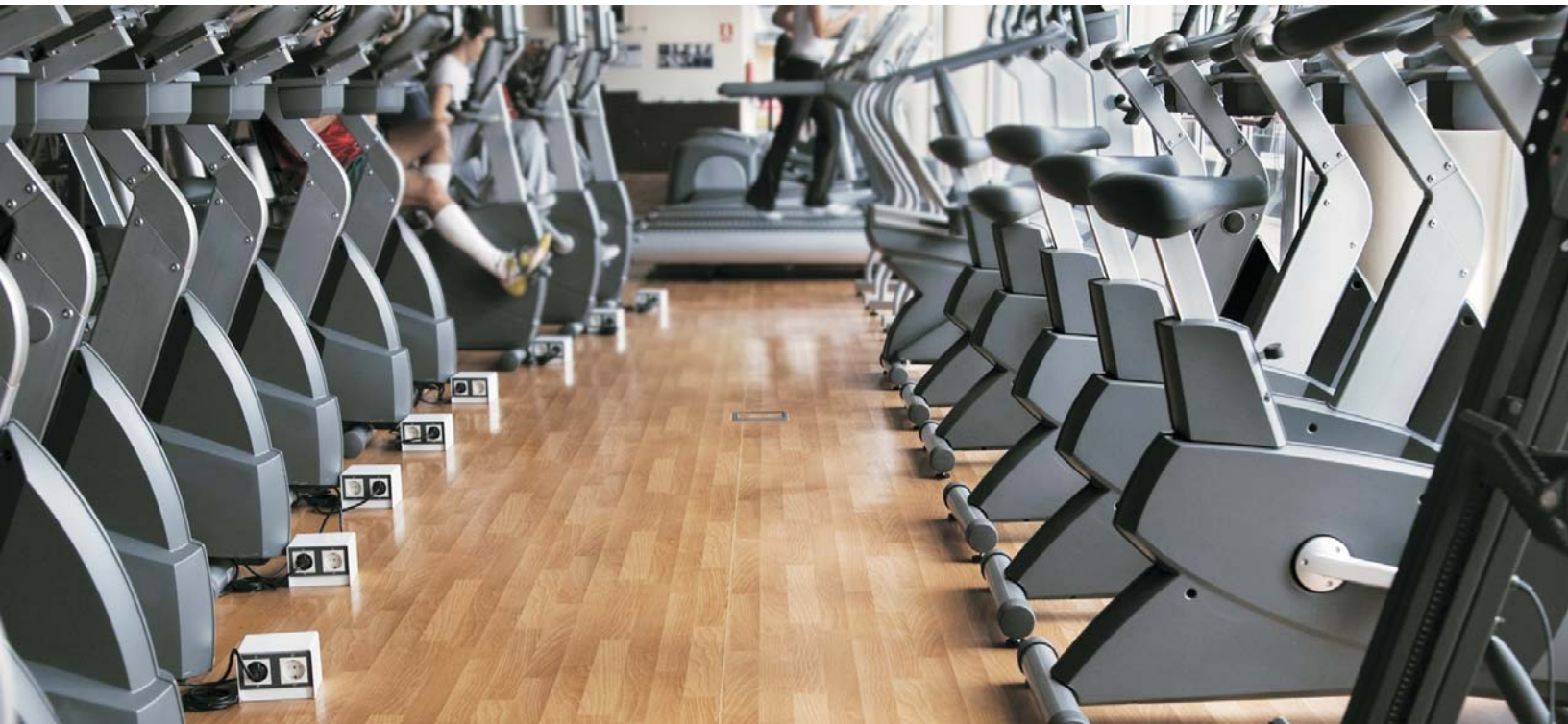


How to select an age-friendly fitness facility



International
Council on
Active Aging
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Staff

36. Is the staff polite, friendly and caring?
37. Does the facility have on-site, or affiliated with, a doctor, nurse, or physical therapist?
38. Is the staff certified by a nationally recognized senior fitness organization to work with people who have various health issues that may arise with age? i.e. osteoporosis, hypertension, arthritis
39. Do staff members ask you about your health history and which movements cause pain, fatigue or other symptoms, and which activities or exercises are feasible for you?
40. Is the staff properly trained to identify the warning signs of fatigue or distress, and to handle emergencies that may arise? (If yes, ask what they do in case of an emergency.)
41. Do staff members have CPR and first aid training?
42. Is the staff knowledgeable about the impact that medication can have on exercise ability?

Facility comparison					
1		2		3	
Y	N	Y	N	Y	N
—	—	—	—	—	—
—	—	—	—	—	—
—	—	—	—	—	—
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—	—	—	—	—	—

Total score

How to score the test (Calculate the yes answers only)

- 50 - 68 This organization has made a major commitment to making their facility age-friendly. Join.
- 32 - 49 This facility is on the right path, but still needs some work. Ask about its future plans.
- 0 - 31 This organization needs to make some major improvements to become age-friendly.

Additional questions and notes
