

Leisure & Older Adults - Part 2 Participation in Kingston[©]

- More people regularly participate in walking than any other physical activity. Other popular activities were golf, swimming & dancing.
- Golf ranked as the most commonly played sport among respondents over 45 years followed by swimming, fishing, cycling, tennis & lawn bowls.
- Walking, church & volunteer activities & shopping are central to older people getting out.
- After 70 yrs of age, participation in away-from-home activities drops off markedly, especially walking & other physical activities (other than golf & then swimming).
- Participation in church, club & volunteer activities are very high & these are particularly important to people over 70 years.
- Club activities appear to be very important to those on lower incomes.
- Almost half of the participation in activities away from home is as organised programs, rather than independent activities, & this proportion appears to be increasing. Of the top 13 activities, the majority undertaken by females were as organised programs.
- The major barriers to exercising were lack of: money, transport, appropriate activities (for energy levels, physical condition & age), assistance to get there/do the activity, someone to do the activity with, & clubs folding.
- Information is the key to encouraging more exercise, taking up discontinued or new activities & increasing the use of senior citizens clubs.
- Putting people in touch with a club/centre that offers the activity, & providing discounts are important in encouraging exercise.
Information, suitable programs & "put me in touch with a club/centre" were the main ways cited to encourage participation in either a discontinued or new activity.
- Organised programs are important to increase levels of activity (especially for females). Those in demand include: swimming, walking, dancing, golf, gym, cycling, bush walking, tai-chi, & yoga.
- The top five places used for recreation in Kingston were: restaurants / cafes, then local neighbourhood parks, cinemas, beach / river foreshore, & libraries.
- Senior citizens clubs are used by fewer people than other facilities (40% never use them).
- The key reasons why people don't use senior citizens centres are they already go elsewhere, work commitments, and they see them as only for the very old.
- Being older or retired, better health, attractive programs/activities, more information & transport would encourage more people to use senior citizens centres.