



Expand Dementia Physical Wellness Programs

Long-term care residents with cognitive impairment experience an increased rate of functional decline.¹ Studies show that an effective exercise program can delay functional decline, and reduce the rate of falling.^{2,3}

It is particularly challenging for therapists to motivate and engage long-term care residents with cognitive impairment in activities that are beneficial to maintain and improve their skills, as well as reduce falls.

Jintronic has released a new suite of activities designed particularly for the elder with advanced cognitive challenges. The activities are designed to sustain engagement in therapeutic exercise through the use of interactive audio and visual stimuli and cues. They incorporate:

- Familiar environments and activities including forest, kitchen and dance floor, that are relatable as part of long-term and procedural memories
- Colors and settings designed for the elder with low vision, or problems such as cataracts and glaucoma
- Consistent, simple verbal cues through a coach guiding each step while both visual and auditory cues are provided
- Task segmentation that breaks down each activity or exercise into one-step parts
- Activity progression enabling patients with limited ROM or reaching to continue the activity successfully despite their limitations
- Activities or exercises which promote upper and lower extremity active range-of-motion and dynamic sitting balance. They are appropriate for patients that typically require moderate to maximum assistance for task completion and are primarily wheelchair bound

¹ Dr. Stephen R. Lord PhD and et al. The Effect of a 12-Month Exercise Trial on Balance, Strength, and Falls in Older women: A Randomized Controlled Trial. November 1996

² Laver K, Dyer S, Whitehead C, et al Interventions to delay functional decline in people with dementia: a systematic review of systematic reviews BMJ Open 2016;6:e010767. doi: 10.1136/bmjopen-2015-010767

³ Kihohito Okumiya, MD et al. Effects of Exercise on Neurobehavioral Function in Community-Dwelling Older People More Than 75 Years of Age. May 1996

An engaging approach gets results

Several Jintronix activities are more “intuitive” and easy to follow for the elder with cognitive impairment or dementia, and utilize activities that are part of procedural memory which remains intact longer. These physical activities challenge ROM, Strength and Balance.

In addition, cognitive activities promote “mental fitness” and “aging in place” for the elder at earlier stages of cognitive impairment. These activities work on short-term memory, object and word retrieval, sustained and divided attention, as well as general processing skills such as sequencing.

Customize Activities for a Just Right Challenge

- Choice of exercises or activities reaching functional and meaningful objects
- Low stimulus or high stimulus environments and backgrounds which can be chosen or advanced based on the elder need
- Choice of music (no music, jazz, country, rock, R & B, Polka, or Dance music)
- Upper or lower body, right or left side of the body, or bilateral



**POPPING
BALLOONS**



**FOOTBALL KICK,
SOCCER KICK**



**MARCHING
IN PLACE**



**MOVING THE BALL
ON THE MAZE**



**MATCHING SHAPES, NUMBERS,
LETTERS, & WORDS**

Clinical Implementation

- ✓ Individual Therapy
- ✓ Restorative / Wellness Programs

Assistive Devices

- ✓ Wheelchair
- ✓ Walker
- ✓ Cane