

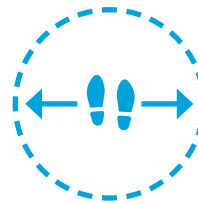
Tips for caregivers to help seniors stay active during the COVID-19 pandemic and beyond

While spending more time at home, seniors may develop a routine with less daily physical activity. **Staying socially connected** and **adding more movement into the day** can help ensure seniors are healthy and ready to add on more activity when the time comes. **Caregivers have a unique opportunity** to support seniors to stay active and help them prevent falls.

Some seniors may express concern for their safety if they are just starting to be physically active, especially if they're alone at home. **As a caregiver, you can help by acknowledging their concerns and supporting them to get started:**



Encourage seniors to consult with a healthcare professional to ensure the appropriate movements are being incorporated into daily life. Some doctors may offer virtual or over-the-phone appointments as alternative options to in-office visits.



Ensure seniors have a hazard-free space to move. Help them review their space and encourage them to get rid of any nearby tripping hazards, such as loose rugs, cords or clutter.



There is no rush. If seniors are just starting out, reassure them that they can start slowly and add a few minutes of activity each day. Begin with movements that they feel confident in doing, incorporating more difficult movements over time to increase their strength and balance.



Over time, seniors should try to progress to **150 minutes** of moderate-to-vigorous exercise each week, in sessions of at least **10 minutes** at a time.



Encourage social interaction. You can suggest that seniors perform their daily movements with their spouse, or with a friend virtually (for example, via Zoom or Skype). Seniors who are socially connected and supported have a lower risk of falling than those who are socially isolated.

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Tips for caregivers to help seniors stay active during the COVID-19 pandemic and beyond (Cont.)

Seniors should add movements into their at-home routine that help maintain and improve balance, strength and flexibility.



Flexibility

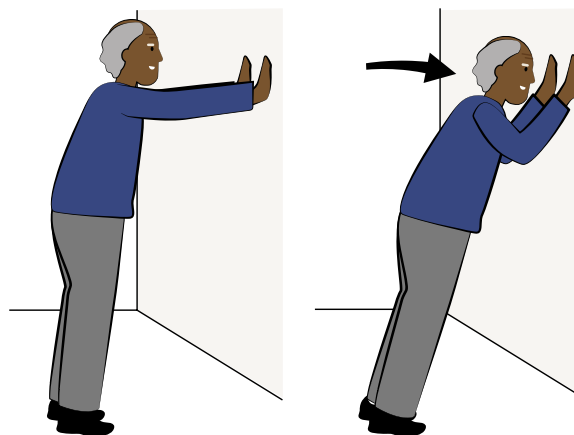
Seniors can try stretching, yoga, or Tai Chi to help improve their flexibility.



Balance

Encourage seniors to incorporate activities that challenge balance, beginning with easy movements and gradually progressing.

Exercises in a standing position, such as step-ups, toe and heel raises, half-squats, or Tai Chi, may help improve balance.



Strength

Resistance exercises, such as with weights or wall push-ups, can help build strength.

Remind seniors that these should be done with a sturdy chair, counter or wall for support.

To access an exercise guide for seniors, visit: parachute.ca/movetips
For more information on keeping seniors active and safe, visit parachute.ca/fallpreventioncanada

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