Active Ageing and Physical Activity in Older People

Scotland

Slightly outdated, but still relevant guide to policies and procedures relating to encouraging active ageing.

Advice on increasing activity for older people in care and home settings

Care Inspectorate Care About Physical Activity http://www.careinspectorate.com/images/documents/2732/Physical%20activity%20guidance%20booklet.pdf
Booklet on increasing physical activity in care settings with guidance for training care professionals, and information on why exercise is important for older people in care settings.

The Scottish Government http://www.gov.scot/Topics/ArtsCultureSport/Sport/physicalactivity/paguidelines
Report on physical activity for all age groups including older people

NHS Choices: Activities for the Elderly https://www.nhs.uk/Livewell/fitness/Pages/activities-for-the-elderly.aspx
NHS advice on exercise for older people with helpful links

Getting Scotland on the Move?

Worldwide

World Health Organisation Factsheet on Physical Activity and Older Adults http://www.who.int/dietphysicalactivity/factsheet_olderadults/en/

Physical Activity in Older People: A Systematic Review

BMJ Recommendations for Physical Activity in Older Adults

Sparling Phillip B, Howard Bethany J, Dunstan David W, Owen Neville. Recommendations for physical activity in older adults BMJ 2015; 350 :h100 https://doi.org/10.1136/bmj.h100

Physical Activity is Medicine for Older Adults

Which behaviour change techniques are most effective at increasing older adults’ self-efficacy and physical activity behaviour? A systematic review.

Australia
Effect of moderate to vigorous physical activity on all-cause mortality in middle-aged and older Australians

Canada
Physical Activity Improves Verbal and Spatial Memory in Older Adults with Probable Mild Cognitive Impairment: A 6-Month Randomized Controlled Trial

Netherlands
Effects of a web-based intervention on physical activity and metabolism in older adults: randomized controlled trial

Spain
Effects of Different Exercise Interventions on Risk of Falls, Gait Ability, and Balance in Physically Frail Older Adults: A Systematic Review