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:

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.

For additional Quick and Easy tips, visit:
http://www.nursing.umn.edu/Hartford/ClinicalTeachinginNursingHomes/ClinicalTeachingResources/index.htm