

Reimagining Social Care through Adventure and Active Ageing

Provision of social care must focus on the needs of the cohort for whom it is intended, while recognising their abilities. A person centre approach that is empowering and enhances people's abilities for self-efficacy, sufficiency and expression is vital (HSE, 2016). In this, the decade of healthy ageing, empowerment means reframing how we view ageing and provision of opportunities to engage, debate, make decisions, and to drive activities (World Health Organization, 2020).

The current exponentially and unprecedented ageing demographic is one of the world's greatest achievements. Nevertheless, there are challenges with regard to healthy ageing, mitigation of age related diseases and where necessary the provision of ongoing care for older people. Consequently, the promotion of active ageing, independence and interventions that promote quality of life throughout the life course are integral. Engagement in physical activity (PA) has the potential to mitigate chronic disease while enhancing physical, social and mental health (The Department of Health, 2013).

The evidence is irrefutable when it comes to the benefits of PA to mitigate non communicable and often age related diseases such as blood pressure, diabetes, heart conditions and even some cancers. Evidence is also demonstrating the greater health benefits of outdoor PA. There is a need to promote engagement in relevant and appropriate levels of outdoor PA. However, we must first understand the motivations and embodied experiences of those that do participate. Over four years, as part of PhD research the author has explored through participative research, perceptions and motivations of older hill walkers, sea swimmers and scuba divers in Ireland. The research highlights the need to reframe our approach to ageing and PA engagement. These older adventurers are passionate, embrace ageing and challenge stereotypes about ageing.

This presentation will be a video and audio representation of adventure and ability.

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