



Berner Fachhochschule
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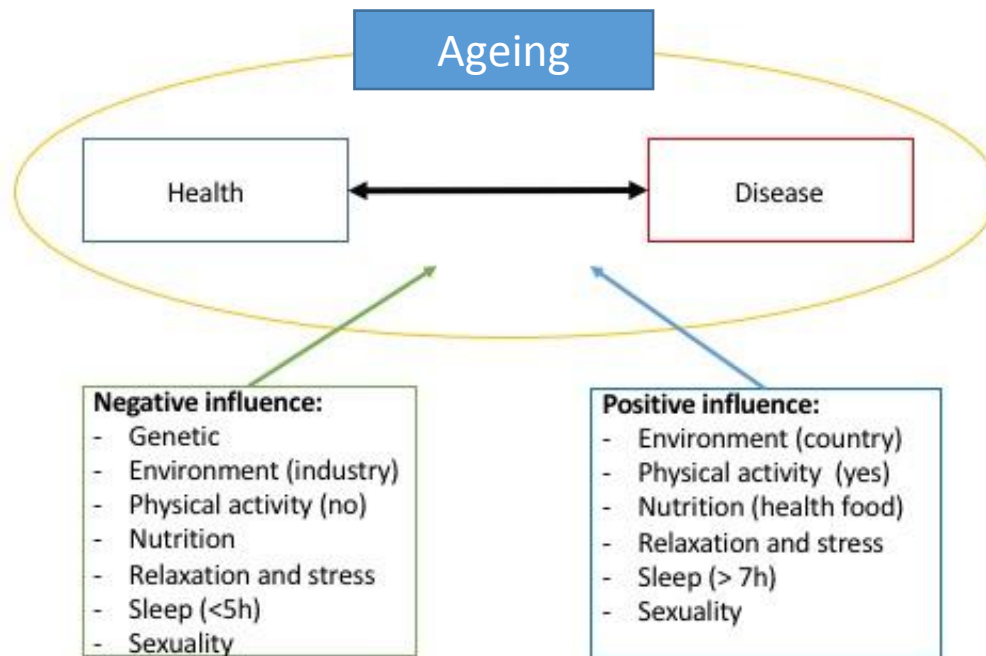
Innovative training program for elderly in long-term care

Euro Health Care and Fitness Summit 2015

Rogan S

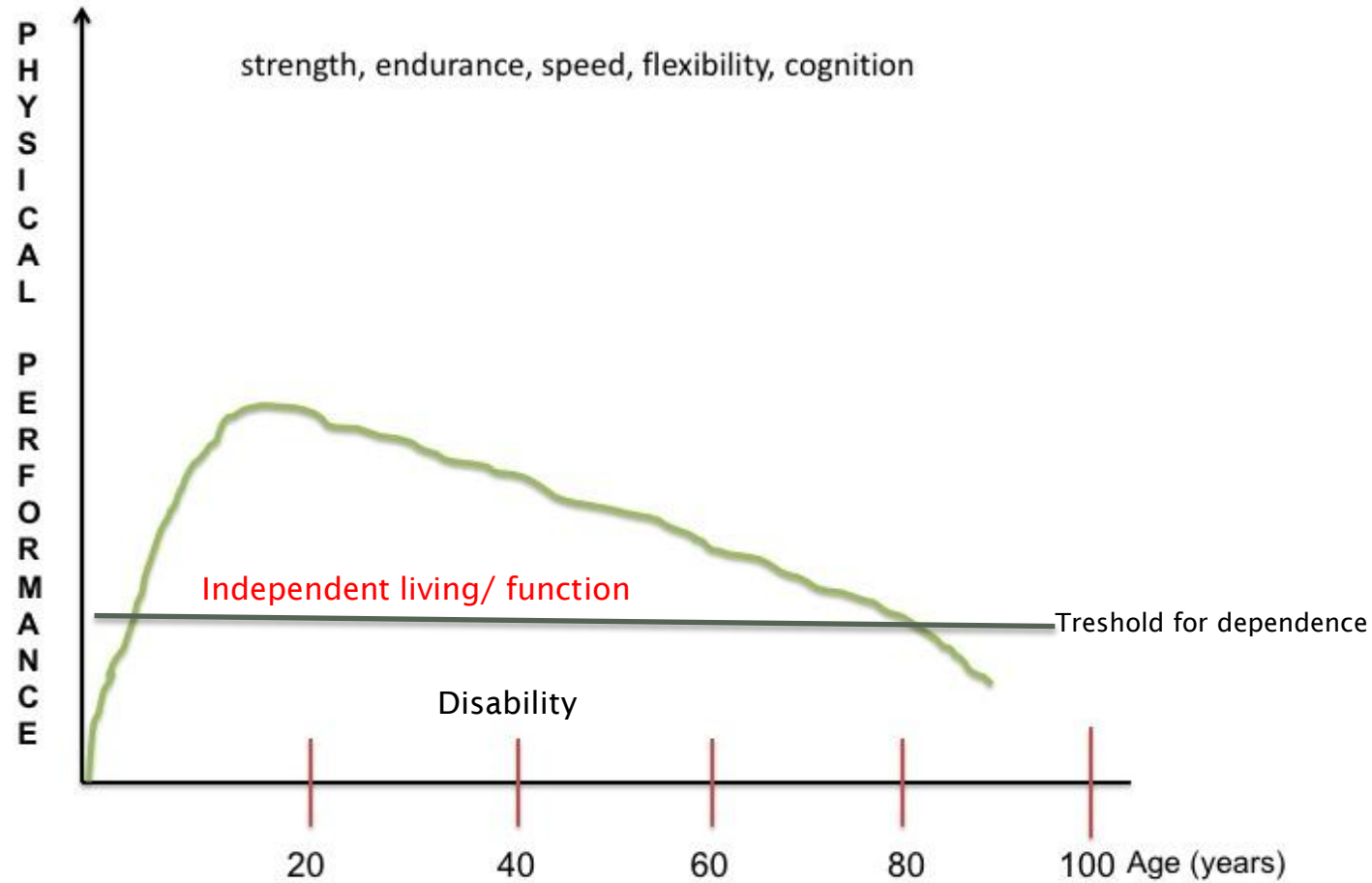
Terminology: to establish order

- LTC is not a disease but a state of dependency/function
- Distinguish between Health/Disease and Ageing



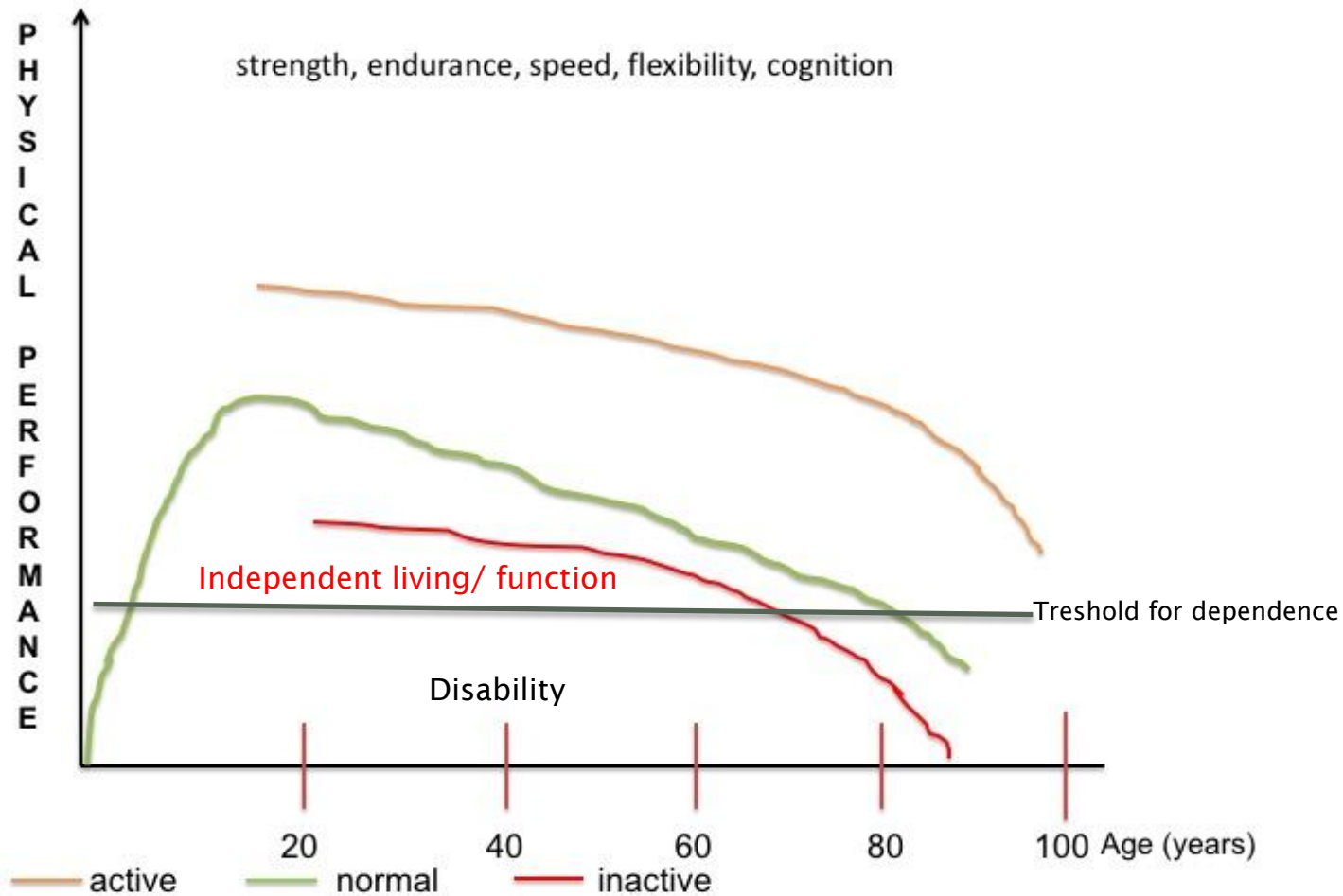
Own compilation

Ageing is



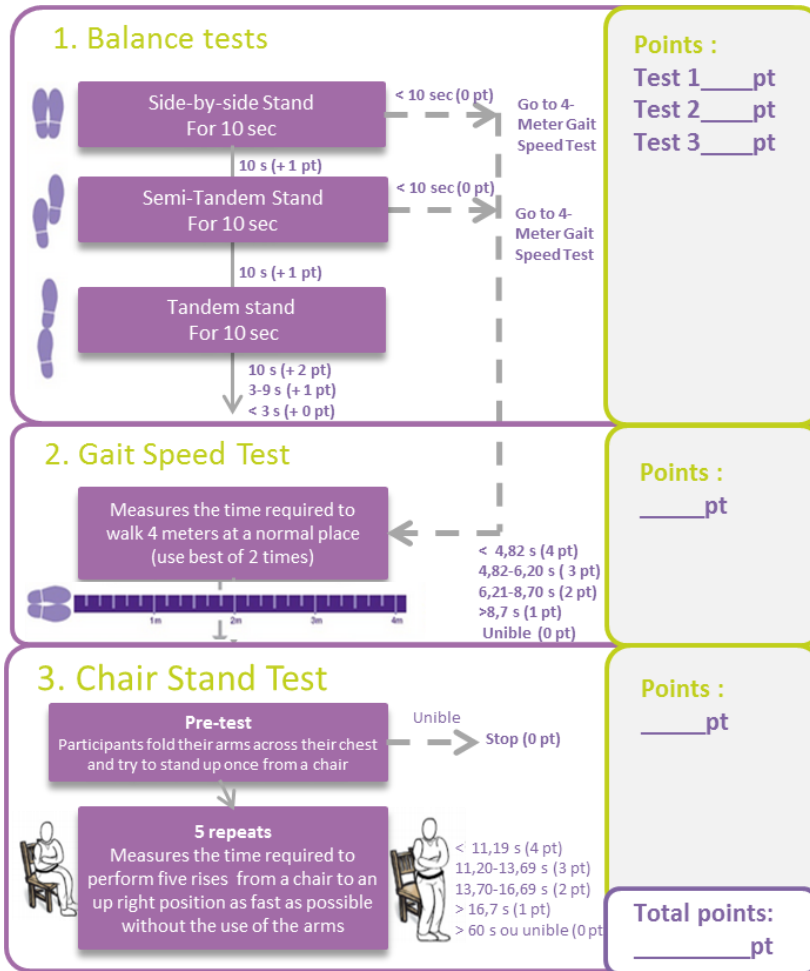
Own compilation

Physical activity



Own compilation

Short Physical Performance Battery



- SPPB 0-6 : **Poor performance**
 - SPPB 7-10 : **Intermediate performance**
 - SPPB 11-12 : **High Performance**
- [Guralnik et al. J. Gerontol. A Biol. Sci. Med. Sci., 2000]

≤8 risk indicator of sarcopenia

Innovative training program

- Whole-Body vibration
- Exergames

