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**Activity booklet**

 **Comenius project**

**Group 4**



Greetje van der horst

1. What does your programme look like?

Her daily programme changes everyday.

1. Do you need any assistance during your day programme?

No, she doesn’t need help.

1. Do you have any support devices that help you with any activities?

She she doesn’t need any support devises.

1. With which activities do you get help?

No help.

1. Do you need any assistance in a sitting position?

No, she doesn’t need any assistance.

1. How many times a week do you go outside?

She goes three times a week outside.

1. Are you able to walk outside without assistance?

Yes, she is.

1. Are the things that you are not able to do anymore that you wish you still could?

She wishs she could still cook and running on ice.

1. Do you exercise/sports and if so, what kind of?

Yes, she does fitness and singing.

1. T o which parts of your day do you want/need assistance the most?

She doesn’t need any help.

1. How old are you?

She is 83 years old.

1. How long do you live in the elderly home?

She is living there since half a year with her husband.

1. What kind of sports you don’t like?

She doesn’t like swimming.

**Questionaire after return from elderly home:**

1. What is she able to do well?

Almost everything

1. What are her disabilities?

Arthrose

1. What is the part that she needs most assistance with?

She never needs assistance.

1. What was the most remarkable you have noticed?

She didn’t come to the elderly home because she has disabilities but because her husband is sitting in a wheel-chair.

1. What did you expect to be different?

We thought she had more disabilities but actually her husband is the one who can’t do that much.

1. What would you like most to help her? And why?

We would like to help her with her Arthrose but with exercises that she can do with her husband, so they can spend as much time as possible together.

1. What is the most useful assistance to offer this person?

She actually doesn’t’need any assistance but while walking with her husband, she can use the wheel-chair as an assistance.

1. Which 3 parts of the body do you choose for your activity programm?

We choose the hips, the legs and the upper body.

**Problem analysis:**

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| --- | --- | --- | --- |
| **Body parts to work on:** | **What is she able to do now?** | **What do you want to accomplish? So what is the person able to do after the activity?** | **Activity proposal** |
| 1. hips
 | everything | Spend as much time as possible with her husband | Walking and Cycling |
| 1. legs
 | everything | Spend as much time as possible with her husband | Walking and Cycling |
| 1. upper body
 | everything |  | Spend as much time as possible with her husband | Walking and Cycling |

**Activity planning**

1. Search for the cause(s) of the obstructions per body part you want to work on.

Elderdom

1. Find out how the obstruction(s) of each body part can be reduced.

You can reduce them while having enough movement and exercise a lot.

1. Find out what the best exercise could be for reducing each obstruction.

Walking, Jogging, Nordic Walking, Cycling, Swimming and Gymnastics are the best exercises.

1. Determine when each body part is used the most.

The legs and hips are used most while walking around or just sitting.

1. Try to think as the elderly person: where would you like to do the exercises you are thinking of?

Outside and in her room.

 6.

|  |  |  |
| --- | --- | --- |
| Body part | Activity description | Purpose/ justification |
| hips | Walking and cycling in the fitness center | Endurance, flexibility, strength, muscles and losing weigh |

1. Walking and Cycling Try out the activity: one of you is the elderly person and tries out the activity programme. What are your findings, does it have to be improved?

It’s okay and it works.