Reimagining Aging (outdoors)

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Research interests

- Background Leisure Management & Sports Science
- Lecturer at AIT
- Focus on inclusivity in recreation, sport & physical activity
- PhD research older outdoor adventurers
- Passionate about outdoor activity and its beneficial effects





To quote George Bernard Shaw

"We don't stop playing because we grow old, we grow old because we stop playing."



Ageing and imagery

Question Time

- 1. Are they typical images?
- 2. What thoughts do they invoke?
- 3. Are they motivational & how?









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Cocooning



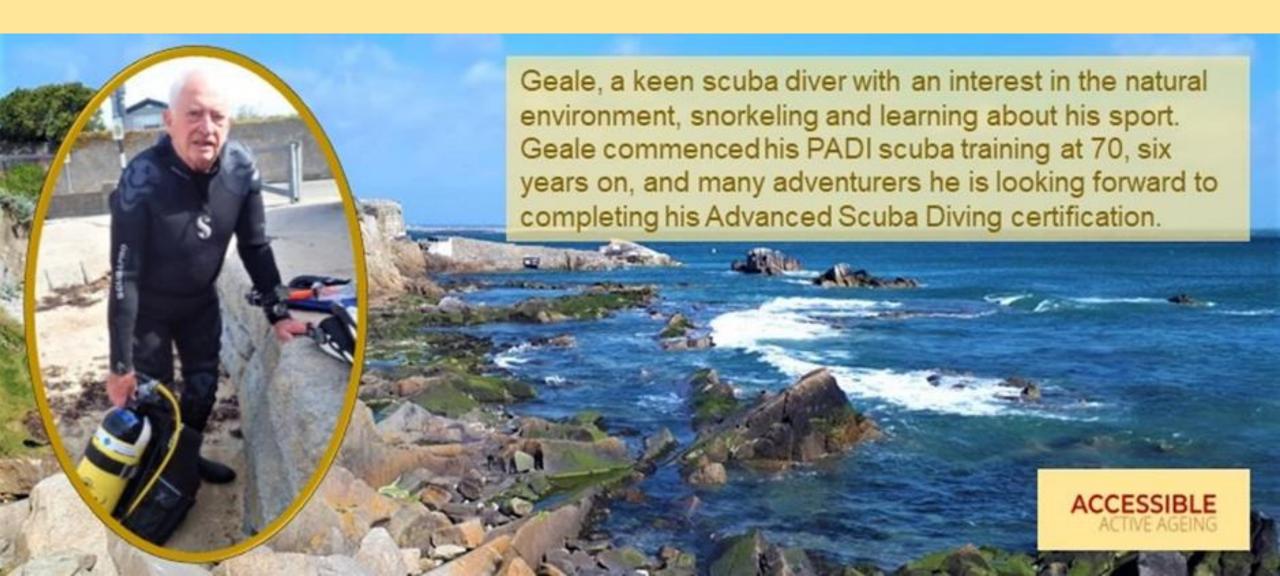




Attitude



Continuity, learning, challenge



Keepers of the Wall









Broad emergent themes

- Participation not driven by an interest in physical fitness
- However, recognise that to continue to participate some level fitness is requires
- A keen attraction to the natural environment & being outdoors
- The social aspect and banter across all groups is integral
- The concepts of self efficacy competence, confidence and autonomy while present are not always recognised by participants
- Leadership evolves the style is democratic and inclusive





Broad emergent themes condt.

- Participants are empowered, encouraged and facilitated by the group & leaders
- There are opportunities for learning across all three activities
- Skills/learning occurs in a number of ways
 - Specific training particularly with Scuba Divers & Hill Walkers
 - Sharing of information (all groups, but swimmers in particular)
 - Encouragement from others





Broad emergent themes condt.

- Attitude there is a can do attitude
- While not specifically recognised by all participants, elements of Selective Optimisation With Compensation (Baltes & Baltes, 1990) are applied
- Passion for activity, people and the natural environment - almost like an addiction
- All recognise the positive impact on their quality of life





Broad emergent themes condt.

- Recognition that acceptance of sedentary behaviour as we age needs to change
- Mindfulness participants describe this as immersing themselves in the environment (connectedness)
- Covid has increased awareness and participation in outdoor activity (particularly sea swimming)
- Resilience physical and mental (SOC)



Final thoughts

EMPOWERMENT

- Autonomy
- Connectedness
- Relatedness
- Selective
- Optimisation
- Compensation







Thank You

Questions?



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