

Muscles, Bones and Osteoporosis

<p style="text-align: center;">Changes</p>	<p style="text-align: center;">Risk Factors [fill in missing information]</p>	<p style="text-align: center;">Support [fill in missing information]</p>
<ul style="list-style-type: none"> • Aged persons may be at risk for falls. Factors contributing to this include lack of regular exercise, pre-existing genetic or medical conditions (e.g., CP, vision loss, balance issues, hazardous environments like stairs, slippery surfaces, balance issues) • Muscle mass decreases and muscles lose their strength and endurance • Increase risk of joint problems • Decreased heart rate • Loss of elasticity in blood vessels with build up of fat (cholesterol in the artery walls) • Bones become more brittle and may break more easily • Overall height decreases, mainly because of shortening of the trunk and spine • Movement slows and may become limited 	<ul style="list-style-type: none"> • Bones become more _____ and easier to _____ • Women are at a much greater risk because of the loss of _____ that occurs after _____ • Nutritional deficits, limited muscle activity and certain medication usage can place people with intellectual disability at risk for _____ • A combination of impaired mobility and osteoporosis increases the risk of _____ and _____ • This can be further compounded by medication, certain medical neurological and age-related changes (i.e., vision impairment or social-environmental factors like loose rugs or stairs) 	<ul style="list-style-type: none"> • Obtain appropriate _____ • Implement safeguards to prevent _____ while encouraging suitable levels of _____ • Promote regular individualized _____ exercise, as prescribed (weight bearing, if possible) • Occupational therapy and physiotherapy assessment for _____ and _____ aides