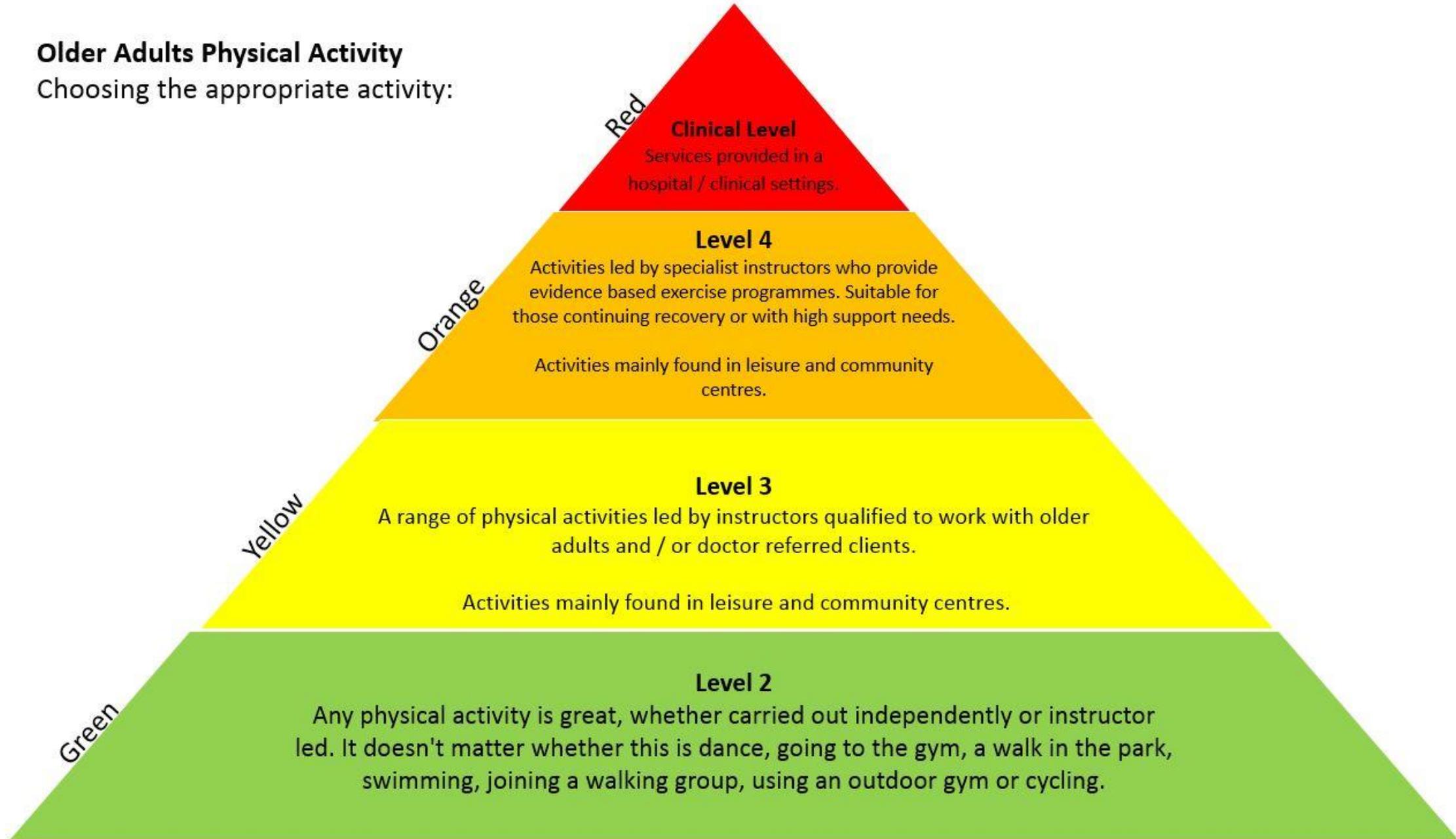


Older Adults Physical Activity

Choosing the appropriate activity:



(Level 2, 3 and 4 refer to Fitness Instructor / Personal Trainer qualifications).

Older Adults Physical Activity Guide

Category	
<p style="text-align: center;">Red - Intensive support</p> <p>Usually provided in a hospital / clinical setting.</p>	<p>Services provided in a hospital / clinical setting, usually the route to physical activity after a fall, a stroke, or the onset of a life-changing health condition.</p> <p>These services generally provide short term support to help someone get moving.</p> <p>On completion of the intervention service users move on to other activities / environments less intensive support.</p> <p>There are other services providing a similar service for those living with Stroke, CHD, COPD, diabetes etc.</p>
<p style="text-align: center;">Orange - Specialist support Level 4</p> <p>E.g. Postural Stability Instructor.</p> <p>Available in community centres and leisure centres (gyms).</p>	<p>Specialist staff are trained to adapt their exercise programme to meet the needs of people with high support needs.</p> <p>In the case of falls Postural Stability Instructors can adapt for frail older adults with a range of health conditions, making sure that people work at the correct intensity to get the benefits of physical activity, increase their strength and balance so minimise the risk of falling.</p> <p>Not everyone who has had a fall will need this specialist support, people can go direct to a self-led programme if they have the confidence to do this.</p> <p>These sessions are generally open access, you do not need to be referred into them.</p>
<p style="text-align: center;">Yellow – Level 3</p> <p>Fitness instructors & Personal Trainers qualified to work Older Adults and/or GP referred clients.</p> <p>Available in community centres and leisure centres (gyms).</p>	<p>Older adults: This qualification equips instructors to work with older adults (55 plus) adapting exercise programmes to meet their needs.</p> <p>Exercise Referral: instructors are able to carry out safe exercise for people with a range of long term health conditions. Many older adults have several health conditions, this programme is not targeted at them but can be very useful.</p>
<p style="text-align: center;">Green – Level 2 / other</p> <p style="text-align: center;">All activity</p>	<p>Any activity is great, doesn't matter whether this is dance, gym, walking groups or cycling.</p> <p>Doing something you enjoy is going to help you keep moving.</p>

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