground plan for you. MyDesign! also provides you with a visualisation at the level you select, to help you better picture even extensive sets of equipment.

The plan prepared by the MyDesign! design service also includes tables, chairs, and benches, as well as comfort-creators such as pergolas, outdoor instruments, flower boxes, grills, and leaning rails. Even the ground surface and the shape and placement of litter bins are designed with the final use in mind and thought through already at this stage.



Miina Sillanpään Säätiö

www.miinasillanpaa.fi

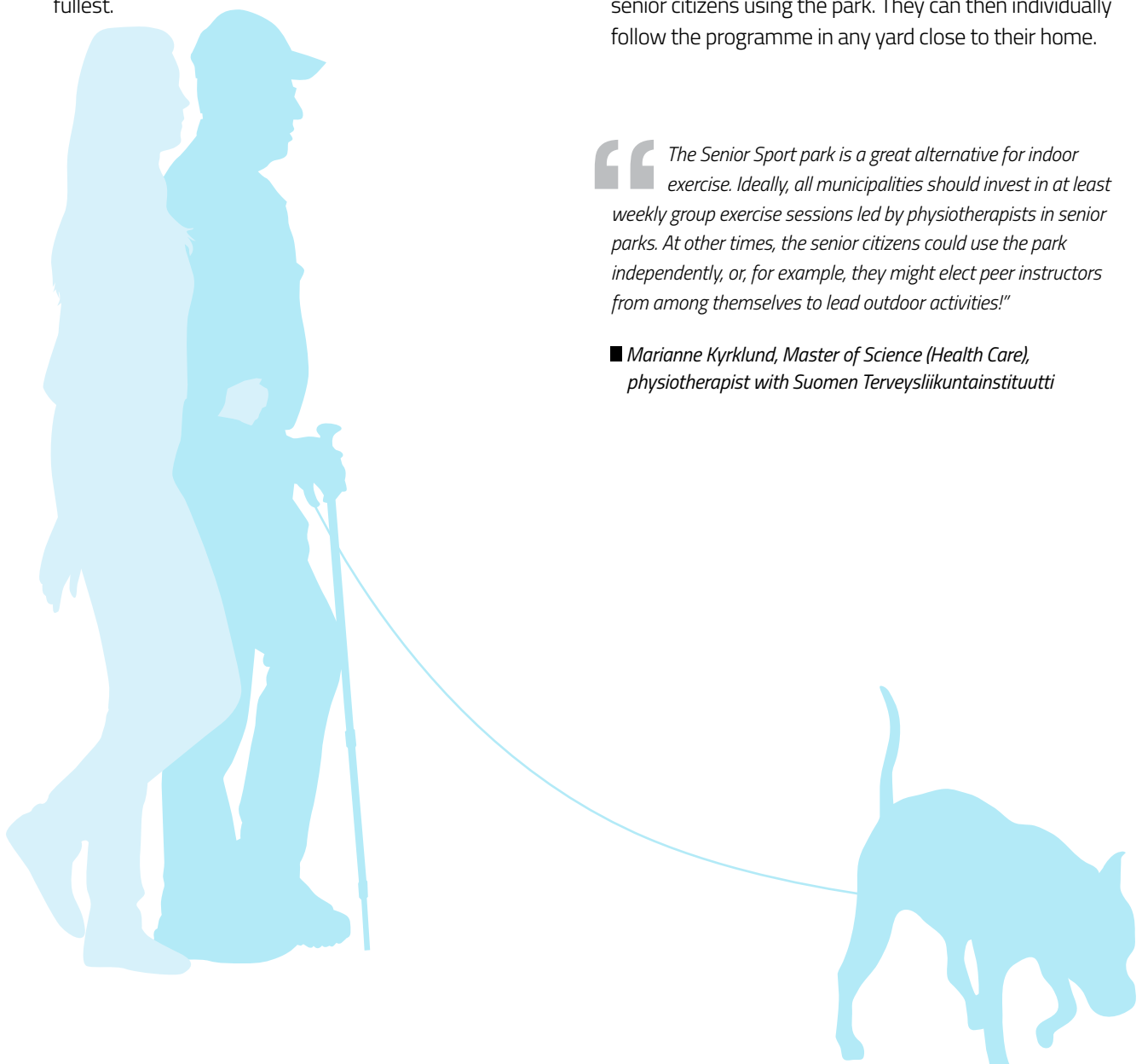
The best results come from group exercise instruction

Our services also include exercise instruction at the parks. Instruction is available at various levels, tailored to the client's needs. Exercise sessions can be led by either the client's own physiotherapists or Lappset's partners. The availability of instruction helps the park-users feel safer during their exercise at the park. This ensures that they benefit from its social and functional elements to the fullest.

At its best, the instruction service can make sure that each park-visitor frequently receives professional instruction from a health-promoting exercise expert. This ensures that the visitor's unique needs and resources are taken into account as well as possible. When it is possible to acknowledge individual differences, a safe, personal exercise and outdoor activity programme can be created for all senior citizens using the park. They can then individually follow the programme in any yard close to their home.

“*The Senior Sport park is a great alternative for indoor exercise. Ideally, all municipalities should invest in at least weekly group exercise sessions led by physiotherapists in senior parks. At other times, the senior citizens could use the park independently, or, for example, they might elect peer instructors from among themselves to lead outdoor activities!*”

■ *Marianne Kyrklund, Master of Science (Health Care), physiotherapist with Suomen Terveystieteiden tutkimuskeskus*





A park is a safe environment for exercise. It opens new possibilities for both instructors and senior citizens' independent exercise.



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