



Exercise

- Regular exercise can **significantly impact** the well-being of frail elders
- It is important that the **exercises focus on increasing leg strength and improving balance**, and that the exercises get more challenging over time.
- **Tai Chi** programs are especially good.
- Fear of falling is a strong contributor to falls.

Worksheet 5

Directions: With your team, consider these ideas.

1. How can we build exercise into our resident's day?
2. Who can help?
3. Residents frequently gather spontaneously (outside the dining room, in small enclaves) around the home, can exercise or movement be brought to them?
4. What is the shift in thinking that needs to take place both for residents and staff around exercise?
5. Ideas: