

# Assess Physical Activity Safety and Provide Support



## In this factsheet, you will learn about:

- The purpose of assessing safety to participate in physical activity
- How to support safety with physical activity
- Additional resources for assessing and ensuring safety

Before taking up a physical activity program, everyone should complete the:



## Get Active Questionnaire

This questionnaire helps all adults, including those with dementia, determine whether they are safe to exercise. Work with the person living with dementia or their care partner to assess whether they should see a health professional before starting a physical activity program.



## Benefits of assessing safety for physical activity:

- **Prevent** adverse events or progression of health conditions or injuries
- **Identify** who would benefit from seeing a healthcare professional to assess their health, make considerations for exercise, or recommend rehabilitative strategies
- **Understand** the strengths of the person living with dementia, and areas where they may need additional support to safely participate in physical activity

**Physical activity is important to maintain health and function as people age!**

If an injury or health concern is preventing someone from participating in physical activity, find a way to support them – whether in your program or by connecting them with a health professional!

## What to do if:



### A person has **poor balance or a history of falls:**

- Ensure balance supports, such as a walker, chair, wall, and yourself are within reach
- With permission, hold their arm or body to support their balance, if comfortable
- Modify their participation to a seated position or lower intensity, if necessary



### A person has an **injury or chronic pain:**

- Refer to a rehabilitation professional who can assess and work with the person to improve the injury or pain
  - Rehabilitation professionals that may help include physiotherapists, occupational therapists, massage therapists, podiatrist, chiropractor, osteopaths, clinical exercise physiologist, or kinesiologist
- You may be able to adapt their physical activities to support their rehabilitation while they seek treatment



### A person has other **uncontrolled health conditions:**

- Consultation with a health care provider or Qualified Exercise Professional is required before starting a physical activity program
- Adjust their participation based on the guidance from a health care provider or Qualified Exercise Professional
- Conditions that require consultation if uncontrolled include: diabetes, cardiovascular disease, asthma, COPD, high blood pressure, osteoporosis, osteoarthritis, or cancer. See the Get Active Questionnaire for more details.

### Identify healthcare providers in your community to know who to connect with!

They may only be available in-person at certain times of the month or year, or via virtual methods.