



SA.V.E. PROJECT: SAFETY OF ELDERLY PEOPLE AND VICINITY ENSURING

Service: Adapting physical exercise and social activities for elderly people, driven by voluntary organizations, regarding respect for stress assessment services, actigraphy based services and virtual trainer

Purpose

Physical exercises for elders with support from volunteers. Adults aged 65 or older who are generally fit and have no health conditions that limit their mobility should try to be active daily. Examples of activities that require moderate effort for most people include: walking, ballroom and dancing, pushing different objects, playing table tennis (single, double). Muscle strength is necessary for: a) all daily movement; b) building and maintaining strong bones (improving their balance condition and their daily fit activities); c) maintaining a healthy weight.

Real case

Armand decided to apply for the full SAVE service suite and smartphone apps, enrolling also to start physical exercises for improving well-being – either at the club or at home, with the support from volunteering organization.

How to use Care Worker Safety in SAVE

The purpose of using this service is to keep intact the well being of elderly. The positive effect of organised physical activity on mental and physical health is well known. Elderly with support from volunteers they start exercise programs for muscle-strengthening exercises counted in repetitions and sets practicing in organization. The elderly are involved in different physical programs two times in a week. To be a part of using this service elderly should sign in the SAVE project. They will complete a Quality of Life questionnaire measuring well being status and their needs.

