

Physical activity and older people with chronic health conditions

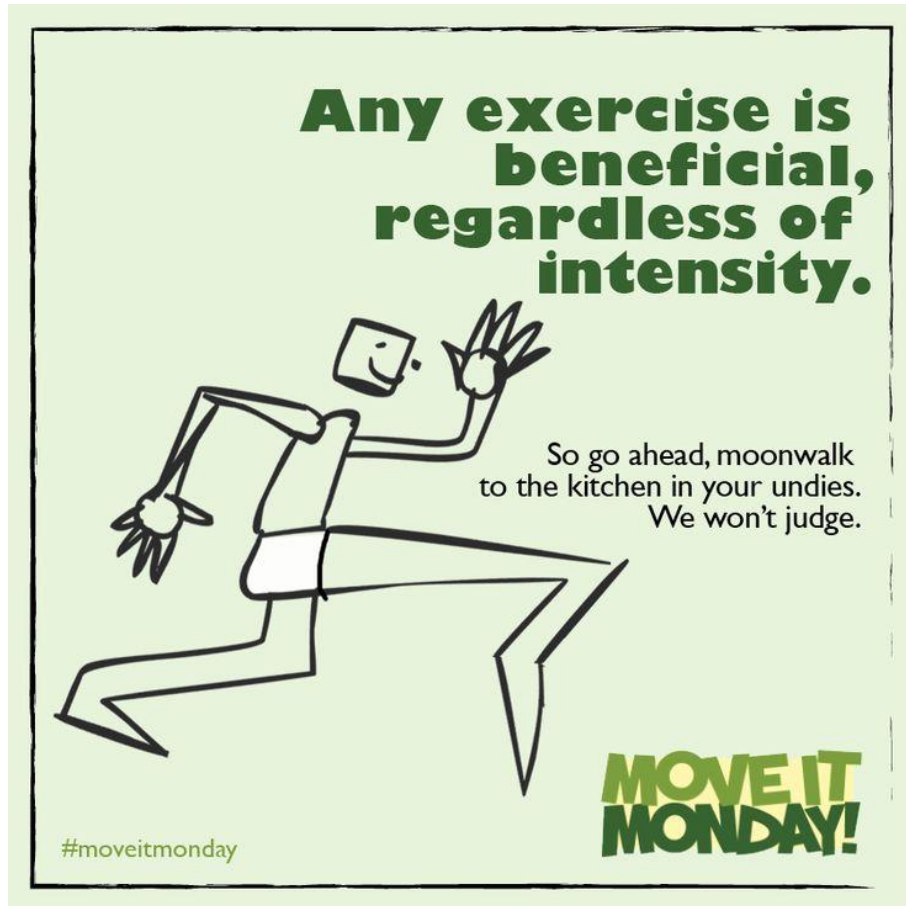
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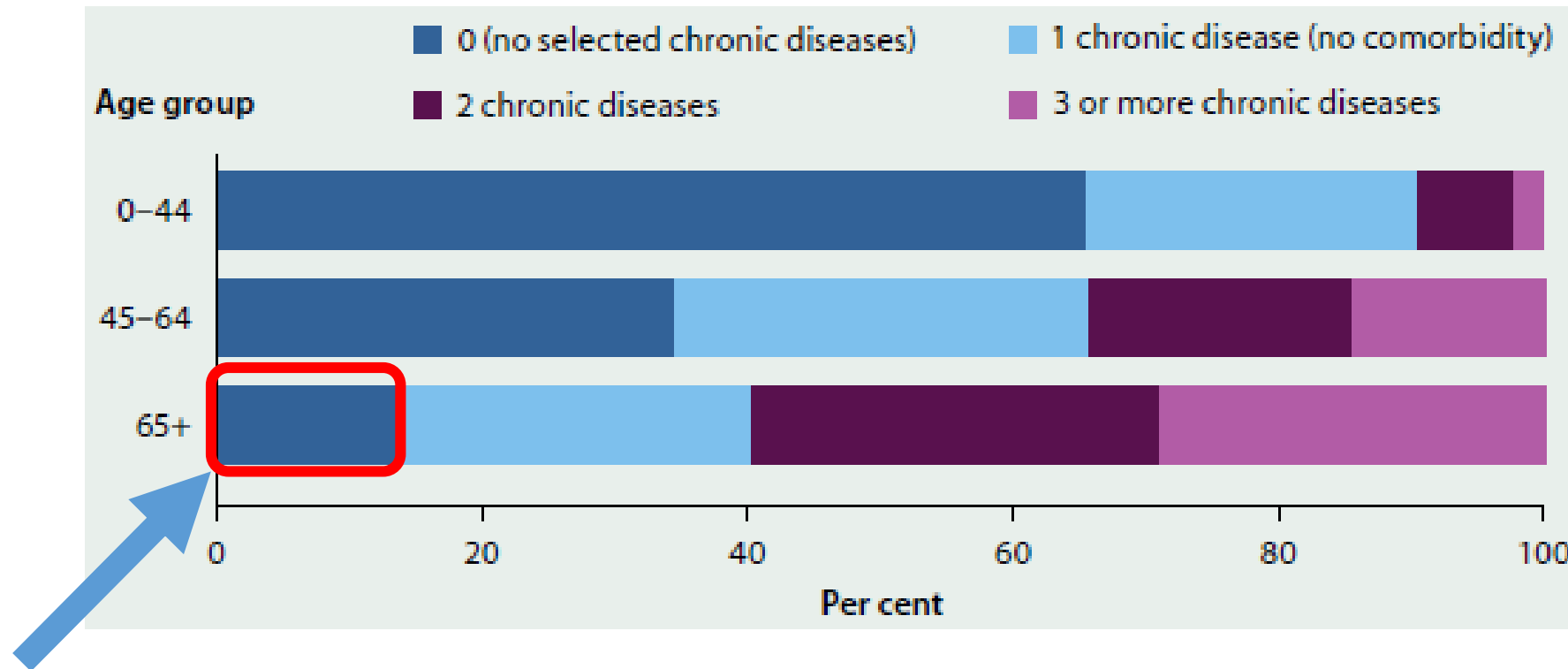
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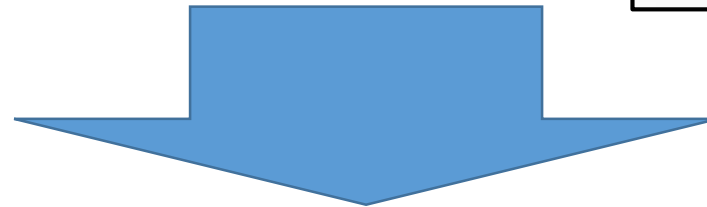
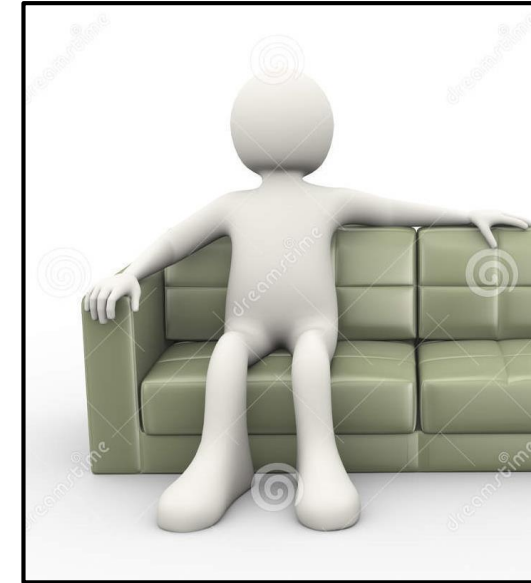
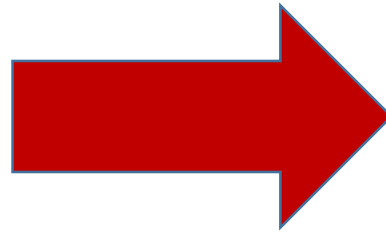
Everyone should.....and can do it.

Older adults and chronic health conditions



Less than 20% over 65 DON'T have a chronic illness!!

Removing the barriers



Organisations governing guidance on physical activity are all working towards removing the barriers to exercise

Current general consensus from international PA governing bodies

- Better to do something than nothing
- Low-moderate intensity PA is generally very low risk
- ASK! Do they do exercise already? If so exercise at level is OK!
- People who come to do PA and have chronic illness with symptoms in last 12 months, might need OK from doctor first.
- Check with your organisation about specific guidelines for starting PA

Some key findings from work done by VAAP

- Seek to understand your participants/encourage them to know themselves
- Communicate benefits of doing PA
- Fun
- Socialisation

Overview of the session

Three speakers with expertise in the condition they are presenting

Conditions: cardiovascular conditions, cognitive decline, osteoporosis

The aim of each talk:

1. Overview of the condition
2. Contra-indications and /or strategies for working with older people with the condition
3. Recommended types of exercise