

The Champs programme

The Someone Like Me programme is based upon principles adopted by the successful Community Health and Mentoring Programme for Seniors, (**CHAMPS**) programme from the USA.

CHAMPS is a public health intervention aimed at encouraging people aged 62-91 years of age to increase their activity levels by taking part in existing, local activity opportunities including walking, swimming, general conditioning, Tai Chi, strength training, dancing and recreational sports.

Key to the success of the CHAMPS programme was

- The use of seniors as motivators and counsellors
- Accessible local activity classes (both for older people generally and also for specific groups (e.g. those with arthritis))
- Providing participants with educational materials with information
- Support and skills training to overcome barriers and increase their physical activity levels.

The intervention was targeted at people living in both supported residential settings as well as those using community senior centres.

For details of the US Community Healthy Activities Model Programme for Seniors (CHAMPS) programme visit:

<http://www.ucsf.edu/champs/resources/publications/>