**serv**

**Client Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_ **D.O.B:** \_\_\_\_\_\_

**Address:**

**Phone:**  \_\_\_\_\_\_

**Emergency Contact:**  \_\_\_\_ **Phone:**  \_\_\_\_\_\_

**Doctor:**

**Address:**

**Phone:**

**Past Medical History:**

**Medications:**

**Falls History -** Number of falls in the last 12 months: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Blood Pressure: Resting HR:

**Medical Authorisation:**

**I**  **deem that**

**is medically fit to partake in the following exercise programs (tick all appropriate):**

Please refer to group definitions on the other side of form

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Chair-Based Exercise**  |  | **Tai Chi** |  | **Prescribed Ex Program** |  | **Hydrotherapy**  |
|  | **Planned Activity Group (PAG)** |  | **Walking Group** |  | **Strength and Balance** |  | **Parkinson’s Support Group** |
|  | **Kariatides (Greek Ex Grp)** |  | **Healthy Living with Diabetes** |  | **Move and Chat**  |  |  |

**Precautions/Comments:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Doctors Signature**   **Date**  / / \_\_

**Group Descriptions**

**Chair-based Exercise:**

A seated exercise group using Thera-bands and hand weights for the legs and arms for 60 minutes.

**Healthy Living with Diabetes**:

A combination of gentle warm up and body weight exercise consisting of upper and lower limb strengthening exercises.

**Prescribed Exercise Program**

Individualised gym-based program, supervised by a physiotherapist or exercise physiologist, tailored to the client. May include cardiovascular exercises (e.g. treadmill, bike, elliptical, rowing machine), resistance exercises (free weights, pin-loaded pulleys machines, Thera-band,) balance training and core strengthening.

**Hydrotherapy:**

Gentle exercise group in warm water swimming pool. Effects of immersion include:

* Cardiovascular changes such as *increase in central blood volume and cardiac output*
* Respiratory changes such as *increase breathing effort as a result of increase in intra-thoracic pressure from an increase in hydrostatic pressure.*

Due to these effects and infectious control reasons, the following conditions require screening:

* Heart failure / surgery / angina
* Uncontrolled blood pressure
* Asthma
* Decreased bladder control
* Open wounds and infective skin condition *e.g. tinea, middle ear infection, epilepsy, allergy to chlorine, dermatitis.*

**PAG /Move and Chat– Centre-based:**

Planned Activity Group opportunities for older adults to socialise and engage in a range of centre-based activities and events, including gentle exercise, Tai Chi and occasional outings. Participants must be able to manage their own day-to-day requirements, for example eating, toileting and personal care.

**Strength and Balance:**

Incorporates strength training exercises with weights including knee extension, hip abduction, hip extension, balance exercises and Tai Chi.

**Tai Chi:**

A series of slow and controlled movements or postures run by a trained Tai Chi leader.

**Walking Group*:***

Walking outdoors at a moderate/slow pace for 45-60mins.

**Parkinson’s Support Group:**

Occasional seated exercise and/or light dancing for no longer than 30 minutes