

# eFit eLearning Course Handout

## eFit Mobility eLearning for Individuals & Caregivers

- ❑ What is mobility?
- ❑ What can lead to poor mobility?
- ❑ How can mobility be improved?

The Centre for Studies in Aging & Health at Providence Care

Copyright © CSAH 2019



1

## Mobility



Canadian Centre for Activity and Aging, 2017

- Mobility is the ability to move freely and easily.
- Age, health, how and where a person lives affects mobility.
- Keeping or improving mobility is important for health.
- Mobility increases the ability to take part in social, cultural and physical activities.

The Centre for Studies in Aging & Health at Providence Care

Copyright © CSAH 2020



2

## What Impacts Mobility

- The ability to move freely and easily can decrease with:
  - age
  - low physical activity. When a person isn't active enough:
    - Muscles do not function like they should.
    - Muscles lose strength and become stiffer.
    - Walking and balance become more difficult.
  - obesity
  - loss of strength or balance
  - chronic diseases such as diabetes or arthritis

[Brown & Flood, 2013](#)

The Centre for Studies in Aging & Health at Providence Care

Copyright © CSAH 2020



3

## Mobility and Quality of Life

- Limited mobility can lead to:
  - needing to ask other people for help
  - increased loneliness and social isolation (not taking part in activities)
  - increased number of falls
  - decline in health
  - a loss of independence

[Physiotherapy Alberta College & Association, 2018](#)

The Centre for Studies in Aging & Health at Providence Care

Copyright © CSAH 2020



4

## Signs of Limited Mobility

Signs of limited mobility include:

- poor posture (slouching, slumping)
- walking slowly and being unsteady (balance)
- taking short steps
- slower reaction time
- difficulties in doing everyday activities, for example carrying groceries or getting in and out of a chair

Physiotherapy Alberta College & Association, 2018

The Centre for Studies in Aging & Health at Providence Care

Copyright © CSAH 2020



5

## Stay Active



- Staying active helps improve mobility, as well as:
  - bone and body strength
  - appetite
  - sleep
  - mood
  - blood pressure
  - breathing
- Participate in safe, enjoyable activities that include movement.
- Find people who enjoy the same activities.

Physiotherapy Alberta College & Association, 2018

The Centre for Studies in Aging & Health at Providence Care

Copyright © CSAH 2020



6

## Walking

- Walking can help to maintain or increase the ability to carry out everyday activities without help. Walking helps:
  - increase muscle strength
  - decrease risk of heart disease, stroke, colon cancer, and diabetes
  - improve bone strength and prevent arthritis and osteoporosis (brittle and fragile bones)
  - decrease blood pressure
  - improve mood and energy levels

[Centers for Disease Control and Prevention, 2019](#)

The Centre for Studies in Aging & Health at Providence Care

Copyright © CSAH 2020



7

## Amount of Exercise

- Any activity is better than no activity.
- Aim to exercise for 150 minutes per week.
  - Aim for 10 minutes at a time and increase by 5 minutes until you are exercising 30 minutes per day, 5 days a week.
  - Breathing should become a little harder.
  - Stop exercising if there is pain, discomfort, nausea, dizziness, light-headed, chest pain or you experience breathing problems.
  - Warm up, stretch, and cool down.

The Centre for Studies in Aging & Health at Providence Care

Copyright © CSAH 2020



8

## Exercise: Setting up for Success

- Before exercising, get advice from a health care provider, particularly if there is another medical condition present.
- Make exercise part of every day.
- Set up a routine. For example, walk at the same time every day.
- Change the exercises from time to time to keep your interest.
- Avoid activity involving an injured body part.
- Drink plenty of water.

## Mobility Devices



- Mobility devices are used to help improve safety.
- Common mobility devices include:
  - walking poles
  - walking stick
  - cane
  - walker
  - wheelchair
- To find the right mobility device, speak to a health care provider.



## Reflection...Mobility

Think about your own mobility. What are some things you could do to improve your ability to move?



## You Have Completed the Mobility eLearning Course!

For more information on this and other topics, please visit our [eFit Resources for Individuals & Caregivers on www.sagelink.ca](http://www.sagelink.ca).

We appreciate your feedback. Please contact [info@sagelink.ca](mailto:info@sagelink.ca) if you have suggestions, comments or have any questions.

## References

- Brown, C.J. & Flood, K.L. (2013). Mobility limitation in the older patient: A clinical review. *JAMA*. 310(11), 1168-1177.
- Canadian Centre for Activity and Aging. (2017). Having a ball: FUNctional fitness. Retrieved from <https://www.trontario.org/files/Conf/conf2017-slides/conf2017-w8-slides-functional-fitness.pdf>
- Centers for Disease Control and Prevention. (2019). Why walk? Why not? Retrieved from <https://www.cdc.gov/physicalactivity/walking/index.htm>
- Physiotherapy Alberta College & Association. (2018). Healthy aging: Seniors' mobility toolkit for physiotherapists. Retrieved from [https://www.physiotherapyalberta.ca/files/seniors\\_toolkit.pdf](https://www.physiotherapyalberta.ca/files/seniors_toolkit.pdf)