



National report on Work Package 1:

GREECE

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A. Template for the summary of the 15 interviews

I. ACTION

1. Is your organization engaged in any activity with regard to the promotion of physical activity and health among older people?

Fill in the following table by putting an 'x' in the right cell.

	Sport sector		
Government	Yes	X	X
	No		
NGO	Yes	X	X
	No		

	Health care sector		
Government	Yes	X	X
	No		
NGO	Yes	X	X
	No		

	Social care sector		
Government	Yes	X	X
	No		
NGO	Yes	X	X
	No		

	Three other sectors			
Government	Yes	X		
	No			X
NGO	Yes		X	
	No			

Summarize the 15 answers by using the following sub questions;

- In what kind of activities are the organizations involved?
- Is there a specific difference between the sectors?

Summary: The activities that the organizations are involved are: a) for the Sport sector (SS), physical activity (PA) programs, campaign for (PA) programs, excursions, Veteran athletic events/tournaments, b) for the Health sector (HS), physical therapy activities, outdoor visits, excursions, involvement with nature, ergotherapy, mild PA on platforms, and vibration for physical fitness, conferences and/or seminars for older patients with special needs (heart, osteoporosis, dementia etc.), c) for the Social Care sector (SCS), camping, exercise programs, folk dance, outdoor activities, such as walking and hiking, swimming program, d) for the Other sectors (OS), traffic studies and actions regarding people with special needs and/or older people, making sure the sidewalks are safe and wide enough, special blind-friendly grounds and ramps, free routes of urban transportation for older people who visit leisure and sport venues.

Differences between sectors: Sport sector offers a greater variety of organized PA programs, indoors and outdoors and sport events/tournaments, while the health sector offers more therapeutic PA programs. Social care sector offers more cultural and social related PA activities. Other sectors provide interventions that support older people's access to PA activities and events.

2. If your organization is engaged in activities with regard to the promotion of physical activity and health among older people. Does your organization plan to increase or decrease, these activities during the next year?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities with regard to the promotion of physical activity and health among older people (thus the number of X's matches the number of engaged organizations).

		Sport sector	
Government	Increase	X	X
	Same		
	Decrease		
	Not clear		
NGO	Increase		X
	Same	X	
	Decrease		
	Not clear		

		Health care sector	
Government	Increase	X	X
	Same		
	Decrease		
	Not clear		
NGO	Increase	X	
	Same		X
	Decrease		
	Not clear		

		Social care sector	
Government	Increase	X	
	Same		X
	Decrease		
	Not clear		
NGO	Increase	X	
	Same		X
	Decrease		
	Not clear		

		Three other sectors		
Government	Increase		X	
	Same			
	Decrease			
	Not clear			
NGO	Increase	X		
	Same			
	Decrease			
	Not clear			

Summarize the 15 answers by using the following sub questions;

- What are the general intentions?
- What are the reasons given?
- Is there a specific difference between the sectors?

Summary: The general intentions (ten out of 14 org) from all sectors –especially the governmental sectors- are to increase the Physical Activity (PA) activities offered to older people. Those who mention “Stay at same level”, report financial reasons and limited time. The reasons given are: a) for the (SS), success in current PA activities, Increased demand and interest by the people and/or their members, easier access to athletic facilities and some funding by local authority. b) for the (HS), new organization in process with new positions for professionals, as well as infrastructure, increased activities based on financial budget and lack of resources, c) for the (SCS), increased camping for elderly people with PA programs. Furthermore, they report increased future participation due to building expansion with water sport facilities. d) Lastly, for the (OS), collaboration with the municipality and transportation center for new line/route for (suburbs) that will accommodate people with special needs and older people to sports venues.

Differences between sectors: Sport sectors will increase the PA programs due to increased demand and interest of older people, while health and social care sectors expect expansion of facilities and resources to cover the demand. Other sectors support with new routes the transportation of older people to and from the PA venues.

3. If your organization is currently not engaged in activities for the promotion of physical activity and health among older people. Is your organization interested in/does your organization plan to engage in such activities in the future?

Fill in the following table by putting an ‘x’ in the right cell, only for the organizations which are **NOT** engaged in activities with regard to the promotion of physical activity and health

among older people (thus the number of X's matches the number of organizations which are not engaged).

		Sport sector		
Government	Yes			
	No			
	Not clear			
NGO	Yes			
	No			
	Not clear			

		Health care sector		
Government	Yes			
	No			
	Not clear			
NGO	Yes			
	No			
	Not clear			

		Social care sector		
Government	Yes			
	No			
	Not clear			
NGO	Yes			
	No			
	Not clear			

		Three other sectors		
Government	Yes	X		
	No			
	Not clear			
NGO	Yes			
	No			
	Not clear			

For the organizations currently not engaged in activities, but which plan to do something in the future, summarize the type of activities.

Summary: Governmental Education sector plans to implement specific policies regarding PA programs for older people, if there will be a demand.

- If your organization is currently not engaged in activities for the promotion of physical activity and health among older people. Are there any specific problems or barriers which obstruct your organization from engaging in such activities?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are **NOT** engaged in activities with regard to the promotion of physical activity and health among older people (thus the number of X's matches the number of organizations which are not engaged).

		Sport sector		
Government	Yes			
	No			
	Not clear			
NGO	Yes			
	No			
	Not clear			

		Health care sector		
Government	Yes			
	No			
	Not clear			
NGO	Yes			
	No			
	Not clear			

		Social care sector		
Government	Yes			
	No			
	Not clear			
NGO	Yes			
	No			
	Not clear			

		Three other sectors		
Government	Yes	X		
	No			
	Not clear			
NGO	Yes			
	No			
	Not clear			

For the organizations which do have barriers, summarize the type of barriers given.

Summary: The Governmental Education sector reported that currently there is an emphasis only for education and youth sport programs and culture.

5. Please describe which effects these activities with regard to the promotion of physical activity and health among older people have had so far/you expect them to have?

Summarize the type of effects given.

Summary: The effects given are: A) for the (SS), increase in participation, improved physical fitness and health, development and/or expansion of infrastructure, raised awareness although sector's interests to PA programs for older people show low priority when compared to other PA programs, and indirect health improvement (not evaluated). Effects include the possibility of a future registry with representatives of various sectors, and an increase in membership and socializing among older athletes. B) for the (HS), negative effects include the fact that the demand is more than the offer, [understaffed physical therapists and technology (exercise machines)], however positive effects include an improvement in the health of those who suffer of osteopenia and balance, and an increase in awareness through conferences and the media, C) for the (SCS), positive effects include increased awareness and attendance, maintenance of good physical and psychological condition, Improved health, and decreased depression and injuries. D) for the (OS), positive effects include the increase in public transport and active subpopulation. Also 90% of the buses have more accessories (ramp, etc), and there is an increase in research for transportation and urban planning.

- Are these activities being evaluated?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

		Sport sector		
Government	Yes	X	X	
	No			
	Not clear			
NGO	Yes			X
	No	X		
	Not clear			

		Health care sector		
Government	Yes			X
	No		X	
	Not clear			
NGO	Yes		X	X
	No			
	Not clear			

		Social care sector		
government	Yes	X	X	
	No			
	Not clear			
NGO	Yes			
	No	X	X	
	Not clear			

	Three other sectors			
	Yes			
	No		X	
	Not Clear			
	Yes			
	No		X	
	Not Clear			

Summarize the type of evaluations given.

Summary: Evaluation is limited to only 8 organizations (GOs and NGOs). Six sectors do not have any evaluation. A common type of evaluation is: a) for the (SS), files, documentation, feedback from inspectors who inspect the funded programs, a list of attendance and athletic records, b) for the (HS), documentation, information, scientific evaluation, unpublished data, and c) for the (SCS), no scientific evaluation and publications, however positive feedback from participants exhibiting satisfaction and relaxation after PA and dance.

- Have there been unintended positive or negative effects?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

	Sport sector		
Government	Yes	X	
	No		
	Not clear		
NGO	Yes	X	
	No		
	Not clear		X

	Health care sector		
Government	Yes	X	X
	No		
	Not clear		
NGO	Yes	X	X
	No		
	Not clear		

	Social care sector		
Government	Yes	X	X
	No		
	Not clear		
NGO	Yes		
	No	X	
	Not clear		

	Three other sectors		
Government	Yes		X
	No		
	Not clear		
NGO	Yes		
	No	X	
	Not clear		

For the organizations which experienced unintended effects, summarize.

Positive effects;

Summary: Nine out of twelve organizations report positive effects. These are: a) for the (SS), positive effects such as, maintaining a philosophy that does not tolerate an oppositional or disruptive behavior, b) for the (HS), positive effects such as increased awareness and attendance, seminars for specific target groups (i.e. osteoporosis), and increase in physical fitness, and c) for the (SCS), positive effects, such as the existence of collegiality, love and reunion in participants and a non-violent atmosphere.

Negative effects;

Summary: Participants from the (SS) reported negative feelings arising when older people cannot walk outside due to bad weather conditions.

- Is the organization satisfied with the effects?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

		Sport sector		
Government	Yes	X		
	No			
	Not clear			X
NGO	Yes			X
	No			
	Not clear	X		

		Health care sector		
Government	Yes			X
	No		X	
	Not clear			
NGO	Yes		X	X
	No			
	Not clear			

		Social care sector		
Government	Yes	X	X	
	No			
	Not clear			
NGO	Yes	X	X	
	No			
	Not clear			

		Three other sectors		
Government	Yes	X		
	No			
	Not clear			
NGO	Yes	X		
	No			
	Not clear			

Please give a summary based on the following questions;

- Is there a general trend in the answers?
- What are the reasons for satisfaction/ dissatisfaction?
- Do you notice a difference between the sectors?

Summary: Eleven sectors report satisfaction from the results, while three report moderate satisfaction. The general trend indicates an overall moderate satisfaction, with expectations of improvement in all sectors. The reasons for satisfaction are: A) for the (SS), the maintenance of good relations with relevant international organizations and participation in common games/meetings, good public relations to take their organization to the next level. B) for the (HS), there appears to be dissatisfaction because the results and not the intentions are what are evaluated, there is no support by ministries and sectors and therefore efforts are adjusted based on existing capacities. Moreover, there appears to be only moderate optimism due to lack of funding. Although there is potential for seminars, conferences and use of media, as well as a good enough level of awareness and increased interest, no evaluation as of yet exists. C) for the (SCS), another reason for satisfaction is that the therapeutic activity intervention has helped older residents to stand up from their beds and walk. D) for the (OS), reports satisfaction with continuing efforts. There is a distinct difference in satisfaction among the (HS) and the rest of sectors, since the (HS) shows dissatisfaction due to more problems in implementing PA activities with less governmental support.

II. CONCRETE EVENTS RELATED TO ACTION (OPPORTUNITIES)

6. Which concrete situations or events caused your organization to engage in activities with regard to the promotion of physical activity and health among older people?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

	Sport sector		
Government	Situations or events named	X	X
	No situations or events named		
	Not clear from answer		
NGO	Situations or events named		
	No situations or events named	X	X
	Not clear from answer		

	Health care sector		
Government	Situations or events named		
	No situations or events named	X	X
	Not clear from answer		
NGO	Situations or events named	X	
	No situations or events named		X
	Not clear from answer		

	Social care sector		
Government	Situations or events named		
	No situations or events named	X	
	Not clear from answer		X
NGO	Situations or events named		
	No situations or events named	X	X
	Not clear from answer		

	Three other sectors		
Government	Situations or events named	X	
	No situations/events named		
	Not clear from answer		
NGO	Situations or events named		X
	No situations/events named		
	Not clear from answer		

Summarize the type of situations or events mentioned by the organizations

Summary: Only 5 out of 14 sectors report some concrete situations. Most of them initiated PA activities on their own. The reported situations or events are the following: a) for the (SS), a new policy and funding for PA from the state, scientific findings for health benefits, interest by local authorities, their own initiation, love for the sport and reconnecting with other athletes. B) for the (HS), health related goals are reported to have always been their initial goals, and some large scale athletic events (organizing 2004 Olympic games) have influenced their goals toward incorporating 3rd age. C) for the (SCS), there is an elimination of “institutionalized” feelings by opening the doors and organizing various activities, and d) for the (OS), there appears to be a changed law, campaigns by different ministries for accessibility of services, buildings, and athletic centers etc. as well as related workshops and participation in European programs.

- Have there been international or national political situations or events causing your organization to engage in such activities?

Fill in the following table by putting an ‘x’ in the right cell, only for the organizations which are engaged in activities.

	Sport sector		
Government	Yes	X	X
	No		
	Not clear		
NGO	Yes		
	No	X	X
	Not clear		

	Health care sector		
Government	Yes		
	No	X	X
	Not clear		
NGO	Yes	X	
	No		X
	Not clear		

	Social care sector		
Government	Yes		
	No	X	X
	Not clear		
NGO	Yes		
	No	X	X

	Three other sectors		
Government	Yes		
	No		X
	Not clear		
NGO	Yes	X	
	No		

	Not clear				Not clear		
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Summarize the type of political situations reported by the organizations.

Summary: Ten sectors report no specific political situations, while only four mention the following: a) the (SS), report the national policy covering another social need, b) the (HS), report common goals with related European or international sport medicine organizations, and c) the (OS), report new and improved policies by the current government.

- Have there been public support or situations in the media causing your organization to engage in such activities?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

		Sport sector		
Government	Yes	X		
	No			X
	Not clear			
NGO	Yes			X
	No	X		
	Not clear			

		Health care sector		
Government	Yes			
	No		X	X
	Not clear			
NGO	Yes			
	No		X	X
	Not clear			

		Social care sector		
Government	Yes			
	No	X	X	
	Not clear			
NGO	Yes	X		
	No			X
	Not clear			

		Three other sectors		
Government	Yes		X	
	No			
	Not clear			
NGO	Yes	X		
	No			
	Not clear			

Summarize the type of public support or media situations.

Summary: Only 5 sectors report public support, especially support by the media. The type of support is the following: a) for the (SS), there appears to be relevant campaign by the ministry of sport and demand from the public, b) for the (HS), they report creating an interest for media with their events and research, as well as support from print media but not from TV, because PA for older people does not raise publicity. C) for the (SCS), there are some instructions from the Ministry of Health relevant for older people but not from the media, and d) for the (OS), there is interest and support for promoting workshops, more frequent support from the media, but no TV shows and radio specials, only exhibitions and published relevant articles.

- Have there been any scientific results causing your organization to engage in such activities?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

		Sport sector		
Government	Yes	X		
	No			
	Not clear			X

		Health care sector		
Government	Yes			X
	No		X	
	Not clear			

NGO	Yes		
	No	X	X
	Not clear		

NGO	Yes		X	X
	No			
	Not clear			

		Social care sector		
Government	Yes			X
	No	X		
	Not clear			
NGO	Yes			
	No	X	X	
	Not clear			

		Three other sectors			
Government	Yes				
	No		X		
	Not clear				
NGO	Yes	X			
	No				
	Not clear				

Summarize the type of scientific results.

Summary: Six organizations are influenced by related scientific results. The scientific results are: a) for the (SS), scientific conferences and relevant studies, b) for the (HS), scientific results and conferences, as well as sports medicine scientific journals, c) for the (SCS), their activity programs provide the data for many scientific studies, such as Alzheimer studies, and d) for the (OS), there is research of technical registry and seminars from the national center of public administration (such as building census, a chain of accessibility).

III. GOALS

- Does your organization have any goals regarding the activities for the promotion of physical activity and health among older people?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

		Sport sector		
Government	Yes	X	X	
	No			
	Not clear			
NGO	Yes	X	X	
	No			
	Not clear			

		Health care sector			
Government	Yes				X
	No		X		
	Not clear				
NGO	Yes		X	X	
	No				
	Not clear				

		Social care sector		
Government	Yes			X
	No	X		
	Not clear			
NGO	Yes	X	X	
	No			
	Not clear			

		Three other sectors			
Government	Yes		X		
	No				
	Not clear				
NGO	Yes				
	No	X			
	Not clear				

For the organizations with goals, summarize the type of goals.

Summary: Three out of fourteen organizations report no goals. Eleven organizations report the following goals: a) for the (SS), goals include PA for life, health improvement, increase in awareness and participation and improvement of infrastructure, providing interventions so that veterans can be regularly active, and healthy. B) for the (HS), goals include increase in awareness and participation,

health improvement, development of infrastructure related to PA and increase in personnel, organizing related workshops in the countryside, promoting related policies, and increasing communication with relevant sectors. C) for the (SCS), goals include the expansion of the old building with appropriate space for mild PA, as well as health improvement and PA for older people, and d) for the (OS), goals include increase in transportation, city planning and development that aims to improve older people's quality of life .

Are there any remarkable difference between the sectors?

Summary: Most organizations from all sectors have established goals for promoting PA for older people. No remarkable differences are revealed among the sectors. However, governmental sectors are involved mainly in establishing and promoting policies regarding PA for older people, while the non- governmental sectors are more involved in implementing these goals to older people.

- How important are these goals compared to other goals of the organization?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

		Sport sector		
Government	Important	X	X	
	So-so			
	Not important			
	Not clear			
NGO	Important	X		
	So-so			
	Not important			
	Not clear			X

		Health care sector		
Government	Important	X	X	
	So-so			
	Not important			
	Not clear			
NGO	Important	X	X	
	So-so			
	Not important			
	Not clear			

		Social care sector		
Government	Important			X
	So-so			
	Not important	X		
	Not clear			
NGO	Important	X		
	So-so		X	
	Not important			
	Not clear			

		Three other sectors		
Government	Important			
	So-so		X	
	Not important			
	Not clear			
NGO	Important			
	So-so	X		
	Not important			
	Not clear			

Summarize the importance of goals regarding the activities for the promotion of physical activity and health among older people compared to other goals.

Summary: Nine organizations report that these goals are important, while four report that the goals are moderately important, and one that they are not important. Specifically, the importance of goals is justified for the following reasons: For the (SS), the belief in PA for life, and for the (HS), the equally importance of physical health with happiness derived by a sense of belongingness, socialization, and creativity. In contrast, for the (SCS) and (OS), although PA for older people is part of the organizations' direction and actions, the priority of importance goes to the administration and

finance of the institution, and the accessibility and transportation respectively. In addition, it is reported that the importance of certain goals might change depending on general societal trends.

- Are these goals specific and concrete?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

		Sport sector		
Government	Yes	X	X	
	No			
	Not clear			
NGO	Yes	X	X	
	No			
	Not clear			

		Health care sector		
Government	Yes	X	X	
	No			
	Not clear			
NGO	Yes	X	X	
	No			
	Not clear			

		Social care sector		
Government	Yes			X
	No			
	Not clear			
NGO	Yes	X		
	No			
	Not clear			

		Three other sectors		
Government	Yes		X	
	No			
	Not clear			
NGO	Yes	X		
	No			
	Not clear			

Summarize these concrete goals.

Summary: All organizations report that they have specific and concrete goals. These goals are: a) for the (SS), planning for increase in participation and identifying weaknesses in implementing the programs, b) for the (HS), hiring adequate and qualified personnel, building new facilities, collaborating with local authority, developing specific programs led by volunteer physiotherapists, demonstrating “exercises” among groups that engage in therapeutic physical activity programs, as well as “sport games” for people with mild cognitive problems, c) for the (SCS), goals are related to the operation of the new building, which has been already agreed and signed, and d) for the (OS), goals include increase in transportation, organizing conferences, and bringing up relevant issues to the minister.

- Are these goals relevant and realistic?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

		Sport sector		
Government	Yes	X	X	
	No			
	Not clear			
NGO	Yes	X		
	No			
	Not clear			X

		Health care sector		
Government	Yes	X	X	
	No			
	Not clear			
NGO	Yes	X	X	
	No			
	Not clear			

		Social care sector		

		Three other sectors		

Government	Yes		X
	No		
	Not clear	X	
NGO	Yes	X	X
	No		
	Not clear		

Government	Yes		X
	No		
	Not clear		
NGO	Yes	X	
	No		
	Not clear		

Summarize how relevant and realistic these goals are.

Summary: All but one organization report that they have relevant and realistic goals. Specifically, the (SS) reports that there is an direct planning to design but not to materialize, the (HS) reports that their goals are realistic, and the (SCS) reports that everything programmed by the institution is realistic.

- Are these goals shared/agreed upon within the organization?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

	Sport sector		
Government	Yes	X	X
	No		
	Not clear		
NGO	Yes	X	X
	No		
	Not clear		

	Health care sector		
Government	Yes	X	X
	No		
	Not clear		
NGO	Yes	X	X
	No		
	Not clear		

	Social care sector		
Government	Yes		X
	No		
	Not clear	X	
NGO	Yes	X	X
	No		
	Not clear		

	Three other sectors		
Government	Yes		X
	No		
	Not clear		
NGO	Yes		X
	No		
	Not clear		

Summarize the degree of agreement within the organization.

Summary: All organizations report that their goals are agreed upon and shared. Specifically, the (SS) reports that the goals are the products of shared decisions and that their organizations operate democratically according to the laws of their constitution, the (SCS) report that the goals are shared and agreed upon through shared ideas and discussions, and the same applies to decisions regarding the execution and the means to do so. The goals are usually shared among staff of the same specification.

IV. OBLIGATIONS

8. Does your organization have any obligations regarding the activities for the promotion of physical activity and health among older people?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

	Sport sector		
Government	Yes	X	X
	No		
	Not clear		
NGO	Yes		
	No	X	X
	Not clear		

	Health care sector		
Government	Yes	X	
	No		X
	Not clear		
NGO	Yes		
	No	X	X
	Not clear		

	Social care sector		
Government	Yes	X	X
	No		
	Not clear		
NGO	Yes	X	X
	No		
	Not clear		

	Three other sectors		
Government	Yes		X
	No		
	Not clear		
NGO	Yes	X	
	No		
	Not clear		

For the organizations with obligations, summarize the type of obligations.

Summary: Nine organizations from all sectors report to have obligations. The type of obligations is as follows: a) for the (SS), public demand and obligation to offer PA programs for the older people due to their health benefits, b) for the (HS), there is not an obligation but as a governmental institution and not totally autonomous the goals should have a direct impact on the improvement of the life of the elderly, c) for the (SCS), there are responsibilities towards the advancement of older people quality of life and also obligations because of national funding, as well as participation in European action plans, d) for the (OS), there is some obligation to comply, no pressure from media but from national and international laws regarding mobility.

For the organizations without obligations, summarize why there is an absence of obligations.

Summary: Five organizations from all sectors report that they don't function under specific obligations, unless they are included in their bylaws, and/or forced by the law. In other words, there is flexibility and voluntarism in actions especially for NGOs organizations.

- Are these obligations/expectations important compared to other obligations of your organization?

	Sport sector		
Government	higher importance	X	X
	same importance		
	lower importance		
	Not clear		
NGO	higher importance		
	same importance		X
	lower importance	X	
	Not clear		

	Health care sector		
Government	higher importance		
	same importance	X	X
	lower importance		
	Not clear		
NGO	higher importance		
	same importance	X	X
	lower importance		
	Not clear		

	Social care sector		
Government	higher importance		

	Three other sectors		
Government	higher importance		X

	same importance	X	X
	lower importance		
	Not clear		
NGO	higher importance		X
	same importance	X	
	lower importance		
	Not clear		

	same importance		
	lower importance		
	Not clear		
NGO	higher importance		
	same importance	X	
	lower importance		
	Not clear		

Summarize the importance of obligations regarding the activities for the promotion of physical activity and health among older people compared to other obligations.

Summary: Only four organizations report that their obligations are of higher importance (mostly from the governmental sport sector). Nine organizations, mainly from the health and social care sectors, report same importance, while one reports lower importance. Specifically, the (SS) reports that their sensitivity is greater for the social groups in need, including older people. They seek to mobilize their members and keep them active and interested in what they do, moreover the (HS) reports that PA for older people are of high importance just like all other goals, while the (SCS) reports that their obligations are higher, since PA contribute to the health.

- Are there intra-organizational obligations/expectations?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

	Sport sector		
Government	Yes	X	X
	No		
	Not clear		
NGO	Yes	X	
	No		X
	Not clear		

	Health care sector		
Government	Yes	X	
	No		X
	Not clear		
NGO	Yes	X	
	No		X
	Not clear		

	Social care sector		
Government	Yes		
	No	X	X
	Not clear		
NGO	Yes		X
	No	X	
	Not clear		

	Three other sectors		
Government	Yes		X
	No		
	Not clear		
NGO	Yes	X	
	No		
	Not clear		

Summarize the type of intra-organizational obligations/ expectations.

Summary: The intra-organizational obligations-expectations are as follows: a) for the (SS), the decision from authorities for implementing social policy, development of internal mechanisms and evolvement of existing ones for better promotion and attendance of PA programs, while for NGOs there are constitutional obligations. B) for the (HS), there are internal obligations with the new establishment of the organization and obligation by the institutional policy. C) for the (OS) there are expectations for fully accessorized buses, since there is a general positive disposition towards public transport.

- Are there external obligations/expectations coming from international or national political institutions?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

	Sport sector		
Government	Yes	X	X
	No		
	Not clear		
NGO	Yes		
	No	X	X
	Not clear		

	Health care sector		
Government	Yes	X	
	No		X
	Not clear		
NGO	Yes	X	
	No		X
	Not clear		

	Social care sector		
Government	Yes		
	No	X	X
	Not clear		
NGO	Yes		X
	No	X	
	Not clear		

	Three other sectors		
Government	Yes		X
	No		
	Not clear		
NGO	Yes		
	No	X	
	Not clear		

Summarize the type of these obligations/expectations coming from political institutions.

Summary: The external obligations-expectations are as follows: a) for the (SS), the obligations towards the Ministry of Sport and the Council of Europe, b) for the (HS), obligations towards the guidelines and directions coming from the Ministry of Health and from the EU., C) for the (SCS) obligations towards whatever comes from a national or international source after a thorough examination before its application.

Are there external obligations/expectations coming from the media or the public?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

	Sport sector		
Government	Yes	X	X
	No		
	Not clear		
NGO	Yes		
	No	X	X
	Not clear		

	Health care sector		
Government	Yes		
	No	X	X
	Not clear		
NGO	Yes	X	X
	No		
	Not clear		

	Social care sector		
Government	Yes		
	No	X	X
	Not clear		
NGO	Yes		
	No	X	X
	Not clear		

	Three other sectors		
Government	Yes		
	No		X
	Not clear		
NGO	Yes		
	No	X	
	Not clear		

Summarize the type of these obligations/expectations coming from the media or the public.

Summary: Only four organizations report obligations/expectations from the media. Specifically, the (SS) reports that the media are involved with this issue and there is an increased request by the public. The (HS) reports that there is a hostile attitude toward media because they only care about publicity and not about social care.

- Are there external obligations/expectations coming from science?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

		Sport sector		
Government	Yes	X	X	
	No			
	Not clear			
NGO	Yes			
	No	X		
	Not clear			X

		Health care sector		
Government	Yes			X
	No			
	Not clear		X	
NGO	Yes			
	No			X
	Not clear			

		Social care sector		
Government	Yes			
	No	X	X	
	Not clear			
NGO	Yes			X
	No	X		
	Not clear			

		Three other sectors		
Government	Yes			X
	No			
	Not clear			
NGO	Yes	X		
	No			
	Not clear			

Summarize the type of these obligations/expectations coming from science.

Summary: Only six organizations report obligation from science. These obligations are: a) for the (SS), relevant and prominent journal articles about the effect of PA on the health of the elderly, as well as scientific conferences. B) for the (HS), relevant bibliography and scientific support from EU, the geriatric society, verified physical, cognitive and behavioral improvement, as well as improved quality of life and socialization of 3rd age. C) for the (SCS), expectations based on the Alzheimer program. D) for the (OS), relevant statistics, via internet and the University research programs regarding mobility.

V. RESOURCES

- Does your organization have resources allocated to the activities for the promotion of physical activity and health among older people?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

		Sport sector		
Government	Yes	X	X	
	No			
	Not clear			

		Health care sector		
Government	Yes			
	No		X	X
	Not clear			

NGO	Yes		X
	No	X	
	Not clear		

NGO	Yes		X
	No	X	
	Not clear		

		Social care sector	
Government	Yes	X	
	No		X
	Not clear		
NGO	Yes	X	X
	No		
	Not clear		

		Three other sectors	
Government	Yes		X
	No		
	Not clear		
NGO	Yes		
	No	X	
	Not clear		

For the organizations with resources, summarize the type of resources.

Summary: Seven out of fourteen organizations report that they have resources. The resources are as follows: a) for the (SS), funds for personnel for implementing the PA programs, annual financial budget, funding does not have regularity for NGOs (funding comes from local authority-Prefecture municipality, ministry of Macedonia-Thrace, and ministry of sport. B) for the (HS), funding comes from the Ministry of Health and organizations with social policy like OPAP and (sports lottery). C) for the (SCS), funds are not designated but there is flexibility for actions depending on the budget. The only constant factor is the financing of staff (physical therapists, doctors, nurses). The NGOs are self-financed, making profits from leasing their property (apartments). D) for the (OS), their funds come from the government.

For the organizations without resources, summarize the reason for the absence of resources.

Summary: The absence of resources are due to the following reasons: a) for the (SS) some NGOs do not have an annual membership fee, b) for the (HS)- governmental only partial funding covers food, room and board, and pharmaceuticals, there is limited sponsorship and there are attempts to subsume PA programs under relevant programs of the local authority. For NGOs, funds come only from membership fees, and although there are plans to implement action, sporadic small (symbolic) financial aid is given for the general activities, and lastly d) for the (OS), resources only for campaigns, because the budget does not allow for many possibilities. There is not enough staff in the department that deals with public transport.

- Describe these resources in comparison with other resources of your organization.

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

		Sport sector	
Government	Better		X
	Same	X	
	Worse		
	Not clear		
NGO	Better		
	Same	X	X
	Worse		
	Not clear		

		Health care sector	
Government	Better		
	Same		
	Worse		X
	Not clear	X	
NGO	Better		X
	Same	X	
	Worse		
	Not clear		

	Social care sector		
Government	Better		
	Same		
	Worse		
	Not clear	X	X
NGO	Better		X
	Same	X	
	Worse		
	Not clear		

	Three other sectors		
Government	Better		
	Same		X
	Worse		
	Not clear		
NGO	Better		
	Same		
	Worse	X	
	Not clear		

Summarize the resources allocated to the activities for the promotion of physical activity and health among older people compared with other recourses.

Summary: Three organizations report “better” resources, while six “the same” and four either “worse” or “not clear answer”. Specifically, the (SS) reports a doubling of the budget for the sport for all programs, including PA for older people this year. Others receive general funds and then decide how to use it. While the (HS) reports inadequate prioritization of resources based on urgency and seriousness of need, (SCS) reports that older residents give a portion of their pension to the foundation.

- Are leadership and responsibilities defined regarding the activities?

Fill in the following table by putting an ‘x’ in the right cell, only for the organizations which are engaged in activities.

	Sport sector		
Government	Yes	X	X
	No		
	Not clear		
NGO	Yes	X	X
	No		
	Not clear		

	Health care sector		
Government	Yes	X	X
	No		
	Not clear		
NGO	Yes	X	
	No		
	Not clear		

	Social care sector		
Government	Yes	X	
	No		
	Not clear		X
NGO	Yes	X	
	No		X
	Not clear		

	Three other sectors		
Government	Yes	X	
	No		
	Not clear		
NGO	Yes		X
	No		
	Not clear		

Summarize these responsibilities and leaderships defined within your organization.

Summary: All but two organizations report that they have defined responsibilities and leadership. The responsibilities are: a) for the (SS), there are predetermined duties for PA instructors, as well as actions that support the programs. Currently a separate department for “sport for all” has been established in the General Secretariat of Sport authorized to promote and finance “Sport for All programs”, including PA for elderly. Also, there are regular meetings with the executive committee and internal guidelines. B) for the (HS), there is leadership by a governor who intervenes when needed. There are also internal guidelines, regular meetings, and assigned tasks, while for the (SCS),

there are designated activities for the personnel, and regular meetings with management. D) for (OS), leadership belongs to a committee with representatives from different branches, as well as the minister of transport. There are regular meetings with management and collaboration between departments, such as departments of environment, planning, transportation.

- Are relevant parts of the organization included in decision-making processes regarding the activities?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

	Sport sector		
Government	Yes	X	X
	No		
	Not clear		
NGO	Yes	X	X
	No		
	Not clear		

	Health care sector		
Government	Yes		
	No	X	
	Not clear		
NGO	Yes		
	No	X	X
	Not clear		

	Social care sector		
Government	Yes	X	X
	No		
	Not clear		
NGO	Yes	X	X
	No		
	Not clear		

	Three other sectors		
Government	Yes	X	
	No		
	Not clear		
NGO	Yes		X
	No		
	Not clear		

Give a summary of relevant parts included in decision-making processes.

Summary: Ten organizations report that there are relevant parts which are included in decision-making process and three (from the health sector)- report not to include others in decision making. The relevant parts are: a) for the (SS), a central Committee for Sport for All programs, collaboration with appropriate sectors and a defined framework of activity, as well as internal negotiations prior to decisions, b) for the (HS), decisions are made by Executive board based on statute (by laws) and not by sub-divisions or sub-committees. C) for the (SCS), a committee makes decisions, there are organizational regular meetings, internal communication and channels, and d) for the (OS), the power is 100% decisive as far as programming and designing public transport routes, and there are internal negotiations prior to decisions and regular meetings.

- Are there sufficient finances to carry out these activities?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

	Sport sector		
Government	Yes	X	X
	No		
	Not clear		
NGO	Yes		
	No	X	X

	Health care sector		
Government	Yes		
	No	X	X
	Not clear		
NGO	Yes		
	No	X	X

	Not clear		
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	Not clear		
--	-----------	--	--

		Social care sector		
Government	Yes			
	No	X	X	
	Not clear			
NGO	Yes	X	X	
	No			
	Not clear			

		Three other sectors		
Government	Yes			X
	No			
	Not clear			
NGO	Yes			
	No		X	
	Not clear			

For the organizations with sufficient finances, what are these concrete budgets and if possible, summarize the allocation of these finances.

Summary: Only five organizations report sufficient finances to carry out PA activities, while nine report insufficient finances. Specifically, the (SS) reports that a total budget exists for the “Sport for all” programs, part of which is utilized for the elderly, but there is a need for more finances and future networking if existing PA programs are to evolve and be upgraded. The (SCS) reports that funds exist only for personnel and not infrastructure, while (OS) reports that there is a certain budget available for research studies.

For the organizations with insufficient finances, summarize the reasons or problems given.

Summary: The reasons for insufficient finances are: a) for (SS) NGOs, there is a general shortage of financial resources, which entails a necessary adjustment of their needs to the available funds, and b) for the (HS) and (SCS) there is a general shortage of financial resources and budget cuts, while c) for the (OS), there are no funds because they are mostly supervisory departments.

- Is there enough and adequately qualified personnel to carry out the activities?

Fill in the following table by putting an ‘x’ in the right cell, only for the organizations which are engaged in activities.

		Sport sector		
Government	Yes	X	X	
	No			
	Not clear			
NGO	Yes	X	X	
	No			
	Not clear			

		Health care sector		
Government	Yes			X
	No		X	
	Not clear			
NGO	Yes		X	
	No			X
	Not clear			

		Social care sector		
Government	Yes			
	No	X	X	
	Not clear			
NGO	Yes	X		
	No			
	Not clear			

		Three other sectors		
Government	Yes	X	X	
	No			
	Not clear			
NGO	Yes			
	No			
	Not clear			

For the organizations with enough and qualified personnel, give an overview of the available personnel and of the qualifications.

Summary: Nine organizations report that they have enough and qualified personnel, while four report that they don't. Specifically, the (SS) reports that their personnel is very well trained, but it needs further improvement and advanced qualification, while for NOGs the personnel is voluntary, somewhat qualified, but there is much room for improvement. The (HS) reports that there is adequately qualified staff but for limited action plans and that qualified staff cannot be available without funding, so permanent posts are needed, while the (SCS) reports that personnel is adequate because of the decrease in the number of older residents. Lastly, the (OS) reports that personnel is quite qualified but not adequate. There is transference of personnel from other services to this governmental organization.

For the organizations with a lack of personnel and insufficiently qualified personnel, summarize the main problems.

Summary: Most organizations report that their personnel is well trained, but needs further improvement. The main problem regarding the lack of adequate personnel is the limited finances for qualified personnel. Therefore, certain activities are supported by volunteers.

- Are these activities carried out on the basis of a problem and needs assessment?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

	Sport sector		
Government	Yes	X	X
	No		
	Not clear		
NGO	Yes		
	No	X	
	Not clear		X

	Health care sector		
Government	Yes		
	No	X	
	Not clear		
NGO	Yes	X	X
	No		
	Not clear		

	Social care sector		
Government	Yes	X	
	No		X
	Not clear		
NGO	Yes	X	X
	No		
	Not clear		

	Three other sectors		
Government	Yes	X	
	No		
	Not clear		
NGO	Yes		X
	No		
	Not clear		

For the organizations that do carry out activities on the basis of a problem and needs assessment, summarize these problems and needs.

Summary: Nine organizations report that carrying out their activities on the basis of a problem and needs assessment, while only four reported they do not. Specifically, the (SS) reports that there are activities which are carried out on the basis of a problem and needs assessment in some areas and not in other areas, but there is always a regular annual schedule to follow, while b) the (HS) reports that they usually "catch the pulse" of the problem that may be occurring in society, and/or respond to a possible invitation by the media.

For the organizations without problems and needs as a trigger for action, how come this is not the case or are there may be other things mentioned that causes the organizations to carry out activities?

Summary: There are specific goals to carry out based on a specific budget.

- Is the organization able to adjust these activities, if necessary, quickly to new situations/events?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

		Sport sector		
Government	Yes	X	X	
	No			
	Not clear			
NGO	Yes	X		
	No			X
	Not clear			

		Health care sector		
Government	Yes		X	
	No			
	Not clear			
NGO	Yes			X
	No			
	Not clear			

		Social care sector		
Government	Yes	X	X	
	No			
	Not clear			
NGO	Yes	X	X	
	No			
	Not clear			

		Three other sectors		
Government	Yes	X		
	No			
	Not clear			
NGO	Yes		X	
	No			
	Not clear			

How can organizations adjust quickly to new situations?

Summary: Eleven organizations report that they are able to adjust these activities to new situations. Specifically, the (SS) reports that they can adjust quickly, where there are denunciations of bad management; there is flexibility in their action depending on what the municipality may request. The (HS) reports that there is an ability to adjust, while they refer out when something is needed that they cannot provide, and the (SCS) reports that they can adjust generally but not specifically where this is feasible.

Summarize why some organizations aren't able to adjust quickly?

Summary: How able an organization is to adjust depends on the type of organization and sector in which it belongs. For example, for a large scale governmental sport sector, which operates on a national policy plan called 'Sport for all', and which is implemented by qualified physical education teachers across the country with the necessary collaboration of local authorities, this kind of adjustment seems feasible. Health sector and social sector, on the other hand, as they are not involved in these kinds of PA programs, on the same scale as sport sector, neither have they the same priorities, it seems logical not to adjust easily.

- Are international or national (political) organizations supporting these activities?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

		Sport sector		
Government	Yes	X		
	No			X

		Health care sector		
Government	Yes		X	
	No			

	Not clear		
NGO	Yes		X
	No	X	
	Not clear		

	Not clear		
NGO	Yes	X	X
	No		
	Not clear		

	Social care sector		
Government	Yes	X	
	No		X
	Not clear		
NGO	Yes		
	No	X	X
	Not clear		

	Three other sectors		
Government	Yes	X	
	No		
	Not clear		
NGO	Yes		X
	No		
	Not clear		

For the organizations supported by these other organizations, summarize the type of support.

Summary: Eight organizations report that they have support from national or international organizations, while five report no support from these organizations. The type of support is summarized as follows: A) for the (SS), specifically the NGOs, the financial resources come from local authorities and Prefecture municipalities. B) for the (HS) there is some exchange of information with other national sectors, but mostly support from personnel and sporadic funding. Additionally, there is support from the European and international network in which they are members. C) for the (SCS) there is provision of resources, sharing of information, access to important networks/contacts. D) for the (OS) there is provision of programs and lobbying, as well as research material.

- Are the media or the public supporting these activities?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

	Sport sector		
Government	Yes	X	X
	No		
	Not clear		
NGO	Yes		
	No		X
	Not clear	X	

	Health care sector		
Government	Yes	X	
	No	X	
	Not clear		
NGO	Yes	X	X
	No		
	Not clear		

	Social care sector		
Government	Yes		
	No		X
	Not clear	X	
NGO	Yes		
	No	X	X
	Not clear		

	Three other sectors		
Government	Yes	X	
	No		
	Not clear		
NGO	Yes		X
	No		
	Not clear		

For the organizations supported by the media or the public, summarize the type of support.

Summary: Seven organizations report support from the media or the public, while seven report no such support. Specifically, the (SS) report that news coverage does exist for PA activities, but mostly

that the public provide moral support. The (HS) report that support is only situational and includes news, programs, media coverage of the activities, moreover, there is some support for programs for handicapped people, bazaars and theatrical productions, and the (OS) report broadcast news, published articles etc.

Is science supporting these activities?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

		Sport sector		
Government	Yes	X	X	
	No			
	Not clear			
NGO	Yes			
	No	X	X	
	Not clear			

		Health care sector		
Government	Yes	X	X	
	No			
	Not clear			
NGO	Yes	X	X	
	No			
	Not clear			

		Social care sector		
Government	Yes	X		
	No		X	
	Not clear			
NGO	Yes	X		
	No		X	
	Not clear			

		Three other sectors		
Government	Yes			
	No	X		
	Not clear			
NGO	Yes		X	
	No			
	Not clear			

For the organizations supported by science, summarize the type of support.

Summary: Nine organizations report that they have support from science, while five report no scientific support. Specifically, the (SS) report that scientists are interested in presenting their findings, while the (HS) report that they take into consideration the bibliography that exists; scientists are interested in presenting scientific results and they also consult the organization in carrying out their research studies. The (SCS) report that they have indirect support, as in the case of dementia, and the (OS) report that they collaborate with a University department which has conducted research programs regarding transportation.

Intersectoral structures

10. With respect to the promotion of physical activity and health among older people, with which other sectors is your organization cooperating (please do not indicate your own sector)?

Fill in the following table by putting an 'x' in the right cell, for all the organizations , thus 15 X's.

Sport sector									
		health		(sport)		social		other	other
Government	1						X		X
	2	X				X			
	3		X						
	4								
	5								
NGO	1	X	X			X	X		
	2								
	3							X	X
	4								
	5								

Health care sector									
		(health)		sport		social		other	other
Government	1								
	2								
	3				X		X		X
	4			X				X	
	5								
NGO	1								
	2								
	3					X			
	4			X	X		X		X
	5								

Social care sector									
		health		sport		(social)		other	other
Government	1								
	2								
	3								
	4								
	5	X						X	
NGO	1	X		X					
	2		X						
	3								
	4				X				
	5							x	

Three other sectors									
		health		sport		social		other	other
Government	1		X		X		X		
	2								
	3								X
	4								
	5				X			X	
NGO	1	X		X					
	2								
	3					X		X	
	4								
	5								

11. In the context of the promotion of physical activity and health for older people, we consider an intense cooperation with the following sectors desirable in the future:

Fill in the following table by putting an 'x' in the right cell, for all the organizations , thus 15 X's.

Sport sector									
		health		(sport)		social		other	other
Government	1								
	2								
	3								
	4							X	
	5	X	X			X	X		X
NGO	1								
	2								
	3					X			
	4		X				X		
	5	X						X	

Health care sector									
		(health)		sport		social		other	other
Government	1								
	2								
	3								
	4				X				
	5			X			X	X	X
NGO	1								
	2								
	3								
	4				X				
	5			X		X	X	X	

Social care sector									
		health		sport		(social)		other	other
Government	1								
	2								
	3								
	4								
	5	X						X	
NGO	1		X						
	2								
	3								
	4	X		X					
	5							X	

Three other sectors									
		health		sport		social		other	other
Government	1		X		X				
	2								
	3						X		
	4								
	5	X		X		X			X
NGO	1								
	2								
	3	X		X					
	4								
	5					X			

B. Summary of focus group meeting

Please make a summary of the most important findings and conclusions of the focus group (max 2 pages). Please do not forget to mention the number of participants (refer to their position in the matrix of the focus group)

FOCUS GROUP 30/6/09

The group comprised of 10 men and 7 women; 8 participants were above age of 70 while 9 were below; 7 participants were not currently active while 10 were.

Participants referred to the following organizations as ones offering activities and promoting them to older people:

Municipalities, such as Evosmos, Thermi, Vasilika, Menemeni, Trilofos, provide through their Open Care Centers for Older People (**KAPI**) camping, swimming, thermal water baths..... Apart from the activities that take place in KAPI, participants referred to cultural centers, municipal gyms, two health care (Social security) organizations, IKA and OGA offering excursions (social tourism), swimming and camping at the beach, folk dances, thermal water baths for health related ailments. Several celebrations (cultural happenings) offered also by municipalities, exhibiting the local products of the villages, i.e. –celebration of sardines, flowers, grapes, spinach etc. where dancing takes place. The church was also mentioned as offering camping and food, and the ergatiki estia offering 3 to 7 day cruises. Cultural organizations organize celebrations, honouring Saints called “panigiria”, which last from 2 to 7 days. During these celebrations older people are dancing country and modern dances.

With regard to in which organizations are older persons participating? Why, why not? - Which organizations should offer more?

The participants reported that they participate in the same list of organizations, foundations and clubs that they mentioned in the first question. As for the question regarding which organizations should offer more, some mentioned that their villages do not have well equipped and organized Open-Care centers for physical activity programs. They also reported that it is not easy to travel to the nearest bigger village to participate in the physical activity programs.

With regard to what activities are offered by physical activity programs:

Participants overall referred to free weights, treadmills, jump rope, aerobic exercises, walking in nearby forest mostly 3 times a week. Many participants reported performing exercises outside an athletic facility, such as walking with spouses along side the beach or in the hills, repeating free weight exercises that they perform at the gym at home.

When asked about specific needs regarding physical activity as well as barriers to participating in activity programs, participants referred to the following:

Inadequate facilities (lacking showers and separate fitting rooms, lacking adequate space to perform exercises), no transportation to and from athletic centers, inadequate organization in the suburbs of Thessaloniki, reluctance of general practitioners to provide assessment form ensuring safe participation in programs, as well as having to pay for the examination, alternatively appointments at a hospital taking too long, therefore creating a long waiting period prior to participation in physical activity programs, financial issues (having to pay to participate in some athletic centers), personal

physical ailments prohibiting someone from exercising, taking care of grandchildren that prohibits attendance in programs, inadequate health care personnel prohibiting excursions, many instructors lacking specialty training.

Participants referred to the following benefits they have witnessed as a result of exercising:

Increased psychological and physical wellbeing; increased socialization and the ability to share problems; ability to discuss physical problems with the PE instructor; decrease in the quantity of medication issued (especially medicine regarding osteoporosis and blood pressure), decrease in overall aches and pains.

Regarding whether participants would exercise were there none of the above existing barriers, some referred to:

The existence of shame as a prohibiting factor because of socialization (especially for widowed women), the lack of company with whom to attend the athletic center, and the inadequacy of a conducive environment (lack of appropriate pavements), having to pay a certain fee (30E) to attend certain centers.

C. Summary of feedback workshop

Please make a summary of the most important findings and conclusions of the workshop (max 2 pages). Please do not forget to mention the number of participants (refer to their position in the matrix that was applied to selected the representatives for the interviews)

Twenty representatives from all sectors were invited to the national feedback workshop. Only eight representatives participated in the meeting, five of which were from the Sport sector (GO and NGOs), two from the Health sector (GO) and one from the Social care sector (NGOs).

At the beginning of the meeting there was an introduction by the national partner regarding the PASEO project and specifically the objectives of workpackage 1. Then, the results from the interviews were presented, as well as the results from the focus group meeting. After the presentation, a discussion was initiated regarding the results and the next steps of the project. All representatives agreed on the results of the interviews and were satisfied to hear the opinions of the older people themselves (focus group) presented in the meeting. There were some suggestions regarding relevant organizations that might be willing to contribute to the issue of Physical activity for the elderly. These suggestions included the cultural sector with the various types of cultural clubs, dealing mostly with leisure activities, such as dances, choirs, excursions etc. Another suggestion referred to the national sports associations, which might be able to make certain provisions, and therefore should not be absent from these issues.

The national partner then focused on the next steps of PASEO regarding the cooperation from different sectors to establish national alliances, and explained how this could be possible. Then she asked from each representative to think about the possibilities and ways of contributing to this alliance and bring them to the next meeting. There was of lot of discussion regarding cooperation and funding. The *sport GO regional representative* said "...there was financial contribution of the state to some municipalities, like the one in Evosmos, which have been organising PA programs for more than 20 years. The last 10 years, in cooperation with the department of Sport Medicine at the University we are implementing specific supervised programs for both patients with heart problems

and kidney problems. This is for your information so you have an idea of what is going on...” The *Health GO sector representative* said that “...the state is willing to implement such programs, but after the end of these programs, all the structures that have been built with funding and a general contribution from the European Union, tend to collapse because the state is unable to further fund them, even though many of them function cost-effectively, that is without undue expenses, self-sacrifice and voluntary work from many people...”

The *representative of GO sport sector* contributed to the discussion by explaining that the state is trying to cover the needs introduced at times from the various sectors. He went on saying “..the state cannot implement a program unless it is specifically asked for by the corresponding sector, whether this sector is a municipality or an institution. The Ministry of Sport, through the General Secretariat of Sport, has specific programs and intervention limits. In the context of ‘Sport for All’ there are various programs regarding the elderly, which are implemented by the PE teachers and funded by the various municipalities. The alliances of PASEO might be possible to materialize under the umbrella of Ministry of Sport, but it all depends on whether the Ministry is willing to take the lead and whether it can contribute effectively. This doesn’t mean that the Ministry of Sport has the luxury of unlimited funds, but that it can fund specific programs for the elderly, through the various municipalities. So in order to initiate this program it has to first be approved and then turned over to a municipality. The municipality then begins the program by hiring the staff and following the specific procedures in order to implement the program”.

The *NGOs sport representative* explained that “...in order to start cooperation among programs and get funding from the state, we first need to figure out what we can contribute to the state, not the other way around. For example, what can a social care foundation like –Harissio- offer specifically to the track and field veterans association? Can it offer an open space for the summer, where 100 and more people can exercise and then we request a trainer from the General Secretariat of Sport as well as some equipment? We need to first find a well-organized program and then request help from the state. Let’s start from the simple stuff and work toward the more difficult. We are not asking for a super-luxury gym, we want to go to a school and ask the headmaster for a room for two hours where we can start an exercise program. Can we work together with the other sectors in order to initiate a program like this? This may be people from the area of basketball or even volleyball?..”.

The *Heath sector representative* insisted that there must be medical coverage for any program like this because if something goes wrong the program will end and there will be lawsuits and other legal problems. He went on saying “...there must be a centralized medical unit available for these assessments, where one can be assessed and then obtain a ‘health card’. There must also be certified medical examiner at exercise places too, where one can get an assessment. Although there are such units only for specific situations, there is a need for a centralized unit. In Thessaloniki there is an academic geriatric unit, functioning for seven years now, which deals specifically with the elderly at all levels. This specific unit in cooperation with the Medical School, could be the base for this centralized unit, which would perform assessments and issue ‘health cards’, specific days a week..” He then added that there is a large group of older people who are in an excellent health but that there is still need for a specialized trainer, a physiotherapist, and a registered nurse during the exercise session, each group of people, who they can oversee it and intervene in case of an emergency.

The *NGOs sport representative* stated that “...right now there is no private sector, which complementary with the state will fund the project. There are however the “Open Care Centers for the Elderly” which have a level of organization, and include a physiotherapist, a nurse, but they are lacking in space, the structures. Can we cooperate with them and reinforce their effort?” The *GO sport representative* explained that “all municipalities have sufficient athletic facilities and the elderly have the advantage that they need to exercise in the morning, when there are many available spaces

for exercise indoors and outdoors, although there are not sufficient open spaces where the elderly can exercise safely...”.

There was also discussion concerning transportation. The *health representative* said that buses can help in moving people around, and this is the true essence of cooperation. He further explained “...Do you know that about 20% of the elderly can not use a bus because they can not get on it? Many of the buses are old and not accessible to the elderly (ones that will lower down when they reach a stop, so that older people can get on them)”. Another representative informed the meeting that “...most of the buses today are conventional, with special doors for people with mobility problems, but it’s not just a matter of having proper buses, but that the public must also be aware of them...”

As a concluding comment the *NGOs sport representative* said that “in order to gain something from this meeting we need to form a committee of a few members, which will deal exclusively with this issue, because none of us is reaching the essence of the issue”. At this point, the meeting ended and the representatives were informed that there of a next meeting for the project.

D. General conclusions of WP1

Please make a summary and make your final conclusions regarding the existing capacities for the promotion of physical activity among sedentary older people in your country.

The activities that the organizations are involved are: a) physical activity (PA) programs, campaigns, athletic events/ tournaments, physical therapy activities, outdoor activities, ergotherapy, conferences and/or seminars, camping, folk dances, walking and hiking, swimming program, traffic related interventions, and routes of urban transportation for leisure and sport venues. The differences between sectors have to do with a greater variety of organized PA programs offered by the sport sector in contrast to the health and the social care sectors, which offer more therapeutic and cultural related PA programs, while the other sectors intervene for easier access to PA activities and events.

The general intentions from all sectors are to increase the (PA) activities, and the reasons given are: success from current PA activities, increased demand by the people and/or members, easier access to athletic facilities, funding, new infrastructure with water sport facilities, increase in personnel, increased activities, such as camping with PA programs, collaboration with the municipality and transportation center for new line/route to sports venues. Some differences exist between sectors, as sport sectors will increase the PA programs due to increase demand and interest, while health and social care sectors expect expansion of facilities and resources to cover the demand.

The effects of the programs offered include: Increased participation, improved physical fitness and health, development and/or expand of infrastructure, raised awareness, registry of sectors, increased membership and socializing among veteran athletes, better health for the those with special needs, good physical and psychological condition, decreased depression and injuries, increase of public transportation, with more accessorized buses and urban planning. The evaluation is limited to the documentation of files, feedback by inspectors and participants, athletic records, shared information, and scientific evaluation in some health organizations. All organizations report positive effects, such as increased awareness and attendance, seminars for specific target groups, increased physical fitness, collegiality, amicability and reunion among participants, and a non violent atmosphere. In relation to program satisfaction, there is an overall moderate satisfaction with expectations of improvement in all sectors. The reasons given for satisfaction are: good public relations among relevant organizations, participation in common games/meetings, high awareness and increasing interest, successful therapeutic interventions. Reasons for dissatisfaction are not being able to provide programming according to intentions, not receiving support by ministries and sectors, and lack of funding. There is a distinct dissatisfaction in the health sector in comparison to other sectors due to problems in implementing therapeutic PA activities with less governmental support.

With regard to situations or events that have caused the sectors to engage in PA programs, most organizations reported initiating PA activities on their own. Other events include the new policy and funding from the state, scientific findings for health benefits, interest by local authorities, love for the sport and reconnecting with other athletes, large scale athletic events, elimination of "institutionalization", new laws, campaigns for accessibility of services, new buildings and athletic centers, and participation in European programs. No specific political situations are reported to influence the sectors towards their initiatives, except the ones reported by few organizations, such as national policy, common goals with European organizations, and new and improved policies by the current government. In relation to public or media support, most sectors report no support from the media. The type of support that is received is: relevant campaign by the ministry of sport and demand from the public, support from print media but not TV, instructions from the Ministry of Health, support for promoting workshops and publishing relevant articles, but not from TV shows and radio specials. There is also limited influence from scientific results. The scientific results

reported include scientific conferences and seminars, relevant studies, scientific journals, and data from program implementation.

Most organizations have established goals for promoting PA for older people. The most important ones are: PA for life, health improvement, increase in awareness and participation, as well as improvement of infrastructure, provision of PA interventions, increase in personnel, organizing related workshops, promoting related policies, increasing communication with relevant sectors, and lastly, increasing transportation and city planning to improve older people's quality of life. No remarkable differences are revealed among the sectors. However, GOs are involved mainly in establishing and promoting PA policies, while the NGOs are more involved in implementing these goals to older people. In terms of importance, most organizations report that these goals are important or equally important compared to other goals. The above goals seem to be specific and concrete, as well as realistic, and are related to issues of planning for an increase in participation and identifying weaknesses in implementing the programs, hiring adequate and qualified personnel, building new facilities, collaborating with local government, and developing specific exercise programs and/or sport games for people with mild cognitive problems. All organizations report that their goals are the products of shared ideas and decisions, since they operate democratically and according to the organization's constitution. In GOs, the goals are shared among staff of the same specification.

In relation to obligations, most organizations report the following: public demand and health benefits of exercise, responsibilities towards the advancement of quality of life, national funding, as well as participation in European action plans. Only four organizations report that their obligations are of higher importance, and most of these belong to the governmental sport sector. In terms of the intra-organizational obligations-expectations, they report internal expectations for better promotion and attendance of PA programs, constitutional obligations, and obligations due to new infrastructure. Only few organizations report obligations/expectations from the media. Most of them report negative comments towards media, saying that the media care only for increased publicity. As far as obligations from science, six organizations reported the following: relevant and prominent journal articles, scientific conferences, relevant bibliography and statistics, scientific support from EU, research from geriatric society, and University research programs.

With regard to resources, only half of the organizations reported availability of resources. These include annual financial budget from the Ministry of Sport and the Ministry of Health, sporadic funding for NGOs, and self-financing for some NGOs, by leasing their property. The reasons for limited resources include partial governmental funding, limited pharmaceutical funding, and result in volunteer work and intra-organization sponsorship. Three organizations report "better" resources, while the rest "the same" or "worse". The sport GOs report a doubling of its budget currently for the sport for all programs, including PA for older people. Other organizations prioritize their resources based on urgency and/or get a portion of old residents' pensions.

All organizations report the following responsibilities and leadership: predetermined duties for PA instructors and actions to support the programs, regular meetings with management, internal guidelines, defined leadership by a governor or committee, assigned tasks, and designated activities for the personnel. Most organizations report that there are relevant parts, which are included in decision-making process, internal negotiations prior to decisions made, and internal communication channels. Only few organizations report sufficient finances to carry out PA activities. The reasons for insufficient finances are: budget cuts, and a general shortage of financial resources, which entails a necessary adjustment of their needs to the available funds.

In terms of enough and qualified personnel, most organizations report that their personnel is very well trained, but needs further improvement. NGOs state that the personnel is voluntary, adequately qualified but for limited action plans, therefore permanent posts are needed. Those with insufficient personnel report the following reasons: limited finances for qualified personnel, experienced personnel to do the same tasks with less cost, and volunteer work. They also report that PA activities are carried out mainly on the basis of a problem and needs assessment, but not in some

areas. Usually there is a regular annual schedule to follow, although some organizations may respond to an emerging social problem or an invitation by the media.

Most organizations report that they are able to adjust these activities to new situations, where this is feasible. Specifically, they can adjust quickly in cases of bad management, after a serious request by a public sector and when they cannot provide they refer out. Those organizations not capable to adjust, have usually different priorities than PA issues. In terms of national or international support, the organizations reported obtaining financial resources from local and national government, the ability to exchange information with other sectors, as well as support from personnel, European and international networks by sharing of information and lobbying, and research material. Half of the organizations report also media or the public support, by means of news coverage, programs for handicaps, bazaar and theatrical productions. Most organizations report support from science by means of scientific interest to their interventions, existing bibliography, consultation regarding research findings, and collaboration with the University, in conducting research studies.

Below are important points derived from the focus group meeting: Most Municipalities all over Greece provide various activities, including PA mainly through their Open Care Centers for Older People (KAPI). The largest municipalities also offer PA activities through their cultural centers and municipal gyms. Social security organizations offer excursions (social tourism), that include also various forms of leisure and PA activities. Cultural organizations organize celebrations, where older people participate by dancing. Not all villages have equipped (KAPI) for an effective PA involvement of the elderly. In relation to the content of the PA programs, the participants referred to free weights, treadmills, jump rope, aerobic exercises, walking in nearby forests, hills and on the beach. With regard to obstacles, they mentioned: Inadequate facilities and space to perform exercises, no separate fitting rooms, no transportation to athletic centers, inadequate management in the suburbs of the city, reluctance of general practitioners to provide assessment forms for PA participation, unaffordable participation fees, and PA instructor lacking special training. As for their benefits they mentioned: Increased wellbeing and socialization, good communication with the instructor, decrease in medication and in overall aches and pains.

The most important points of the feedback group are the following: Representatives made suggestions regarding additional relevant organizations that might be willing to contribute to the issue of PA for the elderly. The suggested organizations included the cultural associations and clubs, national sports associations, and most importantly the Open Care centers for the elderly (KAPI) of most municipalities. The GOs local sport representative explained that all municipalities have sufficient athletic facilities and the elderly have the advantage of exercising in the morning, when there are many available spaces for exercise indoors and outdoors. In relation to the cooperation and the establishment of national alliances, representatives focused mainly on the issue of funding. He also voiced that the state has contributed financially to many municipalities for many years, for organizing PA programs. There has also been cooperation among municipalities and the University, implementing specific supervised programs for elderly with health problems. The Health GOs sector representative explained that although the state is willing to implement such programs, it cannot be able to sustain them financially after the programs end, therefore many of them collapse. The national representative of GOs sport sector said that the sport Ministry cannot implement a program unless it is specifically asked for by the corresponding sector, whether a municipality or an institution. He added that the alliances of PASEO might be possible to materialize under the umbrella of Ministry of Sport, under specific conditions. The NGOs sport representative explained that we first need to have a well organized program and then request help from the state. The Health representative pointed out the necessity of medical coverage for participants' safety and specialized medical personnel during the exercise session for emergency situations. He also suggested a centralized medical unit available for these assessments, where one can be assessed and then obtain a 'health card'. Furthermore, there was a discussion concerning public transportation. The health representative said that properly equipped buses are necessary for easy access for older people's

mobility, and/or visiting the exercise places. A concluding proposal was to form committee of a few member to think extensively about how to work contribute to future alliances.