

# **CIVIL MONEY PENALTY (CMP) FUNDED PROJECT REPORT**

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**Miravida Living Campus  
225 North Eagle Street  
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Manual**

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Quantitative and Qualitative Study  
Cycling Without Age video**



**Department of Health Services / Division of Quality Assurance  
Quality Assurance and Improvement Committee**

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**F-01593A (03/2016)**

CYCLING  
WITHOUT  
AGE



# Program Manual

THE RIGHT TO WIND  
IN YOUR HAIR

# **The Cycling Without Age program**

**creates opportunities for elders living in skilled nursing centers to spend more time outdoors, tour the community in rickshaws, and develop intergenerational relationships with volunteer pilots.**

**Emerging opportunities include illustrating a model for sustainable collaboration between skilled nursing centers and the greater community and setting aside uninformed often negative beliefs about nursing centers held by individuals not familiar with elders and nursing home life.**



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***“The Right to Wind in Your Hair”***

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## **Why Cycling Without Age?**

Persons living in skilled nursing facilities, including those living with severe physical limitations and dementia, experience a better quality of life, when participating in the Cycling Without Age program. Participants spend more time outdoors, enjoy touring the community in rickshaws, and develop intergenerational relationships with their volunteer pilots. The program dispels uninformed often negative beliefs held by individuals not familiar with elders and nursing home life. It strengthens ties between skilled nursing residents and the greater community.

Benefits of the Cycling Without Age program are consistent with the United States Healthy People 2020 mandate "to improve the health, function, and quality of older adults" and align with the Wisconsin Dementia Care System Redesign "to support people with Alzheimer's disease and other dementias so each person has the highest quality of life possible consistent with the person's need for care with the least restrictions placed on his or her personal liberty."

## *The right to wind in your hair ...*



**“It’s good to get out and enjoy fresh air and sunshine ...**

**feel the sun and how warm it is ...**

**makes you feel a lot better ...**

**anybody you bump into waves to you and**

**anybody that’s cutting grass stops and waves,**

**and says hi to you.”**

## **About Cycling Without Age**

*"The Right to Wind in Your Hair"*

The Cycling Without Age movement was founded by Ole Kassow in 2012 in Copenhagen, Denmark. Ole is an avid cyclist and one day discovered the extent to which his passion for cycling could benefit the elders of Denmark and later on, the world.

It started when Ole rode his bike past an older gentleman sitting on a bench with his walker by his side. The elder exhibited a nice tan and so it was evident he loved being outdoors. After passing by this same gentleman daily for about 2 weeks, Ole had an idea. He wanted to help the elderly get back on their bicycles, but he had to find a solution to their limited mobility. The answer was a rickshaw. Ole acquired a rickshaw and started offering bike rides to local nursing home residents. This enabled the elders of the community to be outside and experience "the wind in their hair" once again.

In order to further this movement, Ole got in touch with a civil society consultant in Copenhagen, Dorthe Pedersen (now with Cycling Without Age), who was intrigued by the idea. Together, they bought 5 rickshaws and launched Cycling Without Age.

Today, Cycling Without Age expands the joy of nursing home residents and volunteer pilots, encourages community involvement, and creates intergenerational relationships around the world.

Cycling Without Age is now in all corners of Denmark and 37 countries around the world, with 1,100+ chapters and continually growing.

## **How to Apply**

*(open link below)*

<http://cyclingwithoutage.org/affiliate/>

Complete and submit the affiliate application form.

**Cycling Without Age** is a registered association headquartered in Copenhagen Denmark. Licensure is a common contract between the Licensee and Cycling Without Age. The contract does not serve as a controlling force but rather, "To make sure we all aspire to the same purpose and guiding principles allowing your local initiative to be successful and unique to your community." With that in mind, insurance requirements will be different for each chapter. Check with your insurance consultant for specific coverage requirements.







### **Guiding Principles**

**Generosity** Cycling Without Age is based on generosity and kindness.

**Slow Cycling** Allows you to sense the environment and be present in the moment. It's a great way to meet new people and enjoy the different sights and sounds of nature.

**Storytelling** Elders have so many great stories to tell. Reach out and listen to them.

**Relationships** Focuses on building meaningful relationships.

**Without Age** Life unfolds at all ages. This movement is about people aging in a positive context.



### **The Importance of Community Partnerships**

Developing a community coalition is the most effective way to begin your chapter.

Involve city planners, the local police and fire departments, organizations like the Senior Center, interested members of the community, biking enthusiasts, etc. Seek out a local bike shop in your community. Whenever possible include seniors and nursing home residents.

The coalition creates program champions and raises the profile of the program leading to donors and volunteers. It helps with planning safe routes. It may help with event planning like participating in parades. Elders love being in a parade, as they have an opportunity to be in the limelight.



## **Pilot Training**

“I miss cycling and getting fresh air” is what we often hear from the elders we meet at nursing homes.

If you can ride a bicycle, you can be a volunteer pilot. Chapters worldwide have developed pilot training based on the principles in the CWA videos and under the motto: “Hurry up slowly – turn softly.”

For pilot training video instructions, click on the link below to the Cycling Without Age website:

<http://cyclingwithoutage.org/the-pilot/>

There are a few important rules and techniques to master before you ride off with passengers.

Always cycle **slowly** respecting road conditions. Especially on the first couple of trips, you should not be cycling much faster than a walking pace. For the passenger, it feels much faster than it does for the pilot. Choose easier routes especially for the first few rides.

When you **turn** the rickshaw, do so at a very slow pace. Maintain a good balance by not turning too sharply. Lightly lean your body along with the bike when you turn, while gently gripping the brake with the hand closest to the turn (see video), so you are prepared to stop.



## **Volunteer / Pilot Recruitment** **Where to Find Volunteers**

- \* Cycling Community
- \* Friends and Family of Residents
- \* Senior Centers
- \* Universities and Schools
- \* Staff

Managing volunteers and scheduling rides can be done using a free web-based volunteer scheduling program which enables the volunteer pilots to sign-up for available dates and times.

<https://signup.com/>

*The goal of the Cycling Without Age program is to inspire happiness, create intergenerational relationships, promote the sharing of stories and make memories of a lifetime. Thank you for your willingness to give seniors a chance to feel the wind in their hair!*

~Miravida Living Team

# Resources

## **Tedx Talk – Cycling Without Age – October 3, 2014**

<https://www.youtube.com/watch?v=O6Ti4qUa-OU>

## **Cycling Without Age Videos**

(4+ minutes) [https://www.youtube.com/watch?v=Ocf\\_TWJkQvs&feature=youtu.be](https://www.youtube.com/watch?v=Ocf_TWJkQvs&feature=youtu.be)

(1 minute) <https://youtu.be/o7-90wBN6kA>



<http://cyclingwithoutage.org/>

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<https://www.dhs.wisconsin.gov/>

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