

# PRIME TIME OF LIFE

## OUR JOURNEY SO FAR

### I-PARC

I-PARC (Irish Physical Activity Research Collaboration) is a partnership project with the Active Cities Network across five cities in Ireland, supporting physical activity within communities. Working alongside local partners and communities, I-PARC aims to help people become more physically active by engaging with participants, practitioners, and stakeholders to understand what works, identify key challenges, and ensure the programme is accessible and easy to take part in.



### STAGE 1

#### Programme Selection

Twenty-one evidence-based programmes were reviewed by I-PARC and narrowed down to five suitable options.

- Through workshops with local partners and stakeholders, these were further refined to two programmes.
- Focus groups with participants informed the final decision, with Prime Time of Life selected as the best fit for Waterford.



### STAGE 2

#### Tailoring the programme:

I-PARC worked with local partners and members of the Waterford community to adapt the programme to suit local needs. Feedback from participants and stakeholders helped to:

- Identify key programme components and delivery
- Identify key challenges (e.g. health needs, confidence, access)
- Adapt when and where sessions are delivered
- Gather feedback from participants and practitioners
- Tailor Prime Time of Life to the Waterford community



## STAGE 3:

### Implementing the programme:

I-PARC collaborated with Waterford Sports Partnership to plan programme delivery and long-term support by:

- Scheduling sessions
- Defining delivery and support roles
- Planning session delivery
- Ensuring feasibility and sustainability
- Setting up simple tracking measures (e.g. attendance and session logs)
- Preparing for rollout

### PROGRAMME SPOTLIGHT

#### Prime Time of Life:

A community-based physical activity programme supporting older adults, particularly those living with long-term health conditions, to become more active in a safe and supportive environment. It focuses on improving strength, confidence, and overall wellbeing.



### WHAT'S NEXT?

The programme is currently in the final stages of planning and will launch soon in Waterford. I-PARC looks forward to supporting older adults to become more active and improve their health and wellbeing.

### THANK YOU

Thank you to all participants, stakeholders, and local partners for their involvement. I-PARC also thanks Waterford Sports Partnership (WSP) and Active Cities Waterford for their continued support and collaboration. This work is part of the I-PARC 2.0 project, funded by the Health Research Board (HRB) and Healthy Ireland.

