

EXERCISE

If you are 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.

It is really important to keep you and the person you are 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 have listed useful. We have no affiliation with any of the providers/organisations and we apologise for any omissions.

We are all in this together and can all play a part in this effort in our communities.

Dementia Services Information and
Development Centre
April 2020



DSiDC

Dementia Services Information
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.

Check this [link](#) from the World Health Organisation about exercise for people over 65 years of age.



For those with less/reduced mobility

The **HSE** has a leaflet called 'Easy Exercises', 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>

Dublin City Council has developed exercise guidelines 'Stay Home, Stay Active, Stay Healthy' for older people during the Covid -19 pandemic.

<https://tinyurl.com/y8pkguk6>

Siel Bleu has a series of videos on YouTube of their 'Chair Gym' classes, they also live stream classes daily, check out their YouTube channel [SielBleulreland](https://www.youtube.com/SielBleulreland).

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 **[Alzheimers.org.uk](https://www.alzheimers.org.uk)**

<https://www.alzheimers.org.uk/get-support/daily-living/exercise-later-stages>

