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**Activity booklet**

 **Comenius project**

**Group 3**



**Format activity programme**Made by: Julie, Iris, Marylise en Maartje

* **Ansers after return elderly home:**
1. They do everything by themselfs, except cleaning the room.
2. The one we’ve talked to had no disabilities. The other one has hip arthrosis.
3. Cleaning the room
4. They were both really positive and open-minded for being over 90 years old.
5. We expected them not to have such a good memory.
6. They didn’t want any help because they believe that doing everything by yourself keeps you young and fit.
7. That they have a emergency, help, contact button; food delivery service and medical assistance
8. Arms, legs, balance
* **Problem analysis**

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| Body parts to work on. | What is she able to do now? | What do you want to accomplish? | Activity proposal. |
| Legs | 1: everything2: pain in the hips while moving. | Containing their condition. | - Sit on a chair and place your hands 90 degrees palms down. Try touching your hand palms with your knees as many times as possible in 30 seconds (condition will improve) - walk 30 or 45 minutes. (to the centre or in the woods) |
| Arms  | Everything | Containing their condition | Straighten your arms beside you on shoulder level and try to make circles.Do this on own speed, 2 times 15 seconds |
| Total body (Balance)  | 1 and 2: wasn’t able to ride a bicycle | Improve their balance | Doing balance exercises with the back of a chair.Try standing on one leg for 2 times 15 seconds (then switch to other leg) |

* **Activty planning**
1. Hip Arthrosis.
2. To prevent Arthrosis you have to make sure that the joints are kept in movement and make sure you don’t gain to much weight.
3. Swimming, walking, go to fitness, clycling.
4. Taking a shower, fitness time, walking around…
5. In group sessions with music in the fitness or dining room

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