

## ADAPTED ACTIVITIES FOR ELDERLY PEOPLE TO PROMOTE ACTIVE AGING

(Uyarlanmış Fiziksel Aktivite Yoluyla Aktif Yaş Alma)

Ayşegül AKSOY (MSc)

Research Assistant

**Background:** The increase in the aging population is leading the world to a public health issue of inactivity. Demographic projections suggest that the populations of all countries are ageing, which will have wide-ranging effects on social, economical, and health systems (Chatterji et. al., 2015). Although all people age, they do so in different ways and different rates. Some people live longer and have a higher quality of life than others (Spirdusa et. al., 2005).

**Objective:** The aim of this workshop is to promote the active and healthy aging for elderly people to have a quality longer life.

**Methods:** Being physically active for elderly people can be a challenge. However, there are always adapted activities to make it easier and much more suitable for all. Therefore, there will be some adapted activities from Aksoy's lecture from "European Diploma of Adapted Physical Activity" (EUDAPA, 2015 & 2016) Program at Haaga-Helia University of Applied Sciences in Finland, for elderly people to promote active life style, and healthy aging for a quality longer life.

**Conclusion:** Physical activity offers one of the greatest opportunities for people to extend years of active independent life and reduce functional limitations. In a conclusion, adaptation in activities can help to promote active and healthy aging for elderly people.

### **NOTE TO PARTICIPANTS:**

Please consider that this workshop is going to be "physical activity" included active session.

**Therefore, the workshop requires;**

- Track-suit / comfortable clothes,
- Training shoes.
- &
- Sherborne Developmental Movement session requires bare-foot activities.

**Workshop Plan:**

ACTIVITY NAME	CATEGORY	MATERIALS	DURATION
<b>Warming-Up</b>			
<b>“Draw what I didn’t”</b>	Cognitive + small muscle groups	Pen / Pencil (50) Paper (A4 size- 100) Chairs (50)	6 min.
<b>“After me”</b>	Stretching	No material!	5 min.
<b>Activities</b>			
<b>“Work with sticks/ropes”</b>	Strength	Sticks (wooden/plastics 50) Ropes (25) Basketball balls (25) Handball balls (25)	4 min.
<b>“work with balls”</b>	Strength	Tennis balls (15) Table tennis balls (30) Plates (fitball) (10) Plastic balls (15, different sizes) Goalball ball (4) Football ball (20) Basket / Box (enough big to put balls inside, 4)	8 min.
<b>“stick the ball”</b>		Plastic ball (1, football size) Plastic sticks (50)	3 min.
<b>“dance with plastic bag/handkerchif”</b>	Endurance	Plastic Bag (trash bag, 50) Shopping Plastic Bag (20) Handkerchif (20x20 cm clothe-hankerchif, 100) Music Player & Sound System	6 min.
<b>“where is thumb”</b>	Endurance	No material!	6 min.
<b>“hanging pins”</b>	Endurance	Clothes-Pin (160) Rope (2 m length, 3) Hola-hops (18) Box (to put the pins inside, 2)	4 min.
<b>“ball in frisbee”</b>	Balance	Frisbee (50) Table tennis balls (50) Plastic balls (10 cm diameter, 20)	4 min.



		Sponge balls (15) Golf balls (20)	
<b>“walk through hola-hops/sticks/ropes”</b>	Balance	Hola-hops (25) Sticks (10) Ropes (1 m length 10)	4 min.
<b><i>Cooling-down</i></b>			
<b>Sherborne Developmental Movement</b>		No material!	10 min.

*\*All activities created by researcher<sup>1</sup> in the light of adapted activities from different country practises.*

***Total: 60 minutes***