

Activity Planning and Exercise for Adults with Prader-Willi Syndrome

Things to Keep in Mind:

- People with Prader-Willi syndrome (PWS) like to be engaged in meaningful activities.
- Some are successful in work and/or volunteer experiences. Others spend most of their time in their home.
- **Food security and planning impacts every outing and event. You need to consider how it impacts the timing of any food activity. Will food be a part of the activity? If yes – plan for it and communicate the plan.**
- Some may be able to do activities with minimal assistance or help; others may not.
- Consistency, structure and predictability are cornerstones of lowering anxiety. Use visuals - calendars and lists help to lessen anxiety.
- Facilitate social opportunities with others. People with PWS enjoy friendships. Get them out in their community.
- There may be activities that the residents will enjoy doing together and things that they enjoy doing alone.
- Help people take pride in their home by doing chores and keeping their room clean.
- Addressing personal hygiene should also be a part of their daily routine. Consistency in scheduling helps the individual plan and organize their expectations and calm their internal emotions. It helps them feel secure.

SAMPLE WEEKLY SCHEDULE:

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|---|---|---|---|
| AM | | | | | | |
| <ul style="list-style-type: none"> • Weigh • Breakfast • Chore • Change linens • Exercise • Snack • Game / Activity | <ul style="list-style-type: none"> • Weigh • Breakfast • Chore • Laundry • Exercise • Snack • Game / Activity | <ul style="list-style-type: none"> • Weigh • Breakfast • Chore • Pick up & dust bedroom • Exercise • Snack • Game / Activity | <ul style="list-style-type: none"> • Weigh • Breakfast • Chore • Exercise • Snack • Game / Activity | <ul style="list-style-type: none"> • Weigh • Breakfast • Chore • Vacuum Bedroom • Exercise • Snack • Game / Activity | <ul style="list-style-type: none"> • Weigh • Breakfast • Chore • Exercise • Snack • Game / Activity | <ul style="list-style-type: none"> • Weigh • Breakfast • Chore • Exercise • Snack • Church |
| PM | | | | | | |
| <ul style="list-style-type: none"> • Lunch • Outing • Snack • Shower • Supper • Short walk • Bedtime rituals | <ul style="list-style-type: none"> • Lunch • Outing • Snack • Shower • Supper • Short walk • Bedtime rituals | <ul style="list-style-type: none"> • Lunch • Outing • Snack • Shower / Nail care • Supper • Short walk • Bedtime rituals | <ul style="list-style-type: none"> • Lunch • Outing • Snack • Shower • Supper • Short walk • Bedtime rituals | <ul style="list-style-type: none"> • Lunch • Outing • Snack • Shower • Supper • Short walk • Bedtime rituals | <ul style="list-style-type: none"> • Lunch • Outing • Snack • Shower • Supper • Short walk • Bedtime rituals | <ul style="list-style-type: none"> • Lunch • Outing • Snack • Shower • Supper • Short walk • Bedtime rituals |

Ideas for Activities and Exercise

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| • Visits to Humane Society or Pet store | • Visits to zoo, museums library | • Visits to YMCA |
| • Attend local concert or play | • Participate in Special Olympics | • Word searches, dot to dot books |
| • Movie or Coffee outing – **Requires preplanning for food | • Bike rides (if able) • In-home movies | • Art, crafts or beading projects • Puzzles, board or card games |

EXERCISE:

- Physical exercise is a very important part of life for a person with PWS. It aids in weight control by burning calories; it helps improve motor skills; and it is important in preventing or minimizing osteoporosis (weak, fragile bones).
- Exercise should be done daily. It's a life-long skill. 60 minutes daily is recommended. May be 2–30-minute sessions.
- Make it fun. Find activities that the person enjoys. Vary activities.
- Walking is often a successful activity. Use a pedometer; play music, form a walking club; do different routes and locations; utilize indoor venues but keep in mind food sources.
- Don't exercise outdoors if the weather is too warm. Make sure to provide fluids – 8-12 ounces is good. Too many fluids at one time may make them sick.
- Incorporate exercise into their life - park vehicle far way to walk a greater distance; take stairs if able.