

AVOID Frailty

How Activities Can Reduce Risk

Take Home Messages

Older adults living **sedentary** (inactive) life style are at greater risk of becoming **frail**.

Impact of inactivity:

- Loss of muscle, decline in bone mass and degenerative changes in joints
- Increased risk of falls and fractures
- Long term negative impacts on cardiovascular and respiratory disease
- Increased risk of cognitive decline
- Associated with increased disability and premature death

Older adults should reduce the amount of sedentary time, such as prolonged sitting, watching TV, & computer use in order to reduce their health risks and frailty.

Older adults living with **cognitive frailty** are at higher risk of:

- Functional dependency
- Dementia or Neurocognitive disorder
- Hospitalization or institutionalization
- Reduction of quality of life
- Risk of death

Staying physically and mentally active combined with good nutrition is one of the best ways to stay mobile, strong, and healthy into old age.

Benefits of physical and cognitive activities:

- Improves ability to perform daily task
- Helps prevent weak bones and muscle loss
- Improves joint mobility
- Reduces likelihood of falling and risk of serious injury if you do fall
- Improves global cognition, memory, and executive functioning
- Reduces risk factors for developing dementia
- Improves sleep quality
- Reduces the risk of chronic conditions



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- Extends years of activity and independent living
- Improves quality of life

Everyone can benefit from increased physical and cognitive activities, regardless of previous level of activity

- Health Canada recommends that older adults do physical activity at least **30 min/day**, which can be broken into 10 min. intervals.
- For the maximum health benefits a combination of aerobic (cardiac), flexibility, balance & strength activities is best
- Aim to do aerobic activities at moderate intensity at least **20-30 min/day, 5 days/week**. Accumulate aerobic activities to over **150 min/week**.
- Aim to do strength exercises at least **2 days/week**.
- Aim to do flexibility exercises at least **3 days/week**.
- Aim to do balance exercises at least **3 times/week**.
- Aim to do cognitive activities **daily**.

For the maximum health benefit and prevention of frailty a combination of physical activities, cognitive activities, and good rest are vital.

Sleep is essential for your body to recover and recharge.

Older adults should aim for **7-9 hours of sleep daily**.

Tips for Taking Control

- Set realistic goals
- Build upon your existing preferences and local resources
- Integrate changes into normal activities
- Work with “buddies” and support network
- Make it fun
- Celebrate and recognize achievements
- Appreciate it takes time to create a “habit”



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Resources:

Senior activities and programs run by the City of Kingston

Artillery Park Aquatic Centre

382 Bagot St. Kingston, phone: 613-546-4291, ext. 1700

- Fitness/wellness classes
- Fitness Centre/Cardio/Strength Training/Open Gym
- Pickleball
- Badminton
- Aqua Fit, Swim Lanes
- Fee assistance programs

INVISTA Fitness & Wellness Centre

1350 Gardiners Rd., phone: 613-546-4291, ext. 1800

- Adult/Senior Skate
- Fitness/Wellness Classes
- Fitness Centre/Cardio/Strength Training
- Hearts in Action Cardiac Rehab Support
- Walk On
- General interest programs

www.cityofkingston.ca/residents/recreation/age-groups/seniors

YMCA of Eastern Ontario – offer membership for joining in person individual and group senior classes.

Brockville YMCA – 345 Park Street, phone: 613-342-7961

Kingston YMCA – 100 Wright Crescent, phone: 613-546-2647

- Senior Fit/Sit Fit – a personal trainer will give you a full body workout
- Yoga/Chair Yoga - allows you to relax and decompress in a class
- Zumba - a Latin-inspired dance-fitness class
- Pilates - an emphasis on the abdominal and back muscles
- GTB (Gentle Total Body) – a total body workout
- Swimming - lane swim, AquaFit
- Total Life Care specialty program

eo.ymca.ca/



Military Veteran Program Plus - Pilot program in Kingston for former Canadian Armed Forces Members to promote a sense of community by fostering opportunities that enhance quality of life and overall well-being of seniors.

www.cafconnection.ca/Kingston/Adults/Veterans/Military-Veteran-Program-Plus.aspx

Volunteer Kingston links people with local community organizations to get involved, to develop skills and support persons

volunteerkingston.com/

Friendship Blooms Intergenerational Program - community outreach to older adults and organizations to coordinate events, school reading program, cooking, knitting, and crafts (temporary suspended due to COVID).

263 Weller Ave., Unit 4, Kingston, phone: 613-542-2949

www.southeasthealthline.ca/displayService.aspx?id=72481

Queen's Institute for Lifelong Learning (QuILL) a volunteer-run organization that offers a variety of different programs for older adults for fee of \$35-50

143 Union Street, Kingston, phone: 613-549-3089

www.quillkingston.org/

Ever Scholar at Queen's – a 4-week online course on general health, with a 2-hour a week of interactive sessions

pros.educ.queensu.ca/courses/EVSC101

Sunshine Call Program reaches socially isolated seniors and helps them to build new social networks

www.southeasthealthline.ca/displayService.aspx?id=196028

Seniors Association Kingston Region –

The Seniors Centre – 56 Francis Street, phone: 613-548-7810

The Seniors Centre West – 1300 Bath Street, phone: 613-539-7813

The Seniors Centre North – McCauley Street, phone: 613-985-7814

Includes “phone-from-home programming and online learning

seniorskingston.ca/

Senior Services in Napanee – offers variety of programs, 55 Plus activities, and community resources

124 John Street, phone: 613-354-3351

www.greaternapanee.com/en/live-play-and-discover/seniors-services.aspx#



Brockville 50+ Activity Centre – provides with affordable programs and activities that keep residents mentally and physically active.

5 Wall Street, phone: 613-345-2412

fiftyplusbrockville.ca/

Bellville and Quinte West Community Health Centre – provides with variety of programs and services, including social prescribing.

161 Bridge Street, Bellville, phone: 613-962-0000; tall-free: 855-252-2747

70 Murphy Street, Trenton, phone: 613-965-0698; tall-free: 855-252-2747

www.bqwchc.com/services

Cataraqui Region Conservation Areas: Walking, hiking, snowshoeing, cross-country skiing.

Phone: 613-546-4228

Toll-free telephone: 1-877-956-2722

crca.ca/conservation-lands/

Kingston Get Active – for Older Adults, a guide to affordable recreational programs and active places in Kingston region

28 Division Street, phone 613-533-6000 ext. 79178

kingstongetactive.ca/get-active-at-any-age/older-adults/

Dancing with Parkinson's – offers free live dance classes through Zoom each week to keep older adults connected and active.

www.dancingwithparkinsons.com/

Kingston Lawn Bowling Club - New members are always welcome. Free instruction is provided by a qualified coach and there is no need to purchase bowls as they can be rented.

kingstonlawnbowlingclub.weebly.com/



Other Resources

- **Heads up for Healthier Living** - educational resources for people with Alzheimer's disease and their families
alzheimer.ca/sites/default/files/files/national/heads-up/heads-up-for-healthier-living.pdf
- **Heads up for Healthier Brains** - educational resources for people with Alzheimer's disease and their families
alzheimer.ca/sites/default/files/files/national/heads-up/heads-up-for-healthier-brains.pdf
- **By Us For Us Guide: Enhancing Wellness** – an inspirational guide for people with early-stage memory loss
the-ria.ca/wp-content/uploads/2018/11/BUFU-Buide-Enhancing-Wellness_AODA.pdf
- **By Us for Us Guide – Memory Workout** – a fun and inspirational guide for people with early-stage memory loss
the-ria.ca/wp-content/uploads/2018/11/BUFU-Guide-Memory-Workout_AODA.pdf
- **Canadian Physical Activity Guidelines** for older adults 65 years and older
www.csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_older-adults_en.pdf
- **The Strengthening Package** – The National Centre for Geriatrics and Gerontology developed package that includes exercises and activities that improves physical strength while staying at home.
www.cfn-nce.ca/wp-content/uploads/2020/07/Strengthening.pdf
- **The Balance Improvement Package** - The National Centre for Geriatrics and Gerontology developed package that includes exercises and activities that improves balance while you are staying at home.
www.cfn-nce.ca/wp-content/uploads/2020/07/Balance-Improvement
- Learn “**How to Manage Sleep**” – information for older adults, families, and caregivers.
sinaigeriatrics.ca/wp-content/uploads/2016/08/Managing-Sleep-in-Older-Adults-AODA_655-1.pdf
- **eFit for individuals and caregivers: Sleep** - The Centre for Studies in Aging and Health offers an educational lesson and related resources about sleep and how to improve sleep.
<https://sagelink.ca/health-care/efit-sleep/>
- **Activities for Older Adults in Lockdown and Isolation**
www.goldencarers.com/50-activities-for-the-elderly-in-lockdown-and-isolation/6265/

