



FINISH

START

INSTRUCTIONS

A - Put two feet in the hoop

B - Put one foot in the hoop

C - Walk the line with one foot in front of the other

D - Step over the step

E - Place feet according to the image

F - Put one foot alternately on each step

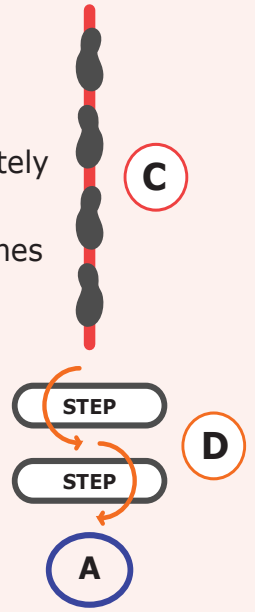
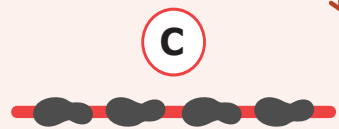
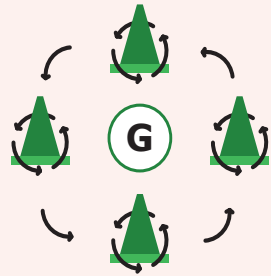
G - Walk around the cones

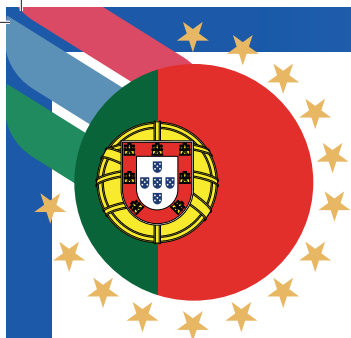
H - Go up and down the stairs

I - Follow line pattern

I

H





Early dementia

Group of 8 to 10 individuals over 65 years, independent with early dementia.

- Description:** Prevention of falls with people with early dementia. Group work is anticipated to promote or/and maintain motor and visomotor coordination, motor agility, balance, spatial time structure, social interaction and self-confidence.
- Activity:** Motor skills circuit to facilitate sensory stimulation, with increasing difficulty of tasks as well as the possibility of verbal guidance and physical help being given by peers to promote social interaction and self-confidence and to avoid fear.
- Instruction:** see picture instructions A to I
- References:** Araujo, Ricardo (2013). A Avaliação Psicomotora no Geronte. Tese de mestrado, FMH-Universidade de Lisboa. Innocent-Mutel, Deborah (2015). Place du psychomotricien dans la prévention de la chute du sujet âgé. Conférence: Les entretiens de Bichat. Paul Sabatier University - Toulouse III. Ferreira, Josélia ; Chaves, Selma ; Santana, Rosimere ; Domingos, Ana ;Pereira, Juliana e Rezende ; Luciana (2016) : Postural Balance in the Elderly with Mild Cognitive Impairment: Relationship to Accidental Falls, Journal of Therapy and Rehabilitation, 4, pp. 67-75.