

THE CISSS DE LA CÔTE-NORD LAUNCHES ITS DECONDITIONING PREVENTION WEEK

Baie-Comeau, March 18, 2022 – At the Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord, spring goes hand in hand with the prevention of deconditioning. Starting March 21st, for five consecutive days, the CISSS calls on the North Shore community to take action against the effects of deconditioning, especially for seniors and vulnerable people.

By joining the movement, each person who shares their participation in the comments on the Facebook page of the CISSS will have a chance to win one of ten \$100 gift cards from Sports Experts.

A busy week

The CISSS invites residents of the North Shore to actively participate on social media. Each post (comment describing the action taken, with or without a photo) will be entered into the draw.

- Monday: Do a good deed to support, accompany or help a vulnerable person.
- Tuesday: Get up at least once every hour and walk for 15 minutes during the day.
- Wednesday: Contact a loved one to catch up with them.
- Thursday: Prepare a meal you enjoy and share it with someone you care about. If you cannot get together to eat, bring them a portion of the meal.
- Friday: Do an activity that makes you feel good and that you have not done in a long time.

Several initiatives at the CISSS

Over the past months, the CISSS de la Côte-Nord put in place various initiatives to counteract deconditioning among seniors and vulnerable people in the region. One of these initiatives was the production of the series “Vieillir en restant actif”, broadcasted throughout the region. Professionals from the CISSS de la Côte-Nord also visited CHSLDs to get seniors moving during periods of isolation. Walking clubs were set up in various municipalities and caring calls were made to seniors.

Deconditioning, in a nutshell

Deconditioning is the physical, cognitive and social consequences of inactivity. Among the most common effects are a decline in cognitive abilities with a risk of confusion, balance problems that increase the risk of falling, malnutrition, anxiety and depression. The consequences of deconditioning are generally reversible and can be prevented.

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