

EXERCISE

If you're at home caring for a person living with dementia, it is likely you are experiencing less social contact as a result of the measures taken to reduce the spread of COVID-19.

But it's really important to keep you and the person you're caring for as physically and mentally active as you possibly can while at home.

We have prepared a collection of resources which you might find helpful during these times of uncertainty.

We hope that you find the resources we've listed useful. We have no affiliation with any of the providers/organisations and we apologise for any omissions.

Dementia Services Information and
Development Centre
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DSiDC

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and Development Centre

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This includes everyday activities such as walking, running, swimming, gardening or dancing, as well as sporting activities with the specific aim of improving fitness.

Other examples of exercise you can do at home are housework (such as vacuuming and folding laundry), Tai chi, seated exercises, gentle stretching, strength and balancing exercises.

The Health Services Executive (HSE) Guidelines for older people (aged 65+) recommend at least 30 minutes a day of moderate intensity activity, five days a week. This can be divided into 10 minutes sessions throughout the day.



For those with less/reduced mobility

The HSE has a leaflet called '**Easy Exercises**', this is a chair based exercise programme for older adults, aiming to help with mobility, strength, balance and aerobic fitness. Click on the following link:

<https://tinyurl.com/s9674qe>

The NHS also has a similar leaflet on sitting exercises - click on the link below:

<https://tinyurl.com/tddbknh>

Siel Bleu has a couple of videos on YouTube of their 'Chair Gym' classes, they also live stream classes once a day, check out their YouTube channel SielBleuIreland.

www.youtube.com



The British Gymnastics Foundation

also has an age and dementia friendly chair based gymnastics programme called Love to Move, contained in a easy to use 16-page leaflet with pictures explaining the various exercises.

<https://tinyurl.com/ugvnjng>

For people with **more advanced dementia** the ideal amount of exercise will vary from person to person. People in the later stages of dementia should be encouraged to move about regularly and change chairs; for example when having a drink or a meal.

There should be opportunities to sit unsupported (as far as possible) with supervision on a daily basis. A daily routine involving moving around the home can help to maintain muscle strength and joint flexibility.

For more information check the website below from Alzheimers.org.uk

<https://tinyurl.com/w4qzyc>

