

WHY SPORT MATTERS TO OLDER ADULTS & SOCIAL CARE.

Participation in sport/being active can contribute towards **enhanced quality of life for older adults.**

With a growing older population, being active has a vital role to play in ensuring long, healthy and fulfilling lives for our population. Evidence has shown that participation in sport/being active can contribute towards:

- A reduced risk of falls – by up to 30% for those with mobility problems
- A 36-68% reduced risk of developing a hip fracture
- A 30-50% reduction in the development of functional limitations
- An up to 38% reduction in cognitive decline
- Delayed development of dementia
- Enhanced quality of life by improving:
 - mental wellbeing
 - cognitive and emotional functioning
 - physical functioning
- Decreased feelings of loneliness
- An increased sense of satisfaction with life.



PARTNERSHIPS

P.E.

PLACES

PEOPLE

PERFORMANCE

SCOTTISH SPORTS ALLIANCE

c/o Scottish Sports Association
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#whysportmatters