



IN THE KNOW

Developing Top-Notch CNA's, One Inservice at a Time

A Client Care Module: Activity and the Elderly

ACTIVITY ADDS SPICE TO YOUR LIFE!

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Think of all the activities that are part of your life—from the moment you get up until your head hits the pillow at night.

Your life is busy with things that you **have** to do, like getting dressed and eating dinner . . . and things that you **want** to do, like talking to friends and watching TV.

And, sometimes it seems like your days contain too many activities and too little time!

While you may wish for days with nothing on your schedule, imagine how empty your life would be without activity! **After all . . . it's all the ways that you spend time throughout your day that adds SPICE to your life!**

People of all ages want to live full lives. But, for some, staying active becomes too difficult. For example:

- A woman with arthritis may give up her favorite hobby of needlework because of arthritis pain.
- A man with cancer may become depressed and sleep all day.

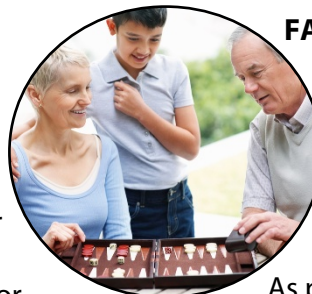
- People who are confused may find it difficult to complete a game or puzzle . . . and just give up and do nothing.

Maintaining an active lifestyle helps elderly people enjoy a better quality of life. Most people are happy when life is a balance between:

- Resting,
- Meeting daily needs (eating, toileting, etc.),
- Socializing,
- Exercising, and
- Having fun!

FACT: The population of the United States is getting older!

In 1950 there were just 17 million Americans over the age of 65. Today there are over 40 million!



As people live longer, staying active and enjoying life is becoming more important than ever before.

Keep reading to learn how you can help your clients stay physically, mentally and socially active . . . and how staying active can lead to a better quality of life!

WHAT I KNOW!

Take a minute to jot down a few things you already know about activity and the elderly before reading this inservice.

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