

## EXERCISE FOR RESIDENTS IN NURSING HOMES

### Learning Objectives:

Using knowledge about normal age-related changes in the cardiovascular system and musculoskeletal system for older adults, the students will be able to:

1. Identify the benefits of exercise for residents/patients in nursing homes.
2. Assess the resident's/patient's safety for exercise participation.
3. Plan and implement an exercise program for residents/patients in a nursing home.

### Student Preparation:

1. Review these two websites to learn about the benefits of exercise for older adults, assessment and exercises that can be used with residents/patients in nursing homes:
  - a. <http://nihseniorhealth.gov/exercise/toc.html>
  - b. <http://www.nursinghomeactivitiesresource.com/exercise-for-seniors.shtml> (specific to nursing homes)

### Student Activities:

1. Evaluate two residents/patients in regards to the:
  - a. Benefits they would receive from participating in an exercise program
  - b. Type of exercises they would be capable of completing.
2. Interview a staff person from the activities department and the physical therapy department to determine how they incorporate exercise activities for residents/patients into their programming.



UNIVERSITY OF MINNESOTA

School of Nursing  
Driven to Discover<sup>SM</sup>



For additional *Quick and Easy* tips, visit:

<http://www.nursing.umn.edu/Hartford/ClinicalTeachinginNursingHomes/ClinicalTeachingResources/index.htm>