



PERSONALIZED ACTIVITY BINDER



TABLE OF CONTENTS

INTRODUCTION	
The importance of preventing and treating deconditioning	3
Contents of the personalized activity binder	4
TOPICS OF DISCUSSION AND INTERESTS.....	Section 1
GAMES.....	Section 2
EXERCISE PROGRAM	Section 3
ACTIVITY SHEETS.....	Section 4
OTHER INFORMATION	Section 5

INTRODUCTION

THE IMPORTANCE OF PREVENTING DECONDITIONING

According to the elder-friendly approach, there are six aspects of health that need to be monitored in older adults. These six aspects are referred to by the acronym “**AINÉES**”: **A**utonomy and mobility, **I**ntegrity of the skin, **N**utrition and hydration, **E**limination, **c**ognitiv**E** state and behaviour, **S**leep.¹ An imbalance or a lack of stimulation in one or more of these aspects can lead to deconditioning, to which residents and patients of CHSLDs are particularly vulnerable.

Deconditioning consists of all the physical, mental, and social consequences related to inactivity, a period of sedentariness, or intellectual and social understimulation.² It's important that we work together and take every opportunity to prevent and treat deconditioning, to help older adults stay as active as possible given their health conditions. This will let them hold onto their independence and autonomy for longer, giving them a better quality of life.

The goal of this binder is to give residents and patients, staff and loved ones the tools to prevent and treat deconditioning through simple physical, cognitive and social activities. It is available in the room and accessible to everyone.

1- *DIRECTIVES POUR PRÉVENIR LE DÉCONDITIONNEMENT CHEZ LA PERSONNE ÂÎNÉE EN CONTEXTE DE PANDÉMIE*, MSSS, Gouvernement du Québec (updated 2020-08-18)

2- *PRÉVENIR LE DÉCONDITIONNEMENT DES ÂÎNÉS EN CONTEXTE DE PANDÉMIE*, Gouvernement du Québec (updated 2021-03-19).

CONTENTS OF THE PERSONALIZED ACTIVITY BINDER

Your personalized activity binder is divided into five sections.

Section 1: Topics of discussion and interests

We encourage you and your loved ones to add anything you like, for example, helpful information, interests, anecdotes, happy moments, photos, etc.

Section 2: Games

Different games to entertain you and stimulate your brain.

Section 3: Exercise program

Exercise program to get you moving.

Section 4: Activity sheets

Activity sheets based on your interests.

Section 5: Other information

Other information

TOPICS OF DISCUSSION AND INTERESTS

GAMES

EXERCISE PROGRAM

*A rehabilitation worker will give you an exercise program
that's appropriate for your level*

Level 1:
Mobility in
bed

Level 2:
Seated position

Level 3: Standing
position

ACTIVITY SHEETS

Speak to the staff at your CHSLD for additional activity sheets.

OTHER INFORMATION