

*Activities
for the*

MIND
BODY
& Soul

Home  Instead
SENIOR CARE[®]

To us, it's personal[®]

ABOUT HOME INSTEAD SENIOR CARE

Activities for the
MIND
BODY
& *Soul*

The Home Instead Senior Care® network is one of the world's largest providers of non-medical home care and companionship services for seniors, with more than 850 independently owned and operated franchises in 16 countries around the world.

To find a franchise office near you, visit
homeinstead.com.au

The network strives to educate and inform seniors and their families on a wide variety of topics to assist in improving the quality of life for seniors. The instruction and information presented in these cards are in no way intended as a substitute for medical consultation, and the Home Instead Senior Care network does not warrant or guarantee that participating in the recommended activities will increase a senior's physical activity and/or achieve desired results. Participation in any exercise program is not without its risks and may result in injury. To reduce the risk of injury, seniors should consult their doctor before beginning any exercise regime. Home Instead Senior Care and the locally owned Home Instead Senior Care businesses expressly disclaim any liability from and in connection with participation in the activities described herein.

INTRODUCTION

Both seniors and adult children agree: staying physically active is a major challenge for older adults, according to research conducted for the Home Instead Senior Care network.* But what does that mean to a senior's everyday life and to family caregivers looking to help and motivate their loved ones?

For many older adults, inactivity is the first step down a road that leads to frailty and decline. Family caregivers as well as seniors want to do everything possible to keep that from happening. The Australian Government in collaboration with the Australian Sports Medicine Federation have produced physical activity recommendations for older people and have highlighted three good reasons why older people should be active:

1. It makes you look and feel better
2. It is good for your body
3. It is good for your mind

Keeping an older adult's mind, body and social life active can prevent or even reverse frailty, experts say. Family caregivers assisting seniors are in a unique position to help them figure out what activities will work best, according to Stephanie Studenski M.D., M.P.H., an authority and researcher of mobility, balance disorders and falls in older adults, who serves as director of clinical research for the University of Pittsburgh Institute on Aging.

**The Boomer Project (www.boomerproject.com) completed online interviews with 523 seniors and 1,279 adult caregivers, ages 35-62, with a parent, stepparent or older relative for whom they or someone in their household provides care.*

Dr. Studenski says, “A key is simple activities that seniors find pleasurable or enjoyable. If possible, engage frail older individuals in what they’d like to do. And don’t separate the mind, body and soul activities. Seniors need to stay active doing things they find meaningful and helpful to others, even if they can no longer get out of the house.”

Regular exercise and physical activity are important to the physical and mental health of almost everyone, including older adults. They can help maintain and improve endurance, strength, balance and fitness; help improve the ability to do things; help manage and prevent diseases like diabetes, breast and colon cancer, osteoporosis and heart disease; and help reduce feelings of depression. Being active may also help improve mood and may maintain some aspects of cognitive function, such as the ability to shift quickly between tasks. Emerging data also suggests that engaging in social and productive activities may help maintain well-being.

This set of cards is a resource
for seniors and their family caregivers.
For more information, log on to
www.getmummoving.com.au

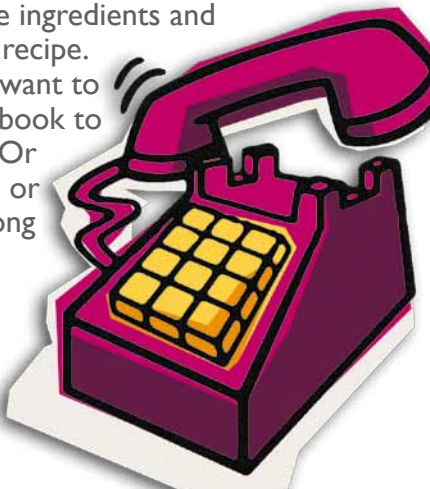
Home  Instead
SENIOR CARE®

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Many older adults have a telephone that is programmed with the numbers of family and friends. So all they have to do is hit a speed dial button to make that important connection. A senior can attempt to recall all of the numbers in the telephone directory and make a list.

A senior may want to think of a different telephone number each day this week that she might need and memorise that number. At the end of the week, review all the new numbers.

Incorporate this new skill by asking your loved ones to try to remember the ingredients and directions of a favorite recipe. (Your loved one might want to double check the cookbook to see how well she did.) Or think about a hobby he or she hasn't done for a long time. Suggest they remember the steps and write them down.



CHANGE DIRECTION

MIND

If a senior has a regular route through the supermarket or to the post office, she may want to try a different route. Research has revealed that such a technique exercises the brain.

Or, if an older adult can't leave the house, help your senior break a routine. Drink tea in the afternoon instead of coffee in the morning. If he reads the newspaper in the morning and watches television in the afternoon, suggest that he try switching that around. Make a note of what she likes and doesn't like about the new order.

While she is going about her day, ask your mum to use her opposite hand to open doors and brush her teeth. Or suggest to dad he wear his watch on the opposite wrist. These activities will help their brains re-think daily tasks.



A PUZZLE A DAY

MIIND

Doing puzzles is a great way to help a senior keep his or her mind active. Try this one by writing out the correct words on a separate sheet of paper.

Sea Animals

Unscramble the words.

Created with the help of Worksheets - www.Qualint.com

ESAHRESO

ETOSLBR

HSFTSAIR

SRTYOE

HSKRA

MCLA

HPLIDON

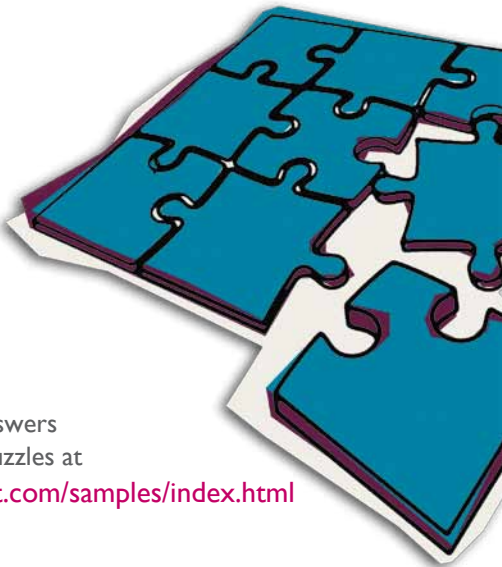
IUDSQ

RCAB

HAWLE

You can find the answers
and more sample puzzles at

<http://www.qualint.com/samples/index.html>



CRAZY 8s

Cards are a great form of socialization that may help improve a senior's overall sense of well-being. How about a game of "Crazy 8s?"

1. The basic game of Crazy 8s uses a standard 52-card pack.
2. The dealer deals (singly) five cards to each player (seven each if there are only two players).
3. The un-dealt stock is placed face down on the table, and the top card of the stock is turned face up and placed beside the stock to start the discard pile.
4. Starting with the player to dealer's left, and continuing clockwise, each player in turn must either play a legal card face up on top of the discard pile, or draw a card from the un-dealt stock.
5. If the top card of the discard pile is not an eight, play any card which matches the rank or suit of the previous card (for example if the top card was the king of hearts you could play any king or any heart).
6. An eight may be played on any card, and the player of the eight must nominate a suit, which must be played next.
7. If an eight is on top of the pile, you may play any card of the suit nominated by the person who played the eight.

The first player who gets rid of all their cards wins, and the other players score penalty points according to the cards they have left in their hands. Remember that meaningful conversation while playing can boost a senior's outlook as well.



MEMORY LANE

MIND

Remembering and memorizing song lyrics is a great way to keep the mind active. How about “Moon River,” the hit made popular in the 1960s by legendary crooner Andy Williams. If you don’t know the tune, Google it, or let your senior teach you how it goes.

Here are a few others from the 1940s, ‘50s and early ‘60s that your loved ones might remember:

“Chances Are” (Johnny Mathis)

“Blueberry Hill” (Fats Domino)

“I Remember You” (Frank Ifield)

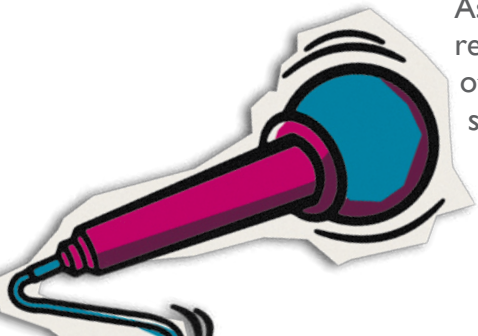
“You Send Me” (Sam Cooke)

“Wake Up Little Susie” (The Everly Brothers)

“Sentimental Journey” (Doris Day)

“Fly Me to the Moon” (Frank Sinatra)

Ask a senior to remember and sing other songs as he or she is going about the day.



POWER GRIP

BODY

Having the strength to grip can impact the everyday lives of seniors. Seniors can do this squeezing exercise with a tennis ball while watching TV:

1. Hold a tennis ball or other small rubber or foam ball in one hand.
2. Slowly squeeze the ball as hard as you can and hold it for 3-5 seconds.
3. Relax the squeeze slowly.
4. Repeat 10 - 15 times.
5. Repeat 10 - 15 times with the other hand.
6. Repeat 10 - 15 times more with each hand.

Encourage your senior to incorporate this skill by opening a jar of pickles or olives. Or suggest playing fetch with the dog before naptime. Keep hands and fingers limber by folding towels or the laundry.

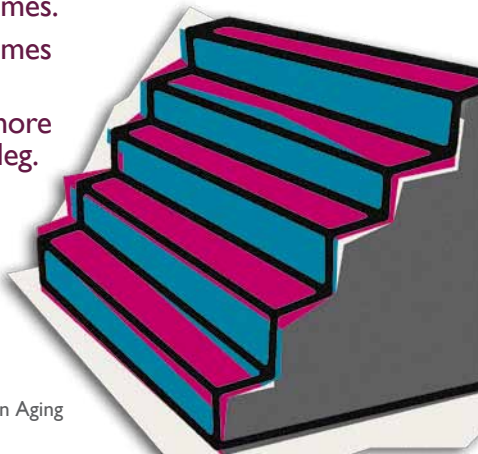


WALKING STRONG

BODY

The Leg Curl is designed to help make walking and climbing stairs easier for a senior:

1. Stand behind a sturdy chair, hold on for balance. Lift one leg straight back without bending your knee or pointing your toes. Breathe in slowly.
2. Breathe out as you slowly bring your heel up toward your buttocks as far as possible.
3. Bend only from your knee, and keep your hips still. The leg you are standing on should be slightly bent.
4. Hold position for 1 second.
5. Breathe in as you slowly lower your foot to the floor.
6. Repeat 10 - 15 times.
7. Repeat 10 - 15 times with other leg.
8. Repeat 10 - 15 more times with each leg.



LEG STRENGTHENING

This activity helps strengthen thighs and may reduce symptoms of arthritis of the knee. Encourage a senior to:

1. Sit in a sturdy chair with your back supported by the chair. Only the balls of your feet and toes should rest on the floor. Put a rolled bath towel at the edge of the chair under thighs for support. Breathe in slowly.
2. Breathe out and slowly extend one leg in front as straight as possible, but don't lock your knee.
3. Flex foot to point toes toward the ceiling. Hold position for 1 second.
4. Breathe in as you slowly lower leg back down.
5. Repeat 10 - 15 times.
6. Repeat 10 - 15 times with other leg.
7. Repeat 10 - 15 more times with each leg.

As the senior progresses, he or she may want to add ankle weights. Encourage your older adult to try walking from one end of the house to another or, if they're up to it and the weather is nice, take a jaunt around the block, through the mall or to the gym!



CIRCLE SCARVES

BODY

If senior is confined to a chair for much of the day, try to find ways to encourage movement in his or her daily life. All you need are two colourful scarves:

1. With a scarf in each hand, extend arms straight out in front.
2. Make circles in the air with scarves, going from small to large circles.
3. Continue on with the circles by going down from large to small.

To help a senior, sing or count to the beat. It will make loved ones feel as though they've participated in an exercise plan.



DAY AT THE BEACH

BODY

This mobility activity can be made easier for seniors with eyesight problems if the family caregiver describes the actions:

1. Hold the beach ball at chest level in both hands.
2. Stretch arms out straight.
3. Then pull arms back to the chest.
4. Repeat while counting to 10.

Put this skill to work while doing something a senior enjoys. When watching TV or listening to the radio, march to the beat of a favorite song while in this sitting position.



SUPPORT THE TROOPS

Soul

Nearly half of all seniors (47 percent) who responded to a Home Instead Senior Care survey said that staying spiritually engaged is a challenge. One way older adults can do that, even if they are homebound, is by helping others.

Why not send letters and e-mails to those who might need a boost?

Australians are encouraged to send goodwill messages of a general nature to Australian Defence Force soldiers, sailors, airmen and women who are on operation around the world.

Messages can be sent via e-mail to: messagesothetroops@defence.gov.au . Due to the large amount to spam and inappropriate material being sent to this address, please include "Message to the Troops" in the subject line. Alternatively, faxes may be sent to (02) 6266 7701. Postcards (not enveloped letters or parcels) can be addressed to:

**Messages to the Troops
R8-LG-060, Russell Offices
Department of Defence
RUSSELL ACT 2600**



MOVIE MATINEE

Soul

Eighty percent of seniors who responded to a Home Instead Senior Care survey say they fear isolation and loneliness. So what could be more fun than an afternoon at the movies? Check the movie listing and call a friend to go along with you and your mom. If your loved one can't get out, plan a movie at your house by renting or ordering a DVD. Or dig into your parents' old collection of John Wayne or Doris Day movies.

*Don't forget
the popcorn!*



PLANT A GARDEN

Soul

It doesn't have to be summer, and you don't need a big plot of land, to get the feel for gardening. Container pots are easy and fun any time of year, and are sure to please any senior.



Fill a clay strawberry pot with potting soil and then fill the openings with your favorite herbs. Check the pot daily and water accordingly. Locate in full sun.

You can bring some herbs indoors for the colder winter months as long as you have adequate sunlight. This means a southern exposure ideally with about eight hours of sunlight a day.

Encourage your senior to use these fresh herbs in their favorite recipes.

THIS IS YOUR LIFE

Soul

Why not check out those old photo albums while you take a trip down memory lane. Going through the pictures will undoubtedly jog a senior's memory and prompt a few stories.

While you're looking through those old pictures, let your senior's imagination and memories run wild. Do those old photo albums need a face lift?

Tackle one of those projects today. Why not write down all those stories next to the photos. You'll treasure them in years to come.



START A COLLECTION

Souls

Think about items of interest that have been collected through the years. Many seniors have stashed away old coins or stamps or baseball cards. How about costume jewelry from the 1940s or '50s?

Perhaps pieces of the collection are scattered around the house. Make it a treasure hunt of sorts.

Next, decide where you would store this collection. Depending on what you have gathered or decided to collect, you may need a lot of room or a special place that will help preserve the items you are collecting. Think about different ways you could display these treasures. If you decide to collect valuable items, such as baseball cards, consider a safe deposit box at the bank.

Or you could begin a collection that a senior would pass down through the family. Need help? Start collecting by visiting garage sales, looking for the items while travelling, researching on the internet or watching the ABC TV programme *The Collectors*.

