



Move and Think Well at Home!

AWARE SENIOR CARE

HOME CARE AGENCY

GINA MURRAY Co-Founder RN, BSN

MOVE

**Creating Movement through Infinite
Possibilities**

Joseph A Kleman LMBTS

Who said this?

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity”



John Kennedy



Move and Think Well at home - Agenda

- **Why would I lose mobility and what can happen if I do?**
- **What can you do about it?**
- **Introducing MOVE**
 - **Are You Afraid of the Floor?**
- **Demonstration of exercises to combine thinking and movement to improve mobility and help with a recovery from a fall**
- **Questions?**



Why would I lose my mobility?

Understanding the problem

Natural changes that occur over time:

- Muscle weakness- lower hormone levels
- Poorer blood flow- vessels harden
- Joint stiffness- less cartilage
- Less bone density – fractures

Diseases

- Muscle/Bone - Arthritis- past injuries
- Neurological- MS, ALS, Parkinson's
- Heart problems- CHF, CAD
- Pulmonary- COPD



What happens with less mobility?

- Falls and 'near falls'
- Difficulty getting in and out of a chair or bed
- Unsteadiness while walking
- Take fewer showers – due to fear
- Poor nutrition – too much effort to prepare food
- Difficulty driving
- Stop doing the things you enjoy
- May not be able to stay in the home you love!



Becomes a viscous downward cycle!



What can I do about it? Reduce the risk of falls

Home Safety Checklist

- Add nightlights in the bedroom and the hallway leading to the bathroom.
- Installing grab-bars near the toilet and bathtub and placing a non-slip mat in the tub.
- Have a chair or bench in the tub/shower- even if you don't sit on it each time, it's there when you need it
- Remove throw rugs
- Store and organize things you use in daily life to be easily accessible



What can I do about it? Develop a Mobility Program

1. **Consult with your MD-** discuss medical conditions, report falls, any issues
2. **Physical Therapy/Therapists** – have professionals assess your mobility and develop a mobility plan/therapy (such as MOVE)
3. **Reduce risk of falls** due to hazards
4. **Schedule exercise/activity** to strengthen muscles and keep you moving



Schedule Exercise/Activity

- **Choose activities you enjoy**
- **Start slowly- be realistic**
- **Write it down on the calendar**
- **Ask friends to join**
- **Tell people about your plan- hold yourself accountable**
- **Adjust your plan to the weather, vacations, etc.**
- **Strive for ?? minutes/day**
- **Let's Get Started! MOVE**

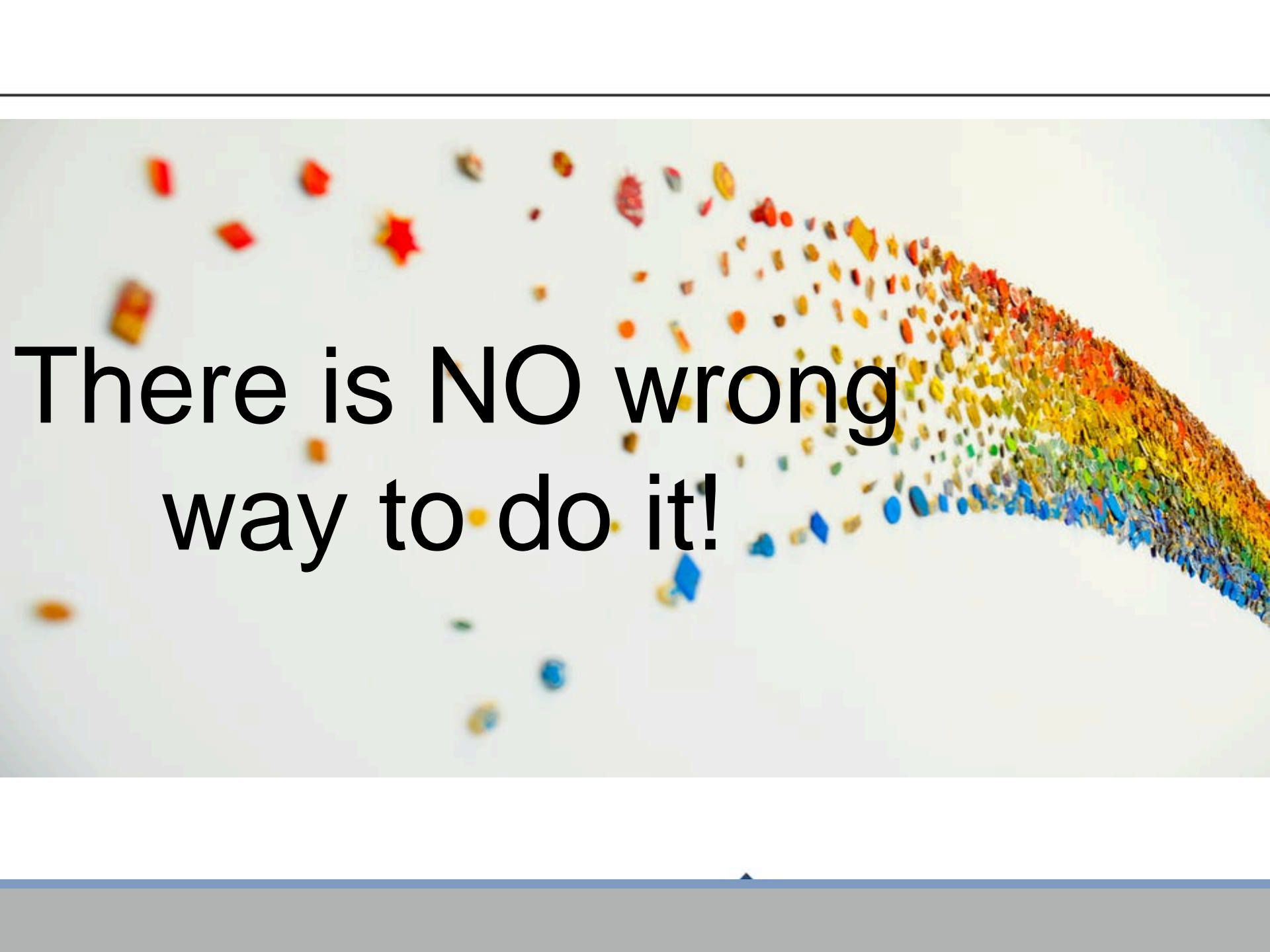


C O R E

“SOMETIMES TOO SIMPLE IS DIFFICULT. WE YEARN FOR THE COMPLICATIONS AND DIFFICULTIES WE ARE ACCUSTOMED TO. IT CAN TAKE A WHILE TO BE WEANED OFF THE CHAOS AND LEARN TO THOROUGHLY ENJOY WALKING ATTENTIVELY, FEELING EVERY STEP.”

ZEN AND THE ART OF FALLING IN LOVE



A curved path of colorful confetti on a white background. The confetti consists of small, irregular pieces in various colors including red, orange, yellow, green, and blue. The path starts on the right side of the image and curves towards the left, with the confetti becoming more scattered and sparse as it moves away from the right. The overall effect is that of a trail or a path made of many small, diverse elements.

There is NO wrong
way to do it!

Are you afraid of the floor?

Make it a daily practice to get down on the floor. Don't be afraid to ask for assistance if you are not able to move to the floor on your own. It can be helpful to look around from the floor to be aware of your space from a different point of view. If a fall were to occur, you will already be comfortable with the floor.

If you feel as though you are leaning forward, avoid wearing heels to help prevent the forward feeling of falling. Traditional shoes feature a drop from the heel. **Zero drop shoes** allow the back of your foot to stay closer to the ground and can help increase balance.



Are you afraid of the floor?

Looking at the ground when we walk steers us into the ground. Try walking short distances looking at the horizon or a spot in front of you. You can find a safe place within the home to work on this.

We are here to learn, share and help one another. We must work together to create new ways to keep the brain busy. Find a purpose to stay moving, which could be volunteering at your church, or joining a club. The brain requires motor control to think and learn. With purposeful movement we are even able to fight back against Alzheimer's Disease.



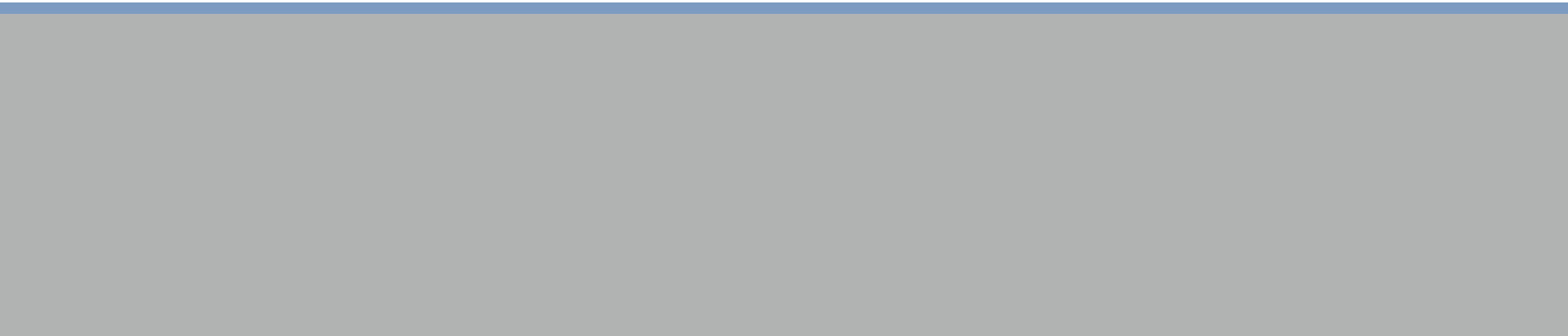
Falling On Out-Stretched Hand (FOOSH)

The wrists and shoulders are usually unable to withstand the impact in a forward falling situation, commonly from tripping over the carpet, or a rug. When we extend the arms or hands in front of us we are putting our joints in danger. Instead, we should attempt to ***pull our arms tight to the body with the hands placed over the face.*** This helps protect the arms and face from damage during the fall.





Chair Game



Chair Game

Increase your ability to navigate a fall if one should happen. This game will help you understand your current abilities and what you need to work on.

Move from sitting on the floor to sitting in the chair. Place an arm at your side or chest and practice moving from the floor to a chair without using your arm. Repeat the game restricting use of your other limbs.

Place two chairs approximately 10-15 feet apart. Sit in the first chair and move to the second chair without walking on two feet. You can crawl, roll, hop, etc. Repeat this game with different restrictions, as in removing the use of particular limbs.

Sample Restrictions

Touch all targets with your left hand.

Touch all targets with your left hand and right foot.

Touch all targets without letting your right foot make contact with the floor.

With a blindfold on locate all targets in the room


Locate as many targets safely with a blindfold on in 30 seconds.

Counting (forward or backward) 100 touches in 5 minutes. Count down the touches not the time.

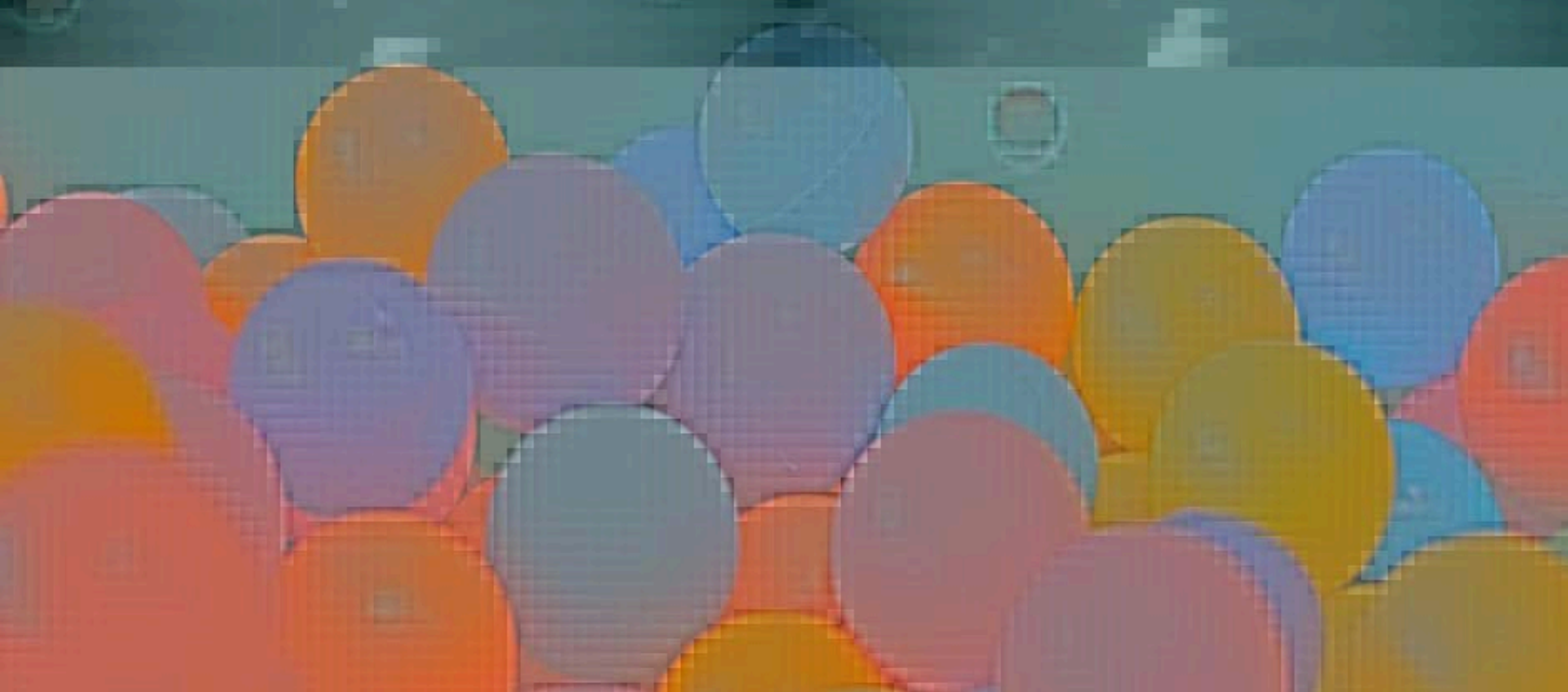
Using colored targets say your favorite color (or one that comes to mind first) when you touch the target. Do not say the color the target actually is.

When using colored targets, associate a color to a body part. Right hand is red, left hand is blue. (Target can be ANY color)

Alternating hands touch all the red and blue targets using what is assigned.

Assign knees, elbows, nose, toes, etc. to a color or target. We can TOUCH with anything. HAVE FUN and LAUGH. 

There are no set rules to the games, you can take anything you read here and make it as custom, creative, fun or therapeutic as your participant needs. Just remember to NEVER stop your player from what his mind is telling him. There is NO WRONG WAY!



Target/Blocks Game

Target/Blocks Game

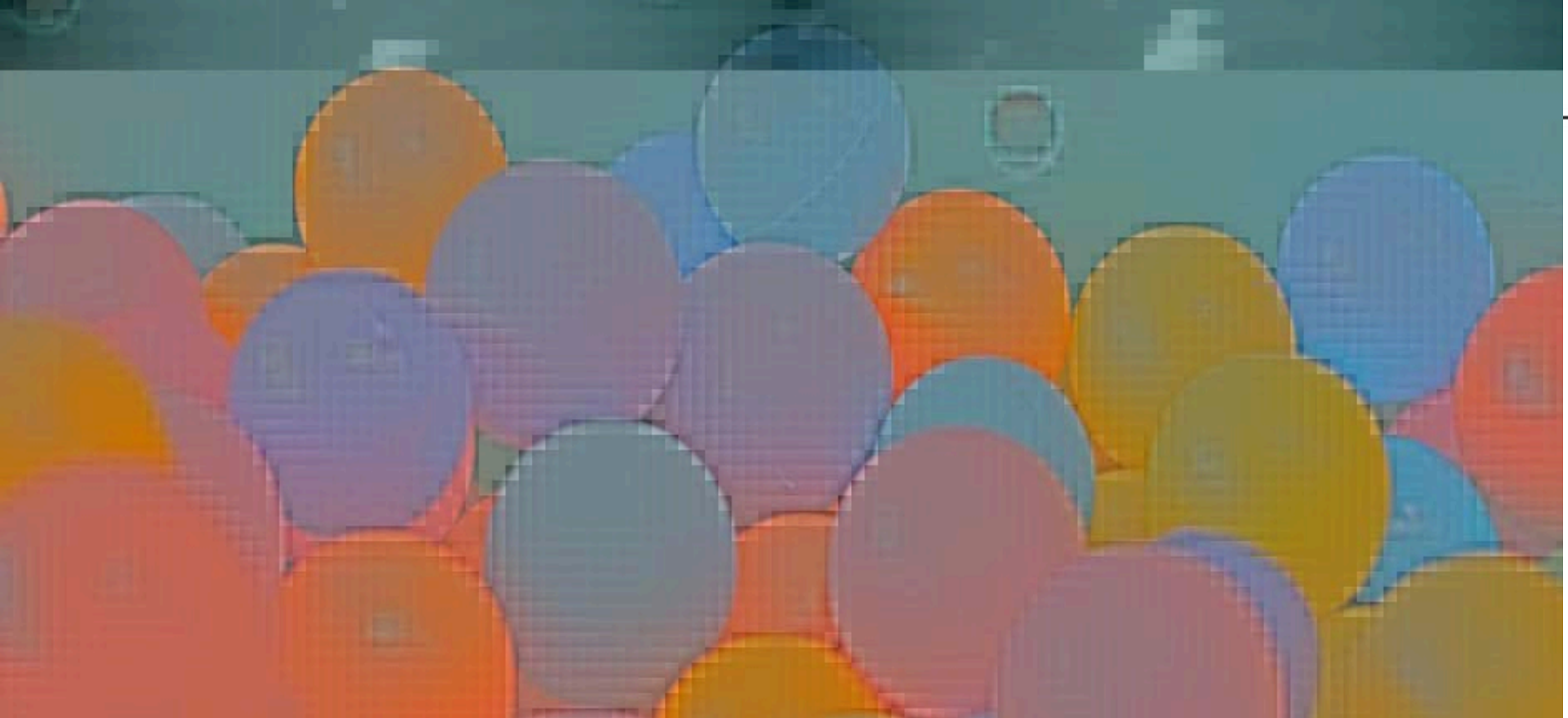
Create new movements!
This game will help keep your body moving in new fun ways. Choose a space you enjoy and select objects you find fun and memorable, such as photos or souvenirs. These will be your targets.

Place your targets just out of easy reach around you on the floor, or throughout the entire room. If you are unable to move onto the floor easily you can begin by walking to each object around the room. The goal is to work towards increasing your distance to move between targets.

Target/Blocks Game

With your targets in place, begin by counting the number of touches you make. You can also add a timer to increase the challenge. Set a goal for yourself, for example, touch 25 targets, counting the touches out loud. Count forwards and backwards.

Choose a starting target and return to it in-between the other objects. Assign numbers or colors to your targets and say these out loud when you touch that target. Try reversing your numbers or changing the color you say when touching each target. Work at your own pace.



Moving-Memory Game

Moving-Memory Game

This game is **great for memory**. The main objective is to move safely through your home and locate objects that fit the description.

Write out a list of items from each room in your home and try to check each room for that item. Try to remember the items on your list. Move from room to room and collect the items.

This game can also be played with another person. The other player (or caregiver) remains in one location will assign a color to each room of your house. Your task is to remember the colors and rooms in order and collect something from each room that matches the color given for that room. Choose objects that have meaning to you. Where did you get the item? Who gave it to you? What does it mean to you? This can help keep our memories current in our minds.



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Aware Senior Care – What we do?

- **Aware Senior Care** provides award-winning, in-home companion care, personal care and nursing services to seniors and those who are disabled or chronically ill. We are a veteran-owned business serving Wake County, and we believe in taking a holistic approach with every client by considering the whole person, not just the services we can provide.
- We are dedicated to educating the public about the resources available in the community. Our [Circle of Support](#).
- A proud Champion member of the [Senior's Choice](#) US and Canada home care network





Thank You!

