Physical Activites for Older Adults with Walking Disabilities

Member (country)
DAI - Denmark

Responsable
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Year of execution
2002-2011

MAIN ACTIVITY
Describe topic:

Chair-Exercices
Work Out Mates

TARGET GROUP
Description: for whom?

Older adults/elderly
with walking disabilities

COMMUNICATION
How was it communicated:

To the sportsclubs with 60+
To the municipalities

WHAT

BACKGROUND & AIM
Scientists have found out, that no matter how old or weak people have become, they are still trainable. Participation in regular exercise program is an effective way to reduce or prevent a number of functional declines associated with aging. The aim is to offer training and social activities in clubs and in homes for weak elderly people.

DESCRIPTION
'Chair-Exercises' is a type of physical activity on or with a chair with exercises for legs and arms.
'Work out mates' is an alternative to participating in a club. We cooperate with healthy older people, who are willing to visit a person in the home and do exercises here.

WHEN, WHERE AND HOW

TIMING & LENGHT
Since 2002.

PLACE
All over the country

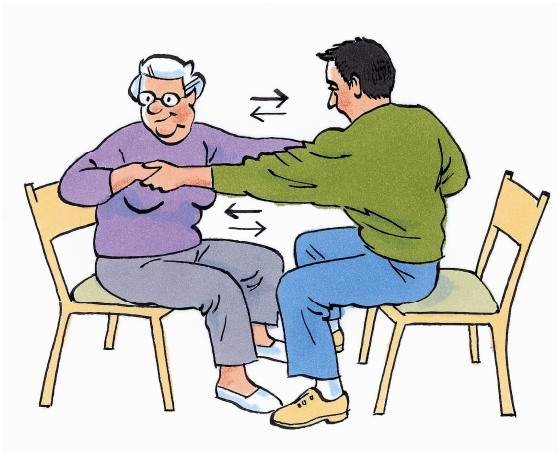
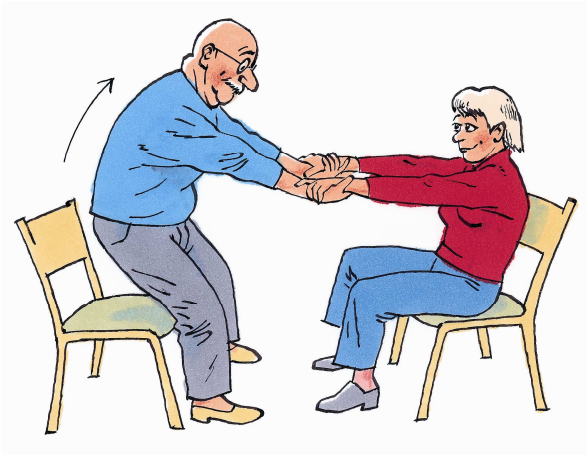
LEVEL
Level of the project: National

RESOURCES
Facilities, Equipment, people involved: Sportsclubs for elderly, gyms, sports halls, volunteers, municipalities, educated instructors.

COST & RESULTS

APPROXIMATE COSTS

RESULTS
Outcomes of the project: More members in the clubs. Seniors can stay in the clubs when they gets older and weaker. Large savings in the public budget.

SUGGESTED IMPROVEMENTS IN CASE OF DUPLICATION

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