

A Message from the Minister

As Minister Responsible for Recreation, I have taken a keen interest in the initiatives taken by the Queensland Recreation Council to create recreation and leisure opportunities for older people.

ROTA will address the growing demand by older people to have more control over their leisure lifestyle.

The project is timely because we are living in an ageing society where older people represent a significant and increasingly important sector of our population.

The aim of ROTA is to create the means to give older people the freedom to choose from a wide variety of recreation experiences.

As a community-based project, ROTA gives local residents the opportunity to have input into their future leisure lifestyle.

J. a. Chapman

Yvonne Chapman

MINISTER RESPONSIBLE
FOR RECREATION

Assumptions about Older People

- They have outdated skills.
- They have no goals in life.
- They are not "competitive".
- They are dependent on others.
- Their thinking is limited.
- Only young people enjoy life.

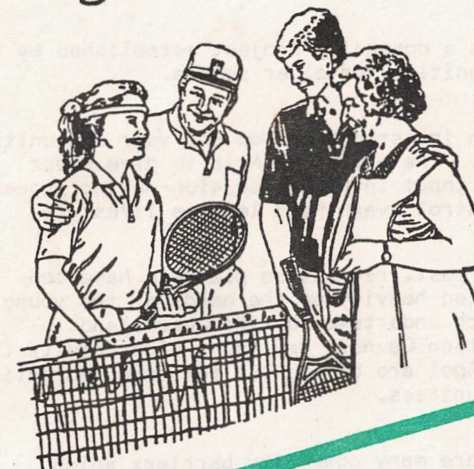
Are They True?

For more information contact



Discover life.

Recreation Opportunities for the Third Age



AGE IS NO BARRIER

We are all growing older - Let's plan to enjoy it!

Life's great if we have planned to enjoy it. But as we grow older, will we be able to participate in activities tomorrow that bring us so much pleasure today?

Leisure forms an important component of our lifestyle. Our participation in activities, often with the opportunity to meet new friends, gives us that "great to be alive" feeling.

But will this always be the case? We are living in an ageing society - 25% of our population will be over the age of 50 by the turn of the century.

ROTA (Recreation Opportunities for the Third Age) is being established throughout Queensland to plan today for our leisure lifestyle of the future.

An investment in your leisure lifestyle

ROTA is a community project established by the Queensland Recreation Council to create more recreation opportunities for older people.

It's an investment in you and your community's future. The aim of ROTA is to give older people input into the decision-making process and control over their leisure lifestyle.

In the past, recreation planners have concentrated heavily on the needs of the young. Research undertaken by the Queensland Recreation Council has found older adults (the Third Age) are crying out for more recreation opportunities.

There are many community barriers which restrict these opportunities. All too often communities stereotype older adults. Most are not content with just the three "B's" of bickies, bowls and bingo.

ROTA will address these barriers at a "grass roots" level with the establishment of community task groups.

Importantly, ROTA task groups will comprise people with diverse backgrounds - people who care about the future of their community.

All too often we witness various community groups and/or individuals imposing unwanted ideas and programs on older people.

ROTA will initiate the most effective network to give older people a high degree of "control", "competence" and "ownership" of their leisure lifestyle.



You're invited to have your say

ROTA is about giving the community input into the decisions which shape leisure lifestyles.

How do you want your community to be in 5 years, 10 years or 20 years?

This is your opportunity to have your say and create a network where older people don't become forgotten.

If you would like more information, contact your local Queensland Recreation Council Area Adviser listed on the back page of this brochure.

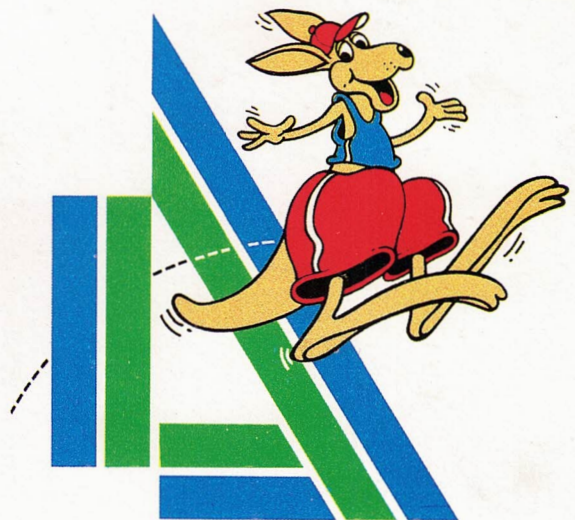
Information

Recreation

Opportunities for the

Third

Age





Queensland
Recreation
Council
Shaping Leisure Lifestyles.



G.P.O. Box 26
BRISBANE, Qld. 4001
Tel: (07) 221 4905

Refer: Mr. D. Taylor

12th March, 1987

MEMORANDUM TO:

Regional Co-ordinators

RE: RECREATION OPPORTUNITIES FOR THE THIRD AGE (R.O.T.A.)

As you are aware, this office has compiled a Project Development and Evaluation Framework that will assist field staff in gaining thorough knowledge and appropriate skills with respect to recreation and older people.

It is stressed that the objectives-based framework is an ideal model only, and is designed to serve as a 'tool' to facilitate the provision of recreation and leisure services for older people in respective communities.

Regional Co-ordinators will have the responsibility for introducing the framework to Area Recreation Advisers who in turn will do likewise with their 'task groups' once they're established.

To assist with this process and to familiarise you with the project, a presentation/mini-workshop will be conducted for Regional Co-ordinators only. Details are as follows:-

<u>Date</u>	Monday, 23rd March, 1987
<u>Place</u>	Boardroom, Head Office
<u>Time</u>	9 a.m. - 11 a.m. approximately

I enclose a brief outline of the project for your perusal which I reiterate is idealistic and can be amended or adapted to suit the local community.

On completion of the presentation a Regional Co-ordinators' meeting will be held.



for
B.J. Nielsen,
DIRECTOR

BE ACTIVE-
STAY ALIVE...



12th Floor, Watkins Place,
288 Edward Street, Brisbane, Qld.

Discover life.