



Life in our Years

Case study submission questions

This is an open call to all operators, leisure facilities, ukactive members, organisations, groups and individuals undertaking work that is actively contributing to increasing levels of physical activity for older adults across the UK.

The ukactive Research Institute, in partnership with eGym, are calling for the sector to provide case study submissions exemplifying solutions, programmes, initiatives and commissioning models that are in place to support older adults to be physically active. As part of the submission we would to understand what your programme or offering involves and the impact this has had on older adults.

Over 12 million people are above the age of 65, with the Office for National Statistics projecting this to be over 20 million by 2070. Despite the known benefits of physical activity only 50% of adults aged 75+ complete 150 minutes of physical activity per week.

The fitness and leisure sector are working hard to support the activity levels of an older adult population. Evidence of the barriers and challenges experienced by older adults exists, an understanding of how the sector is supporting older adults, where best practice lies and areas continued development is missing. We hope this research will help fill that gap.

Submissions will be reviewed and categorised by our independent ukactive Research Institute before a second review stage in which anonymised case study submissions will be reviewed by a group of older adults. This is to provide invaluable insight into what older adults feel about the offers currently in place and their opinions on what should be improved, scaled or altered to best support them.

Thank you for taking the time to submit your case study here and the valuable support you provide older people to be active.

ukactive Research Institute.

Data protection

All data will be viewed with confidence and is collected for research purposes only. Your individual answers will not be shared and your case studies will not be identifiable by name unless you want this to be the case, and we will contact you before doing so. All information provided within this survey submission will remain confidential in accordance with the General Data Protection Regulations (GDPR).

By completing the submission, you agree to take part in the below research and understand that data collected during the study will be looked at by individuals from the ukactive Research Institute. This will be shared in an anonymised format where it is relevant to your taking part in this research. By completing this submission, you give permission for individuals from this organisation to have access to your anonymous data, and this data to be included in an anonymous format in any subsequent reports or publications.

If you have any questions or issues over the confidentiality of this questionnaire, please do not hesitate to get in contact with the ukactive Research Institute by emailing research@ukactive.org.uk

I consent to the above

Yes / No (not allowed to proceed)

First, we just need some information about you and your older adult offering

1. What is the name of your programme/offering?
2. Who is the programme coordinator / lead contact? (this is in case we need to contact you for further information)
3. Coordinator / lead email Address: (this is in case we need to contact you for further information)

Next we want to understand what your offerings is and where it is delivered.

4. What is your type of offering? Please select all that apply.
 - a. Ongoing continuous programme or intervention
 - b. Digital offering (including app or wearable)
 - c. Timebound intervention (e.g. one lasting for a set number of weeks)
 - d. Equipment supplier
 - e. Operator / general service delivery (e.g. something on offer through a membership)
 - f. Data repository (e.g. DataHub)
 - g. Other (please specify)
5. In what region(s) is the programme delivered? Please select option(s):
 - a. North West
 - b. North East
 - c. Yorkshire and the Humber
 - d. West Midlands
 - e. East Midlands
 - f. East of England
 - g. London
 - h. South East
 - i. South West
 - j. Scotland
 - k. Wales
 - l. Northern Ireland
 - m. Other (please specify)
6. Which setting is your offering delivered in?
 - a. School
 - b. Workplace
 - c. Local authority leisure facility
 - d. Private leisure facility
 - e. Home-based
 - f. Online / Digital
 - g. Outdoor settings
 - h. Community venue
 - i. Primary care setting
 - j. None of the above
 - k. Other (specify)

Now we know what your offering is and where it is delivered, we would like to know more about the aims and objectives and how your offering is delivered.

7. What are the aims and objectives of the programme? (open text box)
8. Please rate in the order of importance the specific outcomes that your offerings is trying to achieve. If you do not support an outcome select N/A.
 - a. Increasing physical activity levels
 - b. Increasing strength and balance
 - c. Reducing risk of falls
 - d. Maintaining independence
 - e. Maintaining Quality of Life
 - f. Maintaining/increasing personal wellbeing (e.g. happiness/reducing anxiety)
 - g. Maintaining/increasing opportunities for social interaction (reducing isolation)
 - h. Supporting Covid-19 rehabilitation
9. What types of activities does your programme offer?
 - a. Walking
 - b. Dancing
 - c. Jogging / running
 - d. Cycling
 - e. Swimming
 - f. Group activity classes
 - g. Gym-based sessions (e.g. PT)
 - h. Condition specific exercise classes
 - i. Resistance exercises
 - j. Lifestyle activity e.g. gardening
 - k. Sports
 - l. Yoga / Pilates / tai-chi
 - m. Chair-based exercises
 - n. Motivational counselling
 - o. Other Health and Wellbeing assessments or consultations
 - p. Fall prevention, strength and balance
 - q. Wear an activity monitor
 - r. Nutritional support
 - s. Social activities (e.g. tea/coffee catch ups)
 - t. Rehabilitation (e.g. post surgery)
 - u. None of the above
 - v. Other (please specify)
10. Please add any additional outcomes that your offering is trying to support and rate their importance.
 - a. 18 to 24 weeks
 - b. 24 to 30 weeks (up to 6 months)
 - c. 6 months to 12 months
 - d. Longer than 12 months
 - e. Continuous delivery
 - f. Other (please specify)

11. How long has the programme been running in its current format?

- a. Less than 6 months
- b. 6 months – 1 year
- c. 1 year – 3 years
- d. 3 years – 5 years
- e. More than 5 years

12. How long is your offering?

- a. One off event
- b. Drop in session
- c. Less than 6 weeks
- d. 6 to 12 weeks
- e. 12 to 18 weeks
- f. 18 to 24 weeks
- g. 24 to 30 weeks (up to 6 months)
- h. 6 months to 12 months
- i. Longer than 12 months
- j. Continuous delivery
- k. Other (please specify)

13. How many individuals (older adults) take part per session on average?

- a. 1 on 1
- b. Less than 25
- c. 25–50
- d. 50–75
- e. 75–100
- f. More than 100
- g. General offering, no limit / site capacity
- h. N/A – digital offering
- i. N/A – equipment offering
- j. Other (please specify)

14. If you provide specific sessions as part of your offering, how frequent are these sessions?

- a. Once a month
- b. Once every two weeks
- c. Once a week
- d. Twice a week
- e. More than twice a week
- f. N/A
- g. Other (please specify)

The next set of questions ask about the cost to end-users, funding received, and links to other organisations.

15. How is the offering funded?

- a. Local authority
- b. Central Government
- c. Clinical commissioning group
- d. Individual pays
- e. Charity
- f. Privately
- g. Other (please specify)

16. Do the individuals incur any costs during the offering?

- a. Induction / assessment fee
- b. Fee per session
- c. Weekly/monthly/annual fee (e.g. membership)
- d. No fee
- e. Other (please specify)

17. Do you have links with any of the following groups? Select all that apply.

- a. Health services
- b. Allied health professionals
- c. Commissioners
- d. Clinical Commissioning Groups
- e. Primary care networks
- f. Integrated care system
- g. Social prescribing
- h. No links with these groups
- i. Other (please specify)

We would now like to understand more about the users of your offering, how they are engaged, and if they are specific inclusion or exclusion criteria.

18. Which age ranges match closest to the older adults involved or are targeted in your offering. (select all that apply).

- a. Under 55
- b. 55-64
- c. 65-74
- d. 75-84
- e. 85-94
- f. 95+

19. Which physical activity group is your programme or offering target at?

- a. Inactive older adults (completing under 30 minutes of moderate-vigorous activity per week)
- b. Fairly Active (completing between 30 and 149 minutes of moderate-vigorous activity per week)
- c. Active older adults (completing over 150+ minutes of moderate-vigorous per week of activity)
- d. We do not target by activity level

20. Is your offering tailored on any of the below criteria? Please select all that apply.

- a. Age
- b. Sex
- c. Ethnicity
- d. Socio-economic status/area of deprivation
- e. Disability
- f. Physical ability
- g. Physical inactivity
- h. Health indicators (e.g. high blood pressure/BMI/diabetes)
- i. Medical condition
- j. Other (please specify):

21. How are participants recruited to the programme?

- a. Self-referral
- b. Referral through health professional
- c. Referral through other third party
- d. Other (please specify):

22. Please provide any further information about what your offering involves. The next few questions will ask about the impact of your offering.

Almost there. Now we know about your offering we would like to understand about the impact that you have seen on those taking part.

23. Have you collected any data to demonstrate the impact of your offering? Please select all that apply.

- a. No programme data has been collected
- b. Questionnaires (e.g. about activity levels/wellbeing metrics etc.)
- c. Focus groups or interviews
- d. Customer feedback/testimonials
- e. Physiological health metrics (e.g. BMI, blood pressure, mobility, strength)
- f. Psychological metrics (e.g. wellbeing, happiness, anxiety, Quality of Life)
- g. Participation figures
- h. Membership data (including frequency of attendance, demographics)
- i. Other (please specify)

24. Were there measured behaviour changes seen amongst the older adults who participated in your offering?

- a. Yes – positive
- b. Yes – negative
- c. No
- d. Anecdotal only
- e. Can't say because no programme data was collected

25. On a scale of 0 to 10, how much of an inclusive, comforting, and welcoming atmosphere do you feel you create for older adults using your offering / attending your facility?

- a. Select on a sliding scale from 0 to 100 %

26. Please provide as much description as possible about how your programme has had an impact including how successful it was in meeting the aims and objective. Make reference to any data that you have collected to demonstrate impact and what it reflects. We are interested in hearing about both positives and negatives.