



Tips to get those with dementia moving

Exercise

1. Ensure there is a goal in sight for the client. Break longer walks into a series of short goals, eg, get them to walk to the chair over by the door, then walk to the dining table, then the door and finally to walk to the chair outside the toilet. Gesture where you want them to go.
2. Get your residents to walk to morning and afternoon tea and to see their visitors.
3. Sit your resident at the end of the bed, sit next to them ensuring you are invading their space, this will encourage them to move away from you towards the head of the bed, keep moving into their space until they are in the place you want them.



Communication

1. Show respect for your client by listening to them.
2. Give commands *not* questions eg “Stand up” instead of “would you like to stand for me”
3. Give one command at a time (so they have time to understand).
4. Use their words eg if they use loo for toilet refer to the toilet as the loo.
5. Use gestures to indicate what you want them to do.

Fears

Demented clients often have difficulty getting out of the chair and walking downstairs. This is because they have a perceptual problem that causes them to feel they are falling off a cliff.

1. **Getting out of a chair** - place a chair or some barrier in front of them to give them a sense of security. Make sure it is far enough away so they do not use it to assist themselves to stand or move.
2. **Walking downstairs** – get the client to walk down sideways holding onto the rail.

**If you are still having trouble, our friendly physiotherapists may be able to help.
Just contact us at Therapy Professionals Ltd**

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