



Cycling Without Age

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External Leadership Project



Background

Cycling Without Age (CWA) was founded by Ole Kassow in Copenhagen, Denmark. Quickly after the formation, CWA began to spread across the globe because of the stunning results with elders. LHO brought this idea of utilizing a rickshaw to the elders who were nothing but impressed and excited for the opportunity. The organization wanted to capture these results in the United States and create extraordinary experiences for the community. Currently LHO is working in partnership with CWA Europe to provide information and guidance to interested facilities and work to research the many effects in the program. LHO was the first provider in the United States to implement Cycling Without Age and has pioneered many of the implementation processes in the United States.

Main Objectives

- Promote community involvement and outreach
- Create intergenerational relationships
- Encourage the sharing of stories and inspire joy by increasing quality of life
- Engage elders and community

Methodology

1

- Fundraising and grant applications.
- Publicity and media outreach.
- Partner with local businesses, schools, and Universities.

2

- Research liability concerns.
- Safety Coordination.

2

- Develop a volunteer training program.
- Structure a volunteer program.

3

- Host a community kickoff event with the European founders of CWA.
- Organize community events and outreach.

4

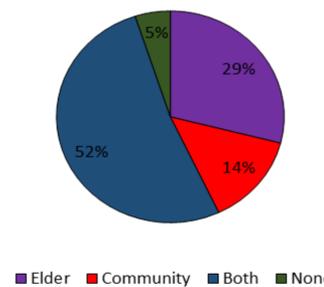
- Create a How To Manual for other interested facilities.
- Survey Elders, Volunteers, Staff, and Family Members.

5

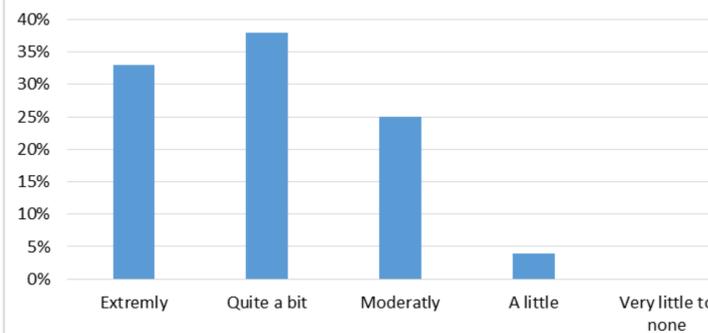
- Work with UW-CON to collect qualitative and quantitative research on quality of life effects in partnership with DHS.

Volunteer Feedback

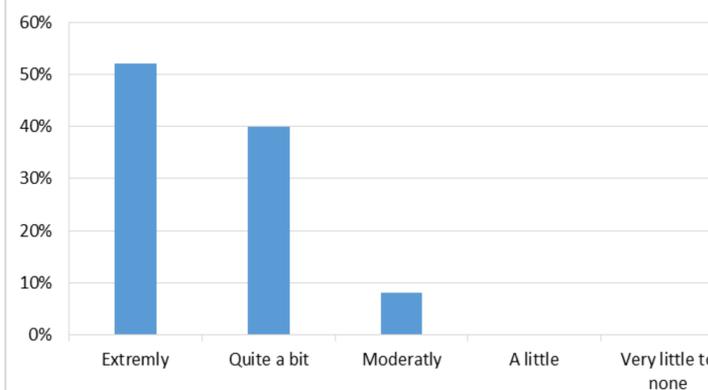
Who were you able to build new relationships with?



Did you see a positive change in mood of the elder after the ride?

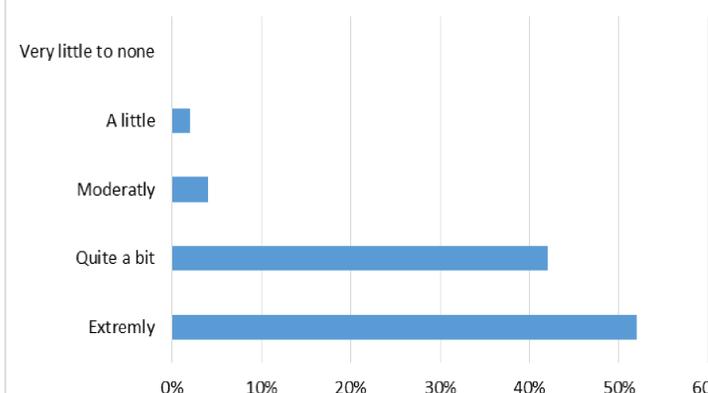


Do you feel happier after giving a ride?

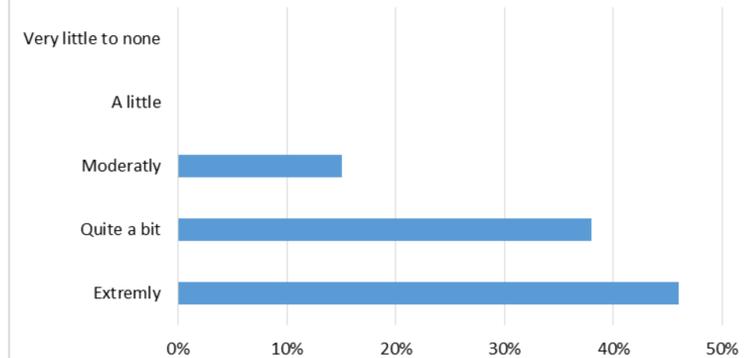


Elder Feedback

Do you look forward to going on a ride?



Do you feel more engaged with the community?



Results

Staff members have reported that after rides elders tend to be in a better mood, more alert, and typically sleep through the night. Family members bring grandchildren to go on rides with their grandparents because it is a fun and easy way to interact. LHO has worked to spread the Cycling Without Age initiative to other communities. Thus far LHO has helped six different facilities get a program running nationwide. Volunteers indicated that many of the preconceptions had about the elderly in the community are completely false after getting to know them. It was difficult to gather quantitative data. LHO purchased 3 rickshaws for an entire campus of 600 elders leading to difficulty getting an elder out on a regular basis, hindering the use of an MDS data collection during the first season.

Conclusions

The program had wonderful effects on both the community and the elders according to survey results. It has worked to bring the community of LHO and the community of Oshkosh closer together as stated by the over 60 volunteers. Overall it was evident that this program allowed the elders to get outside, experience the community, and build relationships that would most likely not have occurred. This activity does not simply entertain elders but works to engage them.

Recommendations

- Designate volunteers to provide training instead of staff
- Pick sample group to continuously go on rides for research collection purposes
- Revise Volunteer Sign-up