

# Enhancing Resident Mobility

## FOR IMPROVED FUNCTION AND WELLBEING



### Why is enhancing residents' mobility important?

Enhancing and maintaining residents' mobility is an important part of preserving their function and their physical and psychological well-being. By making mobility part of their daily care, nursing home staff can improve residents' quality of life, range of motion, transferring and mobility. Enhancing mobility also helps eliminate physical restraints and reduces the risk of falls.

### Increased mobility benefits...

#### RESIDENTS

- Strengthens muscles and bones, reducing risk of fractures and falls
- Improves heart and lung function
- Improves sleep
- Improves appetite and helps maintain a healthy weight
- Reduces risk of complications associated with immobility, like muscle wasting
- Heightens alertness and improves mood
- Increases movement while lying in bed or sitting, reducing the risk of pressure ulcers
- Safer transfers
- Steadier when standing or walking
- More independence during activities of daily living, like dressing, eating, toileting, etc.
- Decreases social isolation

#### NURSING HOME STAFF

- Meaningful relationships with residents through resident independence and empowerment
- Decreases time providing direct assistance during personal care, bed positioning and transportation to and from activities

#### NURSING HOMES

- Enhanced reputation within the community
- Promotes a culture of safety
- Demonstrates consistency with culture change and person-centered care
- Improves quality measures related to falls, physical restraints, pressure ulcers or weight loss
- Reduces costs associated with treating the consequences of immobility, like pressure ulcers, contractures, constipation and incontinence

### What activities can help increase residents' mobility?

- Seated volleyball – Set up a net and let residents, seated in chairs or wheelchairs, play volleyball with a beach ball or a balloon. This can also be played without a net and/or with multiple balls or balloons.
- Let residents kick or hit beach balls or balloons to pass them around the room to one another.
- Stretching or arm/leg lift exercises – Use elastic bands for resistance.
- Playing catch – Bring in dogs that will retrieve thrown balls.
- Walking – Playing rhythmic music helps with balance. Walk beside any residents who need support.
- Dance lessons – Residents can teach staff how to dance. They feel useful, and the staff can learn something new! Also, dancing allows staff to hold onto residents to support their balance.
- Ask residents for ideas for activities they would enjoy, such as walks to dine or outdoor walks.