



**ARE YOU AN OLDER
ADULT WHO WANTS TO
IMPROVE YOUR ABILITY
TO WALK OUTDOORS?**

- Are you 65 or older?
- Do you have difficulties walking outdoors?
- Do you walk outdoors less than 75 minutes per week?

THE GO-OUT STUDY

We are a group of physical therapists and other researchers from the University of Manitoba and other academic centers.

Participants will be randomly assigned to one of two groups:

One group will participate in a one day walking workshop and receive weekly education reminders.

One group will participate in a one day walking workshop and engage in a 3-month outdoor walking program.

We invite you to contact us!

To reach our research coordinator

Phone: 204-787-8015

Email: go.out@umanitoba.ca



**UNIVERSITY
OF MANITOBA**

Getting Older Adults Outdoors (GO-OUT) Study

ARE YOU AN OLDER ADULT WHO WANTS TO IMPROVE YOUR ABILITY TO WALK OUTDOORS?



What is the GO-OUT study?

We are a group of physical therapists, geriatricians and researchers from the University of Manitoba and other academic centres. We have partnered with Active Living Coalition of Older Adults in Manitoba (ALCOA) to run a study to evaluate two programs designed to help seniors to walk outside more easily.

Who can participate in the study?

We are looking for adults aged 65 years and older, who find it difficult to walk outside, and who walk outdoors less than 75 minutes a week, even in good weather. You must be able to walk at least 1 block continuously on a flat surface on your own but it's ok if you need to use a cane or walker.

What will you have to do?

You will attend four evaluations at the University of Manitoba (Rehabilitation Hospital) over a 1-year period. After the first evaluation, we will assign people using a process that is like flipping a coin, to one of two programs. ***The two programs are:***

GO-OUT Workshop & Support Program:

This program involves a workshop and weekly educational reminders. Participants will attend a 5-hour interactive workshop to learn information, strategies and skills to walk safely outdoors. You will learn how to use step-counters and Nordic walking poles, and about fall prevention and proper clothing and foot-wear needed to walk outside. After the workshop, we will send you weekly reminders, such as educational tips on walking.

GO-OUT Workshop & Outdoor Walking Program:

This program involves the same 5-hour workshop described in the program above, but you will also participate in an outdoor walking group, led by a physiotherapist, for 3 months. In the outdoor walking program, you will meet as a group in several large parks in Winnipeg, twice a week, for 3 months.

When and where will the programs run?

We will assign you to attend a workshop, tentatively scheduled on one of the following dates and times:

Saturday June 2, 2018, 10am-3pm OR
Saturday June 9, 2018, 10am-3pm

Workshops will take place at the Rehabilitation Hospital, 3rd floor, 800 Sherbrook St Winnipeg MB R3E 0T6.

Is there a cost to participate?

No. The GO-OUT programs are FREE of charge because the study is funded through a research grant. All participants will receive a free step counter and workshop workbook.

What to do if you are interested to participate or you have questions?

If you have questions or if you would like to participate, please contact the GO-OUT study coordinator, Caryne Torkia.

Email: go.out@umanitoba.ca
Tel: (204) 787-8015



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