Your Health Matters



SAFE PHYSICAL ACTIVITY: INFORMATION FOR CARE PROVIDERS AND CAREGIVERS

TIPS FOR GIVING EXERCISE INSTRUCTIONS:	
☐ Use short sentences.	☐ Re-phrase to help them understand.
☐ Demonstrate the activity when necessary.	☐ Use visual aids if available (e.g., a handout, pictures, etc.)
☐ Make eye contact before talking.	
TIDS FOR SETTING UR THE ENVIRONMENT.	
TIPS FOR SETTING UP THE ENVIRONMENT:	
☐ Limit distractions (e.g., turn off TV, put away phones, close blinds, find a quiet place, remove objects that may be distracting, etc.)	☐ Keep walkways clear of clutter.
	☐ Do not perform activities late in the day as it could impact participants' sleep.
☐ Make sure to have good lighting indoors.	
TIPS FOR LEADING THE ACTIVITY:	
☐ Try to make the activity meaningful and	☐ Match activity to their energy levels and
enjoyable. Consider the participant's past	endurance.
skills and interests.	☐ Choose activities that are moderate-intensity
☐ Match tasks to their visual, perceptual and hearing abilities. Make sure they wear a hearing aid or use mobility equipment if needed	(not too easy), which are the most beneficial.
	☐ Build physical exercise into their daily routine. Use a calendar to keep track of activities.

Note: If you have any questions or concerns about doing any of these activities, please consult your doctor. If you experience any sudden shortness of breath, dizziness, chest pain/pressure, numbness/tingling in arms or legs, or nausea/vomiting while doing these activities, please consult your doctor.