RiAB: ACTIVE AGING

SENIOR PLUS

An Active Ageing Strategy for Retirement Communities



A practical framework that supports active living, independence and quality of life.

DISCOVER WHY · UNCOVER HOW · TAKE ACTION

www.riab.co.za/rseniorpl

THE BIGGER PICTURE

Why Active Aging Matters

Living longer matters. Maintaining the ability to live independently matters too.

31% of adults worldwide do not meet the recommended levels of physical activity.

AND IT INCREASES AFTER 60… less activity can contribute to:

- ↓ strength and mobility
- ↓ confidence and participation
- ↑ risk of losing independence

But this NOT inevitable - the following can make a difference?

- Maintaining function
- Strength, mobility and balance help people manage everyday activities and remain independent.
- Acting before and after health challenges
- Supporting activity before decline matters. So does maintaining rehabilitation gains and rebuilding everyday function afterwards.
- Turning knowledge into action

The opportunity for retirement communities

Do you already provide wellness activities and services?
Senior Plus can help make active ageing and wellness more accessible and easier for residents to act on, without requiring significant additional resources from the organisation.

It can use existing communication channels, resident engagement structures and appropriate health professionals already working within the community.

SHORT EXPLANATION

What is Senior Plus?

Senior plus is about more than exercise.

It is an Active Ageing Strategy designed to support active living, independence and quality of life.

The framework brings together:

Movement

Movement is the primary practical focus to support physical capability and function.

Lifestyle Education

Helping residents understand what matters, why it matters and what they can do in their everyday lives.

Behaviour change

Supporting residents to turn knowledge and intention into practical, sustainable everyday action.

Resident Engagement

Creating accessible opportunities for residents to participate and apply what they learn.

The aim: To make active ageing part of everyday life, not simply another program.

From Care to Active Participation

Senior Plus connects professional care with everyday living

Retirement communities may already have access to medical, nursing, rehabilitation, allied health and wellness services.

These services are important, but they are only part of maintaining health and function. What residents do themselves, before, between and after professional interventions, also matters.

What happens when consultation and rehabilitation is over?

A few questions:

- How do residents maintain their gains after rehabilitation?
- How do they remain active before a health problem develop?
- How do they turn professional advice into everyday habits?
- How do we keep active aging noticeable between formal interventions?

Senior Plus provides a structured framework that helps residents understand, participate and take practical action — wherever they are on the health and ageing continuum.

Senior Plus complements existing professional services.

LEARN MORE

Benefits of Senior Plus

Practical for residents. Adaptable for your organisation.

Senior Plus is designed to work with the systems, communication channels and services that are already part of the community.

For Residents:

- Structured active-ageing education and practical movement guidance
- Regular wellness topics and initiatives
- Support for maintaining independence

Ready to join the program turn to the next page

For The Organisation:

- A structured Active Ageing framework
- Content that can be communicated through existing channels
- Access for existing and new residents
- Up to four wellness drives or themed initiatives per year
- Ability to involve existing health professionals

Senior Plus can add structure and continuity to an organisation's wellness offering without creating a large additional operational burden.

Start the Conversation

Could Senior Plus fit your community?

Every retirement community is different.

The first step is not to introduce another programme. It is to look at what you already offer, what your residents need, and where Senior Plus could complement your existing approach.

Three Step Framework

UNDERSTAND THE ENVIRONMENT:

Review the existing wellness, activity and healthcare services, residents' needs and organisational priorities.

IDENTIFY THE OPPORTUNITY:

Determine where Senior Plus can strengthen resident engagement, practical action and continuity of active ageing.

ADAPT AND IMPLEMENT:

Develop an approach that fits the community's needs, existing services and available resources, with scope to grow over time.

Senior Plus is designed to strengthen what is already there NOT to replace it.

Interested to discuss possibilities within your community?

Contact dr Susan de Beer, PhD - Biokinetics
susan@riab.co.za - 082 940 7194