

MOBILITY LOSS

IN OLDER ADULTS

Helping Seniors with Mobility Loss



- Offer your hand in assistance for when they get up or down, make sure to wait until they ask for help, or gently offer your assistance
- Be aware of dangers or obstacles in a senior's path such as clutter, rugs, curbs, steps, etc.
- If going for a walk, be conscious of long distances and make sure to go places and distances that are realistic to your senior
 - If you are going to a park, either park as close as you can or make surer it is a feasible distance

Facts About Mobility In Later Life

- According to the CDC (2020), falls and motor vehicle crashes which are related to mobility, are the leading causes of injury and injury death in older adults (age 65+).
- Baylor University (2019) looked at the effects of declined mobility and found that when an individual becomes less mobile, he or she may start to avoid social events and activities. In turn, this can lead to feeling isolated and can take a serious toll on an individual's mental health.
- Maintaining rhythm and incorporating accommodations when it comes to mobility in later life can increase mental and physical health.

- Possible exercises could include:
 - The chair stand
 - The flamingo stand
 - Back of leg stretch

Check Out [Baylor University](#) for More Information



Befrienders

Enhancing Lives Through Friendship