

Exercise councils – a new channel for older adults

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Background and aims

National recommendations and the new act on elder care services of 2013 encourage to increase the inclusion of older people in service development. Exercise Councils for older people, developed in the Strength in Old Age programme, are meant for community-living older adults with decreased functional capacity.

Activities

Exercise councils will be organized in 38 Strength in Old Age municipalities in cooperation with local actors and the Age Institute by the end of 2014. Two-hour group discussions focus on health exercise and exercise conditions. Municipal decision-makers and officials are invited to hear the ideas and hopes of older people. The Age Institute will make a bulletin of the results which will be sent to the participants of the council, municipal officials and newspapers.



Conclusions

The Exercise Councils were useful channels of influence by producing necessary information for the planners, decision-makers and organizers both locally and nationally. The suggestions of the Councils have been taken into account in municipal strategi. Most of the municipalities have committed to maintain the activities of the exercise councils.