

## **Older people and activity: any movement is good movement**

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Activity is essential to wellbeing for older people. Poor physical function predicts development of depression, disability, health service use and institutionalization, and disability in turn predicts development of depression. Physical activity has the potential to interrupt the development of disability from both depression and poor physical function. Even small gains in functional status and mood may result in significant benefits in functional performance and quality of life. Frail older people often operate close to their functional reserve and are at risk of rapid decline with a reduction in usual habitual activity. Falls, depression and low levels of physical activity often hang together associated with significant disability. This talk will review the impact of physical activity on health for older people, including those who are very frail in residential care. A discussion of local research on promoting activity to older community dwellers, those with depression and those most frail will set the scene for discussion on potential local initiatives.