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# Reimagining ageing through outdoor adventure

adventure, attitude & motivation  
scuba divers, hill walkers & sea swimmers

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Your plan



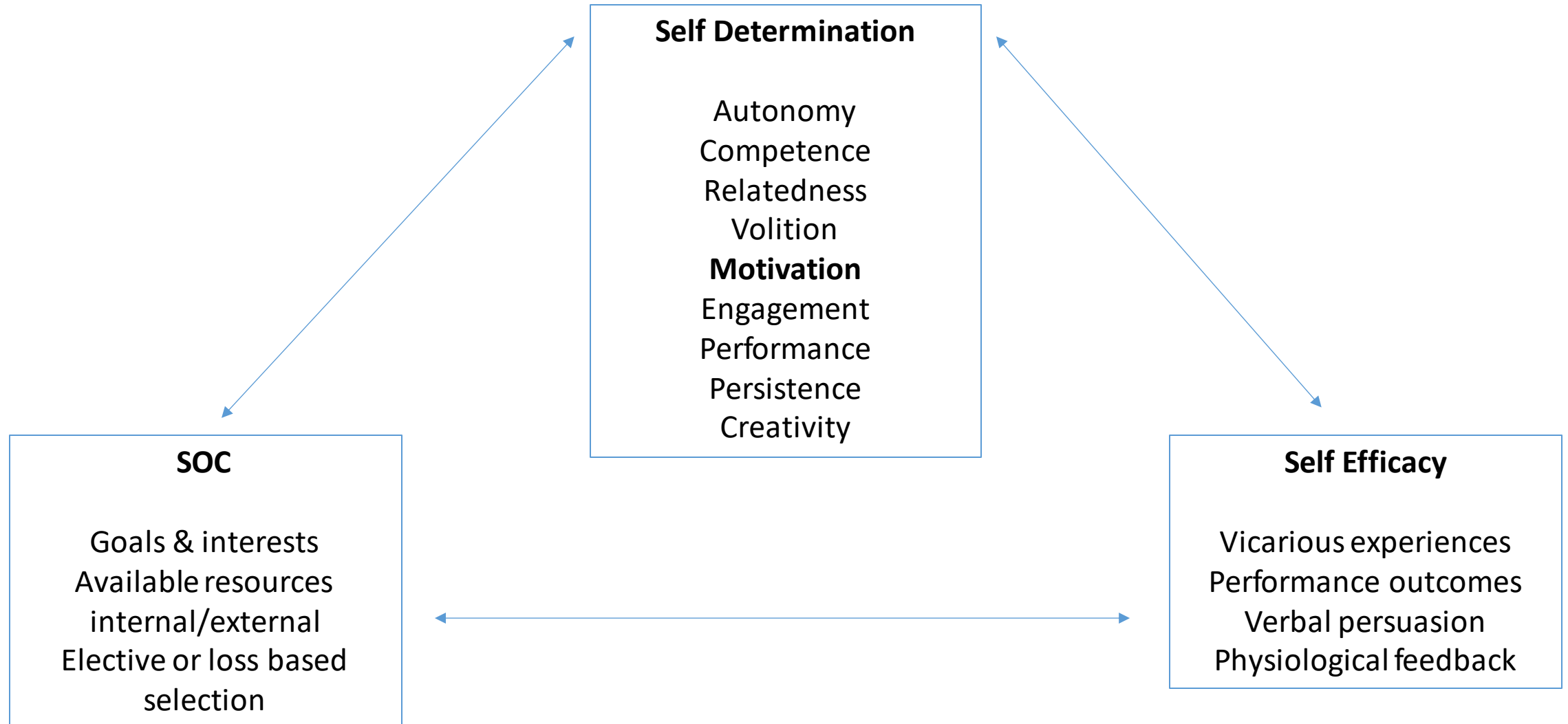
*Ph.D*



# Objectives

- The literature identifies a gap re understanding motivations of older adventurers and calls for further research using innovative approaches as to 'why'
- To explore the perceived and real physical, social and psychological benefits
- Possible contribution to normalisation of outdoor adventure activities for older adults
- Perhaps dispelling some of the myths regarding ageing and older people
- Exploring the impact on self esteem, self efficacy, determination and how and if adaptations are necessary

# Underlying theories?



# Methodology, methods & analysis

- The objective is to understand why, what, how, where & when
- Interpretivist and qualitative
- Ethnographic observation
- In depth semi structured interviews
- Thematic analysis – stage 2



December 2017  
Possibilities for successful ageing through outdoor adventure

WHO 2020 – 2030 – A Decade of Healthy Ageing

Functional Ability

- Combines intrinsic capacity & environment
- Be & do what they value
- Autonomy, dignity, integrity, freedom and independence
- Mobile & participating in activities
- Build & Maintain relationships
- Contribute to society – assisting friends, volunteering, mentoring younger people

Intrinsic Capacity

- Combines physical & mental capacity
- Energy & balance
- Cognition
- Psychological capacity

Environments

- Opportunities to facilitate movement
- Natural or built environment
- Relationships through others & animals
- Attitudes
- Consider policies that may or may not contribute to enhanced functioning

Outdoor Adventure

# Initial themes - Fun, facilities and facilitation

- Inclusive & democratic leadership – often inadvertent
- Primary interest in the leisure activity and not physical activity per se
  - maintenance of fitness to continue leisure activity participation
- Combination of the social engagement and interest in natural environment
- Opportunity to learn and develop ability & skills
- Important to recognise the range of abilities & interests – heterogeneity
- Equality re gender
- Positive impact on resilience, quality of life and ability to deal with daily stress
- Positive attitude
- Poor portrayal of older people in the media – needs to change
- Intrinsic motivation
- Volition
- Building of relationships
- Opportunities for movement
- Security – risk managed
- Volunteering

# In conclusion



- Reimagining ageing through adventure
- Be an agent for change
- Add life and vitality to living longer
- Build and promote capacity
- More people, more active, more often - outdoors