



DRAFT

Physical Rehabilitation

What the Guidelines say

Consider offering **physical rehabilitation** to people living with dementia to optimise their physical function and independence.

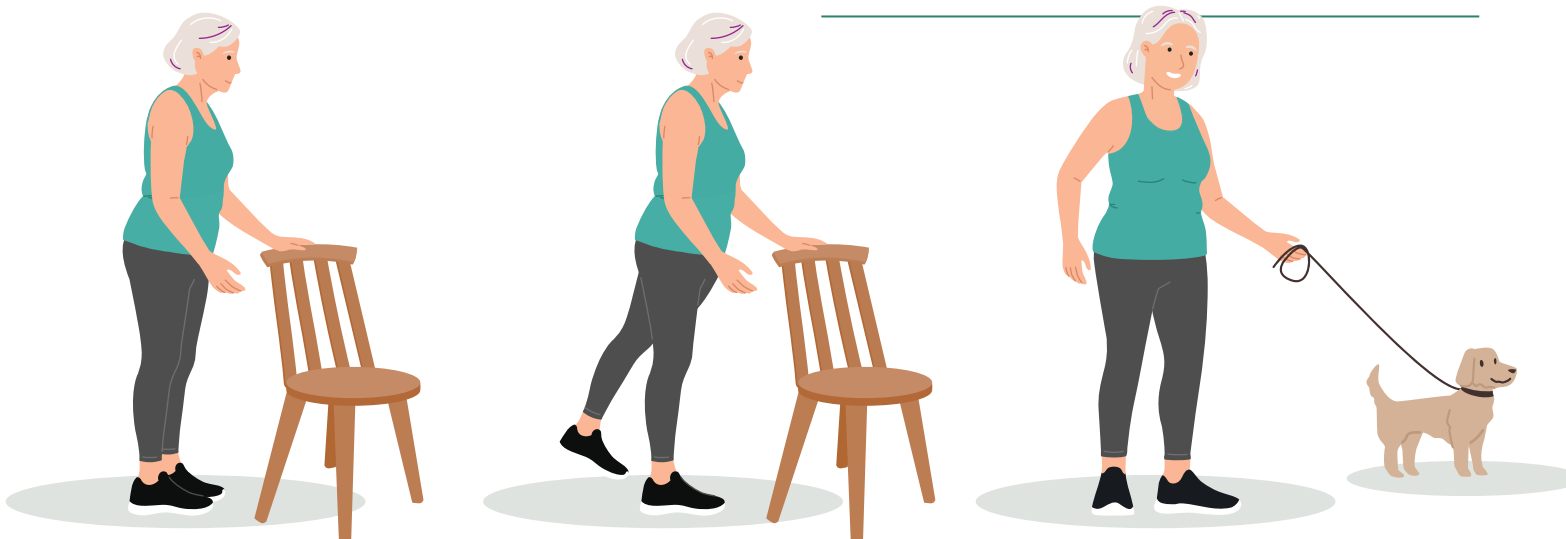


What does this recommendation mean?

- **Rehabilitation** helps people live as well as possible with illness or disability
- **Physical rehabilitation** can help people to stay active and involved in activities that are important to them
- **Physical rehabilitation** can help people learn how to cope with changes in their mobility

Physical rehabilitation:

- Is offered by trained health professionals including physiotherapists and exercise physiologists
- Can be for people living in the community or in residential aged care
- Is tailored to a person's goals and abilities
- Can be offered to people living with dementia at any stage



Disclaimer:

This fact sheet includes general information. It does not replace professional medical advice. Talk to your doctor about your own health and what's right for you.