

The importance of staying active.



May 2018, Volume 17

Why Staying Active is Important for Adults with Developmental Disabilities

Seniors with developmental disabilities are at a greater risk of cardiovascular problems than the general population. Regular physical activity can help them stay healthy and fit, improving their lives in a variety of ways.

Staying active and healthy is essential for all adults, but it is especially true for seniors with developmental disabilities. Activities for adults with developmental disabilities can be specifically tailored to the individual's needs and preferences. Gyms and fitness facilities can provide opportunities for regular physical activity that improves strength and flexibility and helps prevent cardiovascular problems while offering much needed opportunities for social gatherings and interaction.

Increased Strength and Flexibility

Regularly engaging in physical activities such as weight training and water aerobics will boost both strength and flexibility, which can improve posture and reduce potential health risks that develop from a sedentary lifestyle. A set schedule of activities with clearly established goals gives seniors with disabilities a sense of structure and routine that allows them to feel in control and invested. It is crucial for seniors to make the most of the skills and strengths they have to work with and to preserve the physical abilities they have worked so hard to maintain. Some seniors with developmental disabilities like Down syndrome are less active and physically fit than others in their age bracket. By adding activities and exercises that specifically target strength and flexibility, senior can improve both their quality of life and overall life expectancy.

Improved Cardiovascular Health

Seniors with disabilities also suffer from significantly higher rates of cardiovascular disorders when compared with adults of the same age. By incorporating a regular routine of activities for seniors with developmental disabilities, they will benefit from overall improved wellness and a lowered risk of cardiovascular issues. The goal each week should be two and a half hours of aerobic exercise and at least an hour and 15 minutes of intense physical activity.

Opportunities for Social Interaction

Recreational activities can provide opportunities for increased social interaction and support, which can improve all aspects of life for seniors with disabilities. Yoga, equestrian activities, water aerobics, and team

activities like kickball are all ideal for spending time in a group setting and gaining the benefits of a strong social support network. Seeing exercise as a social opportunity can make it fun and ensure that they find the right balance to stay active, healthy, and engaged with their community.

Source:

Why Staying Active is Important for Adults with Developmental Disabilities, at
<https://www.integrityinc.org/staying-active-important-adults-developmental-disabilities/>

Posted July 29, 2016

Gerontologists and Visiting Physicians And Other Helpful Services

GERIATRIC PHYSICIANS

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419-383-5614

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111 Clinton Street
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NEUROLOGISTS

Toledo Clinic Neurology

Ted Barber, MD
Michael Nagel, MD
James Sander, MD
Howard Schecht, MD

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Toledo, Ohio 43623

Toledo Neurological Association

Mark Loomus, MD
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Central Neurology Clinic, LLC

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3020 N. McCord Road
Toledo, Ohio 43615
419-841-5430

PROVIDERS

PHYSICIANS/MEDICAL ASSISTANCE

Dr. Gloria Christin, DPM

Podiatry
734-699-5182

EarSmart

3149 W. Sylvania Avenue

Toledo, Ohio 43613

419-473-1456

www.earsmarthearing.com

Dr. Edna M. Jean, DPM

Homebound podiatry services

419-537-9877

Maumee Bay Foot and Ankle Specialists

3515 Navarre Avenue

Podiatric services both in office and home visits.

Oregon, Ohio 43616

419-691-1599

Mobile Care Group

Podiatry, optometry, dentistry and audiology.

Eye glasses, eye care, hearing aids, dentures, toe nail clipping, etc.

419-882-5000

www.mobilecaregroup.com

Peyton's Care Professionals

Homebound physician services.

419-893-9230

ProHealth

With ProHealth's in-home physician care services, patients can maintain regular contact with a primary care provider without having to travel to an office for their appointments.

419-491-7150

www.prohealthpartners.org

Visiting Medical Specialists of Ohio

Homebound physician services.

419-517-8858

Visiting Physicians Association

House call medicine with expertise in geriatric care.

419-578-8594

W.W. Knight Practice

Offer limited home visit services to individuals who live close to their facility.

419-291-2325

OTHER HELPFUL SERVICES

Dental Services

Contact the Toledo Dental Society for current list of providers who may make home visits.

419-474-8611

Hairdressing

Sue Hall's Homebound Mobile Salon Services

419-472-2444

Area Office on Aging Spring Fling

May 15th 10 am -2 pm
Sylvania Tam-O-Shanter,
7060 W. Sylvania Ave,
Sylvania, Ohio

The Area Office on Aging prepares to welcome about 2,000 people age 60 and over as well as over 90 exhibitors to its May 15th Spring Fling event. Admission to the event is free. The boxed lunch is \$5 for those ages 60 and over. Lunch tickets can be purchased in advance at the Area Office on Aging, 2155 Arlington Ave. in Toledo and at area senior centers. Lunch tickets may also be purchased at the event. The exhibitors will have information about the programs, products and services available to those aged 60 and over. Various health screenings will also be part of the event. There will also be various health and wellness demonstrations throughout the event. This is the 40th year for this event. Those groups that want to be a part of the event and others, who would like additional information about the event, can call the Area Office on Aging at 419-382-0624.



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Contributions to this Newsletter comes from:

Triad Residential Solutions

Sunshine Communities

Alzheimer's Association, Northwest Ohio Chapter

Lucas County Board of Developmental Disabilities

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