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Conference Abstract

Physical activity and nutrition for adults aging with multiple disabilities

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Abstract

The National Center on Physical Activity and Disability (NCPAD) was established to collect, synthesize, and disseminate information on various programs and services related to physical activity and disability. The program staff have successfully developed and implemented a Fourteen Week Fitness Program promoting health through exercise for people with physical and cognitive disabilities. The program subscription of more than 50,000 individuals is designed for web-based learning, sharing, and support. Each of the fourteen weeks has a corresponding lesson with emailed newsletters, website information, links, and video samples and blogs of participants sharing their progress.

This pilot study at the Center for Discovery will utilize the NCPAD model as a template for a physical activity and nutrition program for adults aging with multiple disabilities. Fourteen adults, ranging in age from forty (40) to eighty six (86) years of age, who present with significant multiple disabilities will participate in the project. The individuals in the study reside at an Intermediate Care Facility (ICF) and participate in a day habilitation program at the Center.

The study will be a multi-component program with a focus on cardiovascular fitness, muscular strength and endurance, along with a nutrition program that promotes healthy eating with an emphasis on whole foods. Movement-based activities will include those that facilitate motor skills and increase heart rate for cardiovascular benefits. Strength activities will focus on controlled use of extremities and increased ability to sustain physical exertion. The nutrition component will focus on implementing one positive food related change each week, moving along the continuum toward a whole foods diet.

Description of all activities will be provided. Response to activities will be documented and discussed. Pre-assessment measures will include: Weight, BMI, heart-rate variability, hip/waist circumference, resting heart rate, satisfaction survey, FFQ or food record. Post-assessment measures will include a repeat of all pre-trial measurements. The application of the results of this study to other aging populations will also be discussed.

Keywords

aging, disability, physical activity, nutrition, health promotion

Presentation available from the [FICCDAT Growing Older conference site](#)