

Changes in personal narratives and participation in a falls prevention programme

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A 'new life' story or 'delaying the inevitable'? Exploring older people's narratives during exercise uptake



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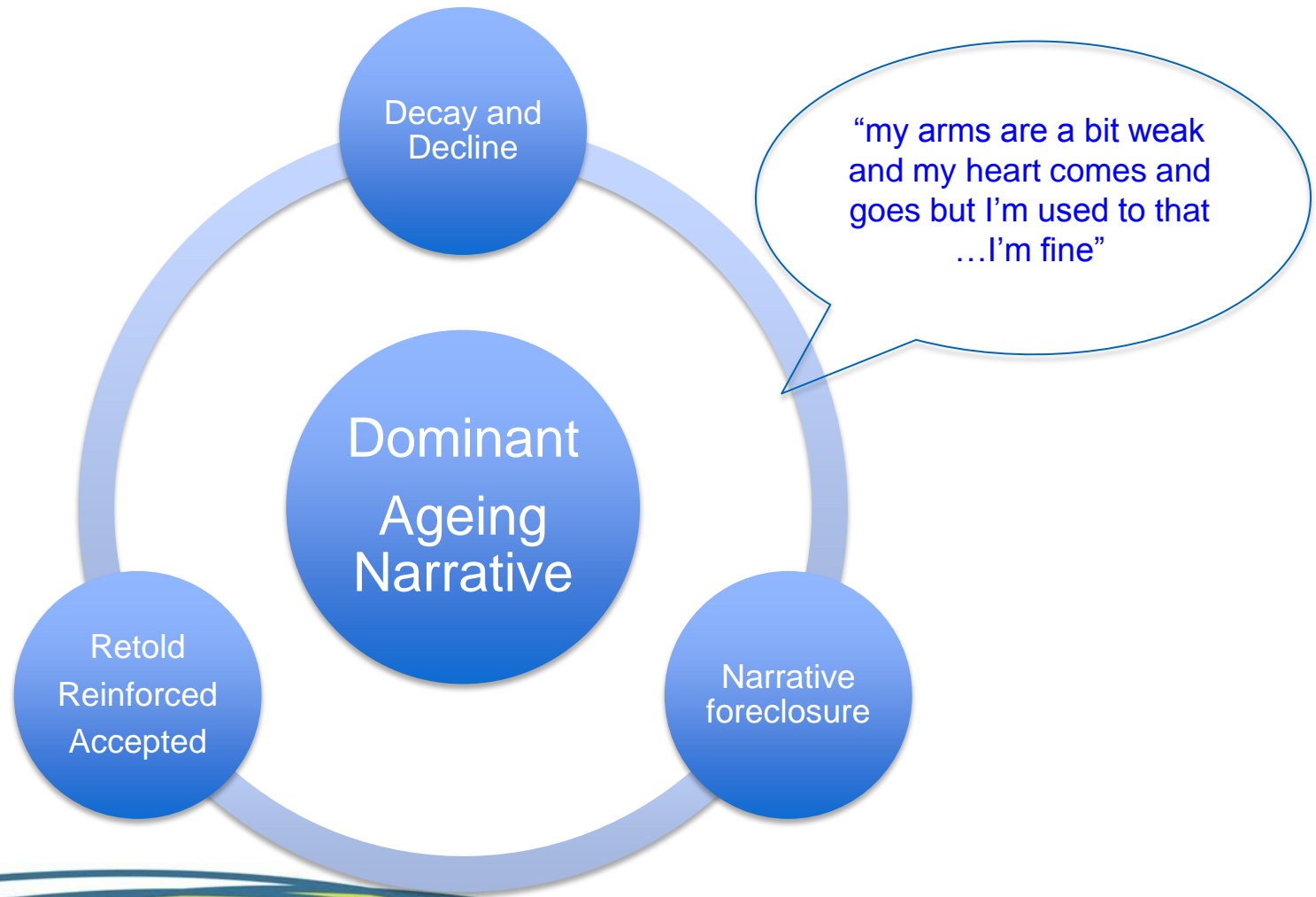
- ✧ 6 sedentary individuals
- ✧ 78-89 years old
- ✧ Fallers or at risk of falling
- ✧ 3 or 4 interviews
 - ✧ 2 weeks post initiation
 - ✧ Week 10
 - ✧ Week 20
 - ✧ End/1 month post programme



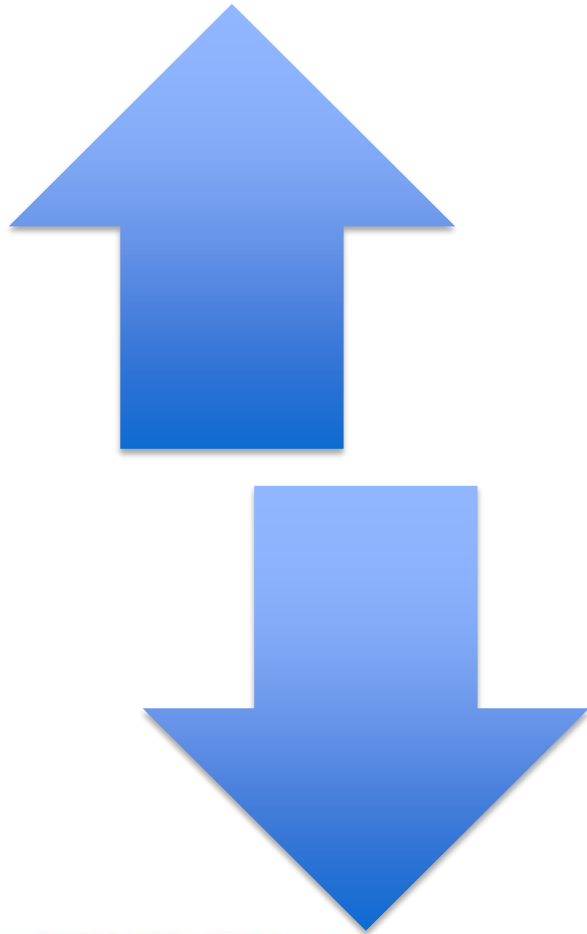
- ✧ Structural narrative analysis
- ✧ Story plots and changes



Physical Activity and Ageing Narratives



Physical Activity and Changing Stories



**Narrative of
progress**

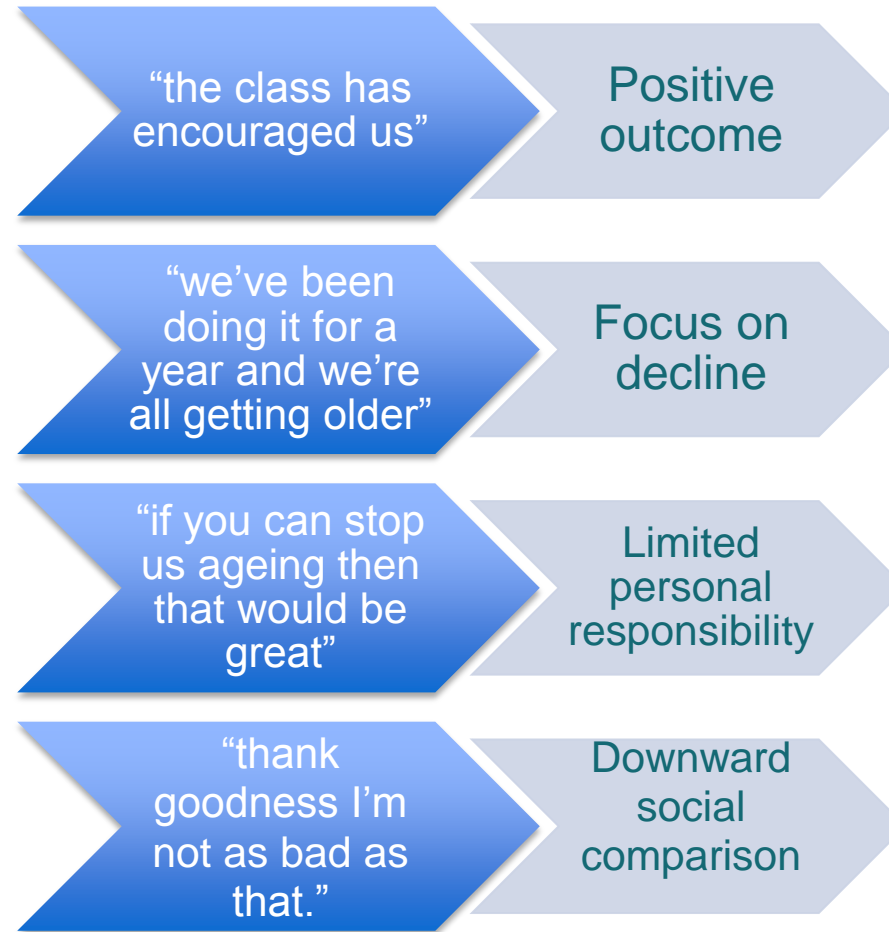
Counternarrative of
future hope and
improvement

**Narrative of
decelerated
decline**

Exercise programme is
assimilated into
existing life narrative



Persisting Narrative of Decline



New Narrative of Progress

“I realise it’s a gradual process...I’ve got a long way to go but I can do this, I’m no longer bored, I’m planning ahead and I shall keep improving”.

Focus on positive ageing

“you have to make yourself do these things and then you enjoy it... I start telling myself that I can’t possibly manage it [exercise class] but then I override it”.

Personal responsibility and control

“I’m doing things again that I had stopped, I’ve even booked a holiday”

Self comparison



Responding to Narratives: Clinical Implications

Power of narratives

- Counternarratives are possible
- Realistic and publicised

Personal control

- Challenging and uncomfortable
- Promote and explore dissonance

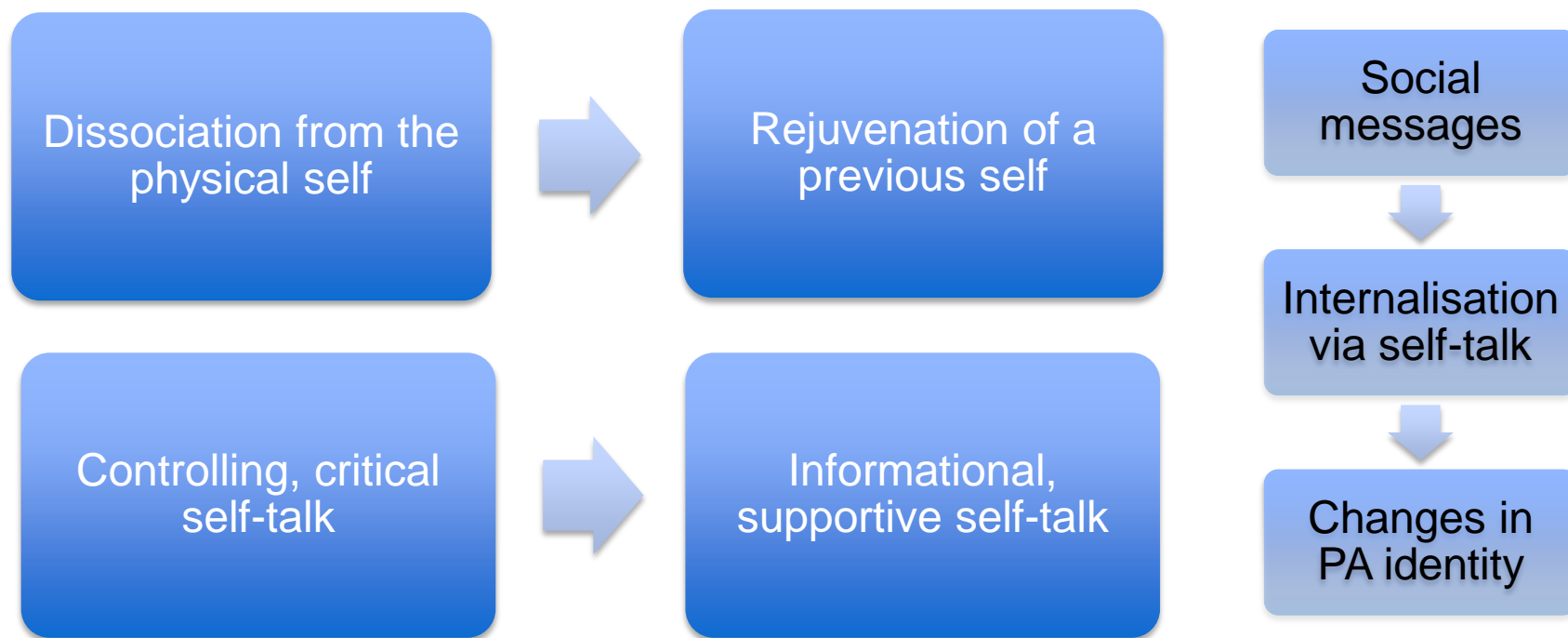
Intrapersonal comparison

- Helps suggest positive future self
- Looking forward and future health



Processes of identity development and behaviour change in later life: exploring self-talk during physical activity uptake

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Thank you for listening

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