

Jorunn Lægdheim Helbostad

Biography

Jorunn Lægdheim Helbostad (f. 0308061) was educated as a physiotherapist in 1984 and has been working as a physiotherapist in the primary health care and in hospitals for 10 years. From 1993 till 1999 she had a position at the Physiotherapy programme at HiST. Her master thesis and her PhD degree are from the University of Bergen. She now works as a full time researcher at the Dept of Neuroscience at NTNU. Her research includes studies on motor functioning and motor disorders in older persons, with specific focus on balance, gait and fall-risk. Most of her research is conducted in a close relationship with clinical physiotherapists.



Abstract

Physical activity for prevention of functional decline in frail older persons

/Jorunn L Helbostad, Dept of Neuroscience, NTNU. Jorunn.helbostad@ntnu.no /

The geriatric patient is characterised by multi-morbidity and low function and activity, and many have gait and balance problems. Physiotherapists have an important role in preventing loss of physical function and maximising physical functioning of relevance for daily life. Due to the complexity of problems of the geriatric patient, it is a challenge to set goals and choose the right interventions. The presentation will focus on common signs of functional decline, assessment and interventions that can prevent loss of function in this group of patients.

Trening for å forebygge funksjonssvikt hos skrøpelige eldre.