

## Reinvigoration

Reinvigoration or activation of multidimensional aspects of life is important to the older adult, especially those facing major transitions (e.g. independent living to assisted living) (Goniewicz, Dzirba, & Goniewicz, 2013). As with physical activity (PA) older adults benefit from motivational support to encourage their engagement in mental stimulation, emotional well-being, general health, self-care, and socialization (Goniewicz et al., 2013). Too often, older adults (especially facing some loss sovereignty) fall into depression and start withdrawing from life (e.g. stop exercising, refusing proper hygiene, isolating themselves). By addressing PA using motivational techniques outlined in Marcus and Forsyth (2009), one may also positively impact and encourage whole-person wellness.

Burton, Lewin, and Boldy's (2013) study with older home care adults revealed strong PA mediators to be socialization, improved physical/mental health, professional endorsement [of exercise program], enjoyment, ease of accessibility. Barriers included illness/injury, lack of exercise instruction, difficulty of accessibility, lack of time, bad weather, safety, poor self-efficacy, cost, and lack of social support (Burton et al., 2013)

Baert, Gorus, Mets, Geerts, and Bautmans (2001) surveyed motivators and barriers for the oldest old (80 years and older) finding health status (e.g. weight loss, fitness, lower cholesterol) as the most common motivator and barrier. Poor health and fear (fear of injury, fear of falling/navigating built environments, fear of unknown, fear of walking along, etc.) were the most common barriers (Baert et al., 2001). Baert et al. (2001) found that many of the mediators and barriers for the oldest old were similar to the younger old (under 80 years old), but noted more studies were needed in this specialized age group.

The stages of change model by Prochaska and DiClemente, decisional balance, goal setting, identifying mediators/barriers and other techniques outlined by Marcus and Forsyth (2009) may be used to address the whole person in addition to physical activity.

## References

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