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**Activity booklet**

 **Comenius project**

**Group 6**



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| Question | Women | Man |
| What is he/she able to do well? | Everything except house keeping and shopping | Everything except fine motorical things |
| What are his/her abilities? | Problems with her whole left side (Back,Hip,Knee,Shoulder) | Problems with his ankle and finger |
| What is the part that he/she needs the most assistance with? | Grocery shopping , House keeping | Fine motorical things( help by his wife) |
| What was the most remarkable you have noticed? | Needs a walking aid or a stick  | Needs a stick . shares a department with his wife |
| What did you expect to be different? | She has got a computer, tablet and facebook account | He has got a computer  |
| What would like most to help him/her with? And why? | She wants help for swimming because it’s her hobby | / |
| What is the most useful assistance to offer this person? | Train muscleses, pool noodel  | / |
| Which 3 parts of the body do you choose for your activity program? | Arm, knee, back | Ankel, fingers |

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| Body parts | What is he/she able to do now? | What do you want to accomplish?So what is the person able to do after the activity? | Activity proposal |
| Woman: Arm | Move but it hurts  | Move without pain  | 2x 10 Stretching, lifting weights,circling |
| W: Knee | 2x 10 Stretching, cycling |
| W: Back |  |
| Man: Ankel | Walk short time | Walk for longer time, stand up without falling down again | 2x 10 Stretching, cycling, circling |
| M: Fingers | Can’t pick up small things | Make it easier to pick up things, things shouldn’t get worse | 3x 10Squeezing a ball, circling , 2x 10 finger exercises |

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

Woman: arm, knee, back
Man: fingertips, ankle

1. Find out how the obstruction(s) of each body part can be reduced.
Woman: aqua gym, walking
man: 3x 10 squeezing ball, walking
2. Find out what the best exercise could be for reducing each obstruction
Woman arm: sitting
Woman knee: walking
Woman back: Walking and sitting
Man ankle: walking
Man finger: sitting
3. Determine when each body part is used the most
when she stands up after sitting she uses her arm, knee and back
when he is walking he uses his ankle and his hand because he helps his wife with walking.
4. Try to think as the elderly person: where would you like to do the exercises you are thinking of
stretching in my bedroom, cycling in a gym class(group exercises with trainers), aqua gym in the swimming pool. Go hiking in nature if your legs are healthy.

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| Body part | Activity description | Purpose/justification |
| arm | -Put your arms up and move your whole arm in the form of a circle(10 times per arm)- pick up a bottle of water and lift it up (15 times ) | Stronger arm muscles , better for the joints |
| knee | -Sit down and stretch your leg until it’s in a straight position- cycling( on a not moving bike or while lying on the bed and your legs are in the air) | Stronger leg and foot muscles, better endurance ( risk of falling down is reduced) |
| back | -move your shoulders in circles ( 10 times per shoulder)- swimming (if possible) | Stronger shoulder , not that difficult for the joints  |
| Hand | -Pick up a ball and squeeze it in your hand ( 10 rep. per hand) | The picking up reflexes are trained , rheumatism prevention |
| ankle | -go for a walk and visit some of your room neighbors (at least 3 other person),cycling( like explained in the back exercises) | Cardio training, reduce risk of falling, stay in shape, social contacts |

1. 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?
more stretching exercises.