

# INSERVICE DAY

## BRAIN GYM® FOR AGED CARE

Simple and Effective Strategies for Improving Senior's Quality of Life and Independence

Presented by Claire Hocking - International Brain Gym Instructor  
and Educational Kinesiologist

Claire developed this innovative Brain Gym workshop 15 years ago and regularly teaches it world-wide.

The Brain Gym activities are part of a complimentary therapy called Educational Kinesiology that is designed to easily 'switch-on' the brain and body.

By using Brain Gym it has been found by many research studies to be able to reverse some of the symptoms of aging such as a lack of concentration, poor recall, limited thinking patterns and seeming inability to learn new material, even in those who have shown some signs of deterioration.

### Brain Gym for Aged Care can improve

- Mental functioning
- Memory & concentration
- Communication
- Vision
- Hearing
- Co-ordination and mobility
- Sleeping
- Anxiety and depression
- Energy levels
- Independence
- Overall well-being

The Brain Gym movements can be especially modified to suit the needs and abilities of older people. They require no special talents or coordination skills and are just as effective whether done by the individual or done for them. Many require no active participation from the clients yet are just as effective.

The Brain Gym movements are easily and readily adapted to individual needs and situations.

*"One of our workers undertook Brain Gym instruction late last year. Since then, he has been running group sessions and providing individual exercises. In some cases of residents with dementia, we have observed significant changes in some behaviours – decreases in aimless wandering and confusion, increases in emotional stability, cognition and concentration spans. Quite remarkable, given that the exercises themselves are quite simple and easy to do."*

BH, Nursing Home, Melbourne, Australia

The Brain Gym movements are flexible in their application. Sometimes a short session is all that is needed to other situations that require specific outcomes may need more time. Brain Gym can easily be used with individuals or in small groups. Many older people and nursing homes have successfully and confidently incorporated them into their daily routine.

This practical workshop focuses on using Brain Gym movements for the aged to enhance their quality of life.

### On this In-service Day you will learn

- ☛ How and why Brain Gym works so effectively with seniors and the supporting brain research
- ☛ The Brain Gym movements including the active and passive modifications specifically adapted by Claire Hocking for the aged
- ☛ PACE -a specific sequence of Brain Gym movement that help aged care workers to upgrade their daily functioning, health and well-being, increase energy levels, reduce stress, promote positive mental health, improve their focus, organization, motivation and performance
- ☛ Modified PACE -a specific sequence of Brain Gym movements that helps seniors to settle down and relax, and improve their concentration, memory and cognitive functioning
- ☛ Different ways you can easily implement Brain Gym for aged care
- ☛ The Brain Gym that is of most benefit for improving symptoms of dementia and Alzheimer's Disease, Parkinson's Disease and stroke rehabilitation

Cost:

Full day - \$1800 Half day - \$950 (inc gst)  
No maximum class number.

For more information contact:

Claire Hocking on (03) 5282 5985 or 0419 569 071  
43 Young St, Lara, Victoria Australia 3212  
claire@wholebrain.com.au  
www.wholebrain.com.au