

Mature Aged Sport and Recreation

The Department of Sport and Recreation (DSR) supports access and opportunities for mature aged participation in sport and recreation and physical activity because of the physical, social and emotional benefits it offers.

With the increasing percentage of older people in the population, DSR encourages industry in the provision of sport and recreation services this sector throughout Western Australia.

DSR supports the State Government's *Active Ageing Strategy*.

Background

Western Australia's current population is 1.9 million and is predicted to grow to 2.5 million by 2021.¹ As a proportion of the state's population those aged 65 and over formed 11.2 per cent of the total in 2002 and are predicted to form about 18 per cent in 2021 and 24 per cent in 2051.² Catering for the sport and recreation needs of this demographic is critical when viewed in the light of rising health costs to the State economy.

Participation levels for Western Australians aged 60 years or more are lower than the rest of the adult population in 2002 and range as follows:³

2002	Inactive	Insufficiently Active	Sufficiently Active
60+ years	17.3	34.1	48.5
All adults	13.5	31.8	54.6

The main barriers to being more active for those aged 60 years or more include: poor health, lack of time, being too old and lack of motivation. Motivators to participation include improved fitness enjoyment, weight control, reduced risk of disease and feeling better about oneself.⁴

DSR has been funded to undertake research into physical activity service provision and marketing to seniors in regional Western Australia to contribute to the implementation of the *Active Ageing Strategy*.

DSR supports the work of the Seniors Recreation Council of WA, a volunteer-run organisation assuming an advocacy role for seniors in the field of sport and recreation.

¹ Levantis, T. (2004). *Implications of the Aging of Australia's Population*. Canberra, Australian Capital Territory: Australian Bureau of Agriculture and Resource Economics (ABARE).

² Australian Bureau of Statistics.(2003). *Australian Social Trends 2003*(No. 4102.0). Canberra, Australian Capital Territory: Author p.2-3.

³ McCormack, G., Milligan, R., Giles-Corti, B., and Clarkson, J.P. (2003). *Physical activity levels of Western Australian adults 2002: Results from the adult physical activity survey and pedometer study*. Perth, Western Australia: Western Australian Government p.25.

⁴ *ibid* p.54-55.

The council aims to develop and implement innovative programs to foster the participation of people over forty five in sport and physical activity.

Definition

'Seniors' generally refers to those people 60 years of age and over however mature aged sport incorporates masters categories for which cut-off ages differ from sport to sport.

Not all figures quoted ABOVE are directly comparable; the Australian Bureau of Statistics provides statistics on the population "aged 65 years and over" and has a further category of "80 years and over". The physical activity surveys conducted by the Physical Activity Taskforce use only the category "60 years or more".

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Resources

Department for Community Development; Office for Seniors Interests and Volunteering. (2004). *Generations together: A progress report on the Western Australian active ageing strategy*. Perth, Western Australia: Western Australian Government.

This report can be viewed at:

<http://www.community.wa.gov.au/NR/rdonlyres/20F27947-7A0F-4213-8AA1-EF5EA5EC1DE7/0/DCDRPTGenerationsTogether050120.pdf>

Useful Websites

Seniors Recreation Council
www.srcwa.asn.au