

Psychological challenges of physical activity uptake in older age: exploring technological solutions.



Dr Emily J. Oliver
School of Applied Social Sciences, Durham University



ERS Experiences: Acute

Initial ten weeks of a falls prevention ERS

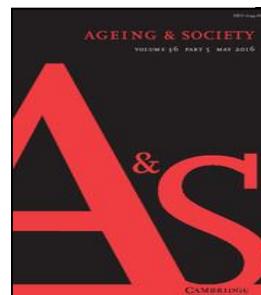
- Weekly cognition and identity related measures, plus interviews.

Identity change

- Transitioning from a physically impaired and negative self to a more future-orientated, capable and integrated self-identity.
- Autonomy-supportive and competence-reinforcing self-talk significantly increased (ns changes in controlling and amotivational self-talk).

In-class versus home-based adherence

- Importance of social contract and support clear.



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Processes of identity development and behaviour change in later life: exploring self-talk during physical activity uptake

E. J. OLIVER*, J. HUDSON† and L. THOMAS‡

ERS Experiences: Chronic

Combating stereotypical narratives

- Age-related decline

Accepting responsibility for health

- Moving away from care-driven approach, or reliance on state provision
- “With great empowerment comes a great sense of responsibility”

Support for and during identity transitions

- Broad changes in values, aspirations, sense of contribution and place.



The image shows the journal cover for "Psychology of Sport and Exercise". At the top left is the Elsevier logo, which includes a tree icon and the word "ELSEVIER". To the right of the logo is the journal title "Psychology of Sport and Exercise" and the text "Contents lists available at ScienceDirect". Below the title is the journal homepage URL: "journal homepage: www.elsevier.com/locate/psychsport". To the right of the journal title is a small thumbnail image of the journal's cover, which features a green background with a stylized sunburst or leaf pattern. At the bottom of the cover, there is a summary of the article and author information.

A 'new life' story or 'delaying the inevitable'? Exploring older people's narratives during exercise uptake

J. Hudson ^a, M.C. Day ^{b,*}, E.J. Oliver ^c

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PACERS Trial

Feasibility of adding a new motivational component to existing ERS.

Data not be powered for effectiveness but will give an indication of trial feasibility, effect-sizes, and potential mechanisms of action to inform the design of a definitive phase three trial with concurrent economic analysis.



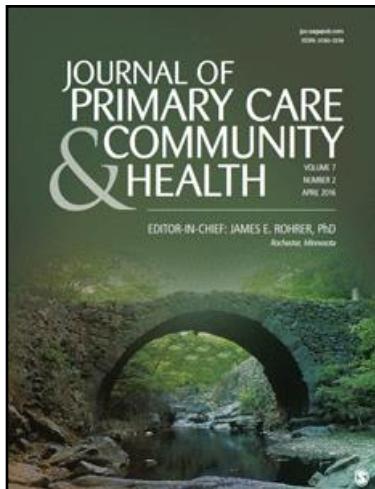
Learning so far:

1. Recruitment

- Scheme driven; engagement and participation problematic.

2. Acceptability

- Access equity an important consideration.
- Integration of sites across sectors in engaged areas.
- Key use reasonable; online site less so.



Assessing the Feasibility of Using Uniaxial Accelerometers With an Online Support Platform in the Delivery of a Community-Based Exercise Referral Scheme

Jemma L. Hawkins¹, Emily J. Oliver², Jeannie Wyatt-Williams³,
Elaine Scale⁴, and Hugo C. van Woerden⁵

Broader ERS Concerns

Intervention equity

- Those in least promising circumstances often most poorly served in terms of access, or response, to services.
- Current service models do not provide well for those with complex barriers to engagement (e.g., literacy, deprivation).

‘Scaling up’ versus local sensitivity

- Some conflict between desire for stronger evidence produced by constrained centralised programmes, and innovation and tailoring in local delivery sites.

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Exercise on referral: evidence and complexity at the nexus of public health and sport policy

E. J. Oliver, C. L. Hanson, I. A. Lindsey and C. J. Dodd-Reynolds

School of Applied Social Sciences, Durham University, Durham, UK

Thank you for listening.



Dr Emily J. Oliver
School of Applied Social Sciences, Durham University

