

Move It May activity ideas for residential aged care

Move It May aims to help consumers move more to reduce their likelihood of falls.

Below are some activity ideas to do at your residential aged care home that encourage consumers to move more and be active:

- walking
- gardening
- cooking
- bingo
- colouring-in activities and puzzles
- music and dancing
- breakfast buffet for consumers
- group activities
- visual display for consumers and visitors
- create a calendar of activities using the Move It May template.



Please ensure that any exercise or activity is within the consumer's ability.

You can also encourage family, friends and carers to take part.

For more information email Health Networks at
healthpolicy@health.wa.gov.au