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**Activity booklet**

 **Comenius project**

**Group 8**



**Activity planning:**

|  |  |  |
| --- | --- | --- |
| **Body part:** | **Trouble moving?** | **What’s the exact problem?** |
| Head | No |  |
| Neck | No |  |
| Shoulders  | No  |  |
| Elbow  | No  |  |
| Hand  | No |  |
| Back  | No  |  |
| Hip  | Yes  | He broke his hip almost a year ago  |
| Knee  | No  |  |
| Ankle  | No  |  |
| Foot  | No  |  |

1. **What does his day programme look like?**09:00= awake
10:30= Caffee
13:00= Lunch
He takes a walk if it’s not raining
2. **Do you need any assistance during your day programme?**
He doesn’t need help
3. **Do you have any support devices that help you with any activities?**No
4. **With which activities do you get help?**
Cleaning the house
5. **Do you need any assistance in a sitting position**

He use a walking aid.

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

Every day, when it isn’t raining.

1. **Are you able to walk outside without assistance?**

He doesn’t need assistance from a human but he needs a walking aid.

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

Auto and bike

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

Every week gymnastic for an hour but at this moment it stopped.

1. **-**
2. **He played basketball when he was younger**
3. **He lives here since 2005**
4. **He is eating with friends a few times a week and he talks a lot.**

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| --- | --- | --- |
| Body part | Activity description | Purpose/justification |
| * Arms
 | We think it’s smart to make his arms stronger because he has to lean on his arms all the time, when he’s walking. While he watches television he can train his arm with weights | To make his arms stronger |
| * Hip
 | We think it’s smart to visit the physiotherapist. We can ask him how we can make his hip stronger, because he broke it last year. (ASK PHYSIOTERAPIST) | We want to heal his hip as much as possible. |
| * Back
 | Gymnastics: example: to sit straight for 2min. and then he has to turn his back to the right and to the left.  | When the muscles in his back are stronger, he will be more stable to train his hip. |

Plan to stay healthy

Paul is a 69 old man who is living in a residential home for three weeks while his apartment gets renovated. We visited him after one week of his stay. He is looking forward to go back home. The time in the residential home is more like a holiday for him since he doesn`t has to do anything there. He is very fit and worked out for his age. He has no disabilities at all. We decided that in his case there is no sense to make the usual plan. We decided to make the following plan since for him keeping up his usual health is more important.

|  |  |  |
| --- | --- | --- |
| **Nourishment** | **Cardio training** | **Strength training** |
| - Vegetables- Fruit- Drink 2l a day (we recommend water, but it’s not necessary)- Eat 3 times a day- Don’t use too much sugar- Eat fish once a week- 2 eggs a week- No alcohol- No smoking- Buy and cook your own food | - Keep on riding your bike (no e-bike)- Keep on doing stuff yourself (example: go shopping)- visiting group exercise classes since he is a social person | - Sometimes go to the swimming pool with friends and go swimming, because it’s good for your condition and tried to go by bicycle.  |