

Useful Resources for Geriatric Rehabilitation post COVID 19 (or for mobility and strength maintenance during the quarantine and social isolation period)

1) **Make Movement your Mission / Late Life training**

Online 10-15 minutes movement sessions - *activity snacks* for older people or those who have been very sedentary and want to ease back into movement and activity

- **LIVE online 10-15 minute** activity snacks for older people or those who have been very sedentary and want to ease back into movement and activity at **8am, 12 noon and 4pm (UK summer time) every day of the week**

Facebook – Join the group “Make Movement your Mission”: <https://bit.ly/2QMDDPF>

- **RECORDED online sessions** - after the live session the videos are available on the same Facebook page to view (<https://bit.ly/2QMDDPF>) and also available on YouTube (<https://bit.ly/3apxPnc>)
- <https://www.laterlifetraining.co.uk/>

2) **iCAN Calendar**

One year calendar to register the movements achievements; available in English, Spanish and Greek for free: <https://www.laterlifetraining.co.uk/product/i-can-active-calendar-2020/> (it will soon be available in German, French, Dutch, Norwegian and Mandarin).

3) **ProFouND**

For more resources check the ProFouND website <https://profound.eu.com/resources/>. There are resources in several languages. For example check the “Otago Home Exercise Programme Booklet for Older People” in several languages: <http://profound.eu.com/tag/otago/>