

It is never too late

Aina Granath,

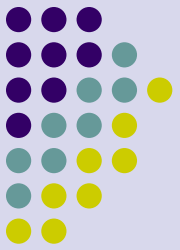
RN; RM; MScPH

Nina Nordin

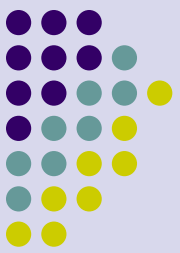
Int Lic Personal Trainer;

ass Nurse

Case report



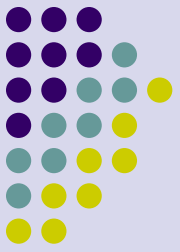
- Practical example
- Retrospective
- No scientific design
- Astonishing results
- Share experiences



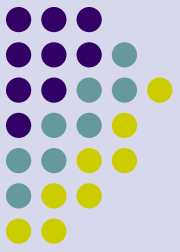
Presentation

- Man, born 1929
- Physically active throughout life; football, orientation, skiing and outdoor activities
- Diagnosed with vascular dementia and Alzheimer's Disease 2005
- Rollator outdoors 2010
- Wheelchair 2013
- My husband!

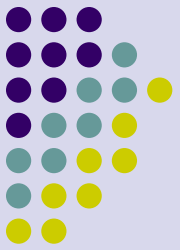
How it was once.....



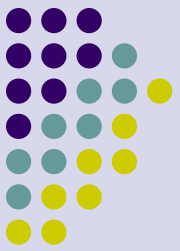
..... how it became



.....and a week ago.



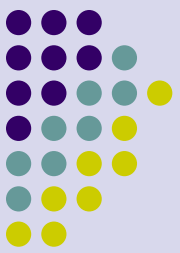
Regular training three days a week



- In his own home
- With a well-known trainer

Focus on:

- Strength
- Mobility
- Balance

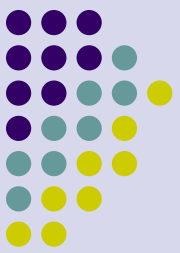


Personal trainer

- In his own home
- With a well-known trainer

Focus on:

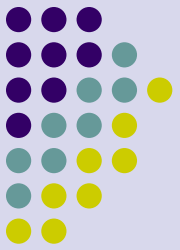
- Strength
- Mobility
- Balance



Personal trainer

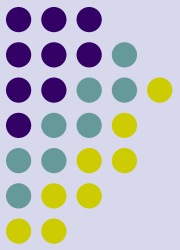
- Posture Correction
- Identified left-side weakness
never noticed before – stroke?

Targets



- More independant
- Raise from a chair
- Increase outdoor walking
- Stand firm

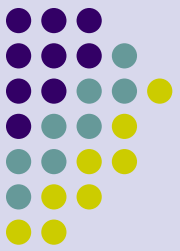
Training Equipment



- Rubber bands
- Wrist and ankle weights
- Balls
- dumbbells

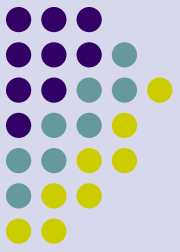
Strength, back, 1

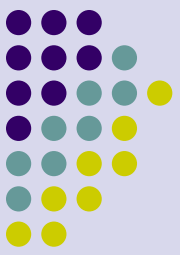
Principles and tools



- Rubber bands
- Dumbbells and weightbands for arms
- Seated from the beginning, later standing

Strength, back, 2

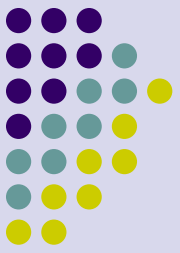




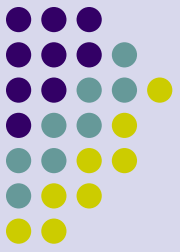
Strength, feet and legs

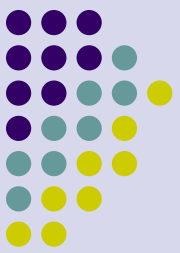
- Posture correction
- Weights added
- Rubberbands for knees, hips and thighs
- Mainly standing position

Strength, feet and legs, 2



Strength, body

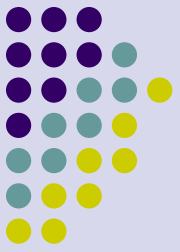




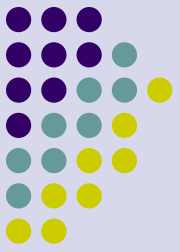
Mobility, 1

- Rubber bands tied to a door handle
- Swing arms as quick as possible
- Boxing in a cushion until tired
- Ball

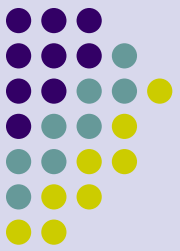
Mobility, 2



Mobility 3

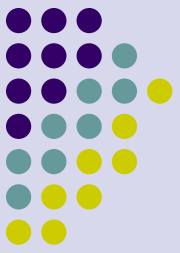


Balance, posture correction 1

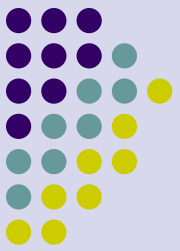


- Trainer supporting
- Rollator

Balance, posture correction 2

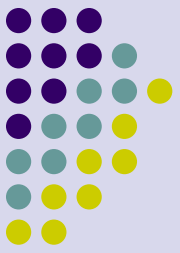


Balance 3, after three months training

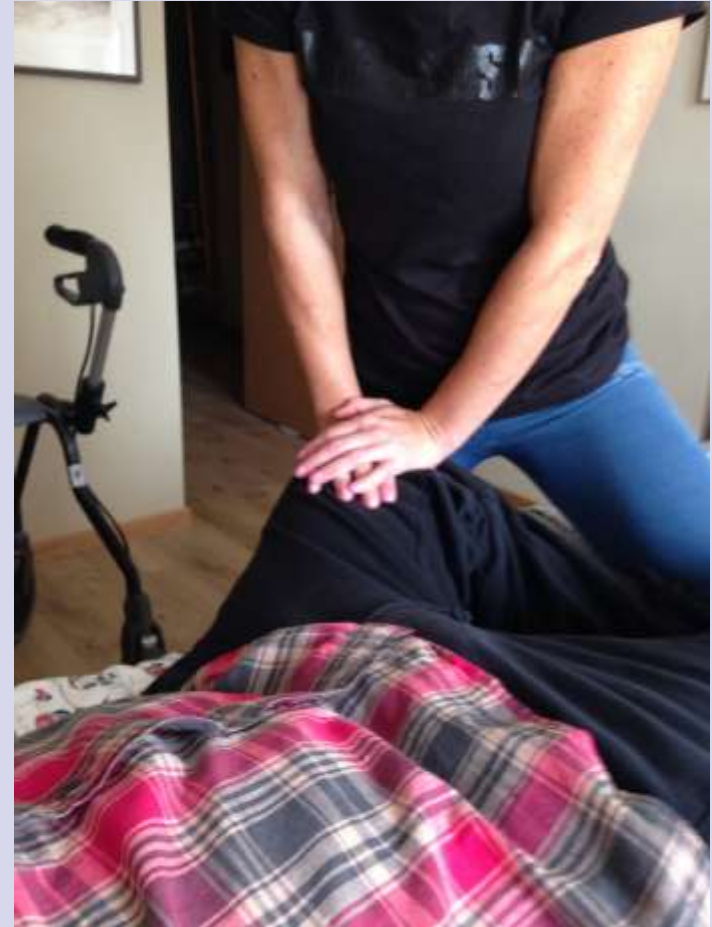
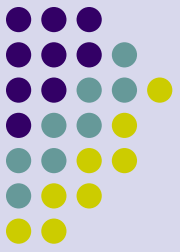


- Standing free without support
- Balance plate behind back
- No longer need for support

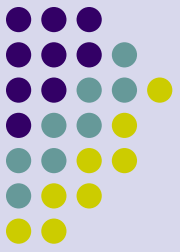
Balance 4, after three months training



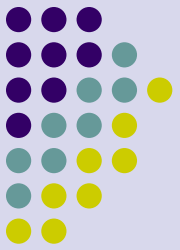
Stretching, hips and gluteals



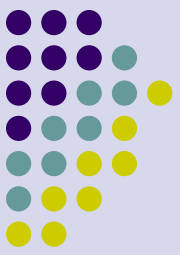
Stretching II



Results, 1



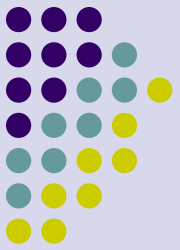
- Able to rise on his own
- Able to go to the kitchen and get a glass of water
- Positive mood
- Social competence
- Sence of humour like in the old days!



Results, 2

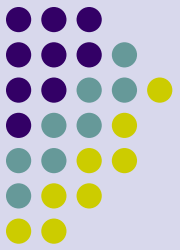
- Increased moving capacity = more independent
- My work less physically demanding
- Easy to cooperate with
- Social competence increased

Economics



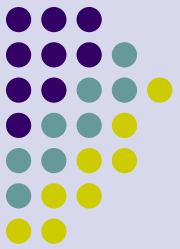
- Training on a regular basis, three times a week
- = a monthly cost of approximately 3500 SEK
- No grants available

Suggestings



- Positive effects on Life Quality
- Cost-effective method for health promoting among nursing staff and caregivers

REFERENCES



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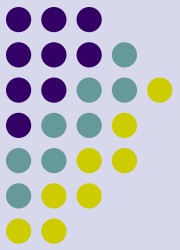
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Jensfelt, C 2015 **Utomhusträning för äldre**

Alexander Crista, Helena Belardini – intense training for elderly

Thank you for listening!



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