

Your Health Matters

SAFE PHYSICAL ACTIVITY: INFORMATION FOR CARE PROVIDERS AND CAREGIVERS

TIPS FOR GIVING EXERCISE INSTRUCTIONS:

- Use short sentences.
- Demonstrate the activity when necessary.
- Make eye contact before talking.
- Re-phrase to help them understand.
- Use visual aids if available (e.g., a handout, pictures, etc.)

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.)
- Make sure to have good lighting indoors.
- Keep walkways clear of clutter.
- Do not perform activities late in the day as it could impact participants' sleep.

TIPS FOR LEADING THE ACTIVITY:

- Try to make the activity meaningful and enjoyable. Consider the participant's past skills and interests.
- Match tasks to their visual, perceptual and hearing abilities. Make sure they wear a hearing aid or use mobility equipment if needed.
- Match activity to their energy levels and endurance.
- Choose activities that are moderate-intensity (not too easy), which are the most beneficial.
- Build physical exercise into their daily routine. Use a calendar to keep track of activities.