



Active Ageing

Lesson 6
Psychological and Social Considerations




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Learning Outcomes

- At the end of this lesson you will be able to:
- Develop and apply strategies to motivate older adults to exercise.
- Develop strategies to encourage clients to adhere to an exercise programme.
- Create a fun and enjoyable session for participants in an exercise setting




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Psychological and Social Barriers



- Discomfort and pain
- Fear of injury
- Income
- Cognitive decline
- Isolation



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Psychological and Social Barriers



- Work with therapist/doctor who might be able to suggest activities to match client's functional capacity.
- Start exercise programmes slowly and work within client's capabilities to avoid fear of injury



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Psychological and Social Barriers



- Walking is free. Make household chores fun by working to music. Many community centres offer classes at discounted prices for older adults.
- If client is experiencing memory loss, make exercise a daily habit by incorporating into daily routine.



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Psychological and Social Barriers


- If feeling isolated find a local senior citizen organisation that offers group activities. Set achievable goals for them every day that they can complete easily at home.



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Motivating Older Adults to Exercise


- Have a training partner – someone else is depending on them turning up!
- Make exercise a priority – like brushing teeth!
- Identify activities that clients enjoy is key!



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Motivating Older Adults to Exercise

- Start slowly and progress gradually to increase confidence.
- Set realistic goals.
- Be supportive.




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Explode some Myths

“There’s no point in exercising. I’m getting too old anyway”.

- Mood benefits are just as good at 70 or 80 as they were at 20 or 30. Regular activity helps you stay independent longer and lowers your risk of developing a variety of conditions.





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Explode some Myths

"Exercise increases my risk of falling down".

- Regular exercise builds strength and stamina, improving bone density and balance, therefore reducing risk of falls.



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Explode some Myths

"I'm too old to start exercising".

- You are never too old to start improving your health. Begin gently and build up from there.

"I can't exercise because I'm in a wheelchair".

- Wheel chair users can lift weights, stretch and do chair aerobics and yoga and tai chi.





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Explode some Myths

"I'm weak and have too many aches and pains".



- Movement can help manage pain and improve strength and self confidence. It stems the decline in strength and vitality and improves them. Start gently!



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Exercise Adherence



- Include social, mental as well as physical activity in the session
- Include all health related components of physical fitness.
- Include interventions by other health professionals
- Include element of fun

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The Alternative Approach



- Multi-stations:
- Set up a circuit to respond to the needs of individuals at different levels of wellness e.g social and mental activities, exercises to improve activities of daily living.

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The Alternative Approach

- Functional Fitness Stations:
- Set up a circuit designed to improve some aspect of fitness e.g strength and balance activities










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The Alternative Approach




- Wellness Walks:
- Indoors or outdoors – treasure hunt, quiz
- Mind, Body, Spirit Programmes:
- Yoga, Pilates, Stretching, Relaxation and use of therapies such as massage.














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Task




- Write down 2 barriers to exercise for the older adult and suggest ways of overcoming these.
- Give 3 examples of how you might encourage an older adult to exercise and adhere to the exercise plan.














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Variety is the Spice of Life!





- Games are ideally suited to provide stimulation and encourage rapport among the group.
- Use equipment such as: Softballs, Parachutes, Hula Hoops, Frisbee made from soft material, Bowling/Skittles, Batons/sticks.

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Variety is the Spice of Life!



- Incorporate training equipment with the above mentioned: Resistance bands, hand weights, steps, kettle bells, medicine balls, stability balls.
- In this way the fun element is mixed with the serious aspect of training!

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Music

- Music is key to bring mind, body and spirit together.
- Sets the climate.
- Promotes fun
- Creates focus

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Music

- Dictates how fast/slow the movement is
- Enhances movement
- Promotes enjoyment.
- Use music appropriately – make sure you can be heard. Make sure some clients do not become agitated with too much going on at same time – judge wisely!




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Next Lesson



- In the next lesson you will learn about nutrition and hydration for the older adult and finish topic 3 with a short quiz to test your knowledge.....