



Canadian
Frailty
Network

Réseau canadien
des soins aux
personnes fragilisées



AVOID
FRAILITY

PROGRAM FOR
HEALTHY AGING

Overview

- ▶ The weekly action plan section and template are meant to help you think about and plan how you want to change your lifestyle through a weekly action plan that works towards your broader health goals. If you follow the directions and fill out as much as possible, you will give yourself the best chance for success! As you complete your action plans, they are logged in your profile so you can keep track of your progress and achievements.

Establishing Goals

- ▶ Before you can create an action plan, decide what it is you want to do (your goal). Be realistic and specific when stating your goal. Start with reviewing the Ingredients for Change module. Decide which AVOID component you want to address - either from your personal report and recommendations, or your own preference. Take information from the education modules to define your goals. Use the AVOID programs, community programs, and educational resources to help you meet your goals.

Example 1:

From your recommendations, perhaps you have been encouraged to view the Activity Module. After viewing it, you decide that as a general goal, you need to move your body more. You have enjoyed yoga in the past, and decide to revisit it again. You use the community library to find a class you can attend within KFL&A and sign up.

Your action plan becomes:

**Do yoga, Tuesdays and Fridays, for 60 minutes
(one of which will be in person).**

Example 2:

Your personal report shows that you have a need in the area of Mental Health and one of the recommendations is to look at the webinar offered by Cyber Seniors on Guided Meditation. You have an interest in this as your doctor has recommended it to you a couple of times now. You watch the webinar, and quite like it because it's only 20 minutes and something you could do often.

Your action plan becomes:

**Do the Cyber Seniors guided meditation
Monday to Friday.**

Progress

- ▶ Goals, action plans, and tracking progress will help to keep you accountable and moving on a path in the right direction. Being armed with information, setting meaningful goals, using the provided support to reach them, and tracking your success will help you stay motivated, and ultimately successful. Submitting completed action plans and using the tracker to simply check off days you completed your action plan are the only tracking mechanisms. You are encouraged to use your fitness or health app to track specific amounts such as steps, minutes, or calories.

