

Assess Physical Activity Safety



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 your safety to exercise. Work with an instructor or a care partner to assess whether you 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 rehabilitation strategies
- **Understand** the strengths of the person living with dementia, and areas where they may need additional support to safely 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 you from participating in physical activity, look for additional supports – whether in your program or by talking with a health professional!

What to do if:



You have **poor balance or a history of falls:**

- Ensure balance supports, such as a walker, chair, wall are within reach
- If comfortable, ask an instructor or care partner to hold your arm or body to support your balance
- Modify your participation to a seated position or lower intensity, if necessary



You have an **injury or chronic pain:**

- Connect with a rehabilitation professional who can assess and work with you 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
- Communicate with your exercise leader, so they can adapt your physical activities to support your rehabilitation while you seek treatment



You have other **uncontrolled health conditions:**

- Consultation with a health care provider or Qualified Exercise Professional is required before starting a physical activity program
- Adjust your 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.