

Movement Made Simple:

A Caregiver-Guided Movement Program for Kūpuna in Care Homes
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Introduction

- Residents in care homes often experience low mobility, reduced strength, and limited participation in meaningful daily activities (Yuri et al., 2017).
- Caregivers report high workloads and limited training in movement support for residents (Schaffer et al., 2019; Sunde et al., 2025).
- Evidence supports frequent, low-intensity movement to improve activities of daily living (ADLs), posture, mood, fall prevention, and overall quality of life (Freire & Seixas, 2024; Hamed et al., 2018; Sherrington et al., 2019).
- The State of Hawai'i requires adult residential care homes to provide social and recreational activities for residents on a regular basis (Haw. Code R. § 11-100.1-18).
- There is a continued need for simple, functional tools that help caregivers embed movement naturally into daily routines.

Project Description

Movement Made Simple - Quick and Easy Guide for Caregivers

- Designed for caregivers with limited time for structured exercise sessions, in collaboration with Joni Kamiya, OTR/L and Prime Care Services, a residential care home in Kāne'ohe, O'ahu.
- Uses a visual cue card and flip-book system for quick real-time use.
- Movements are naturally embedded into daily routines (dressing, toileting, meal time, grooming, transitions, and waiting times).

Alignment With HPU OTD Core Values:

Aloha	Promotes dignity and compassionate care for residents
Kuleana	Empowers caregivers to take responsibility for supporting movement
Kōkua	Provides tools that reduce caregiver burden and increase success
Pono	Uses evidence-based and ethical OT recommendations
Laulima	Supports collaboration between OT, caregivers, and residents

Purpose/Aims

The **Movement Made Simple** program activities use small, functional movements to improve daily life and can easily be integrated into real-time caregiving tasks. The aim of the program is to improve resident engagement in standing, posture, weight shifting, and independence. It also prioritizes increasing caregiver awareness of movement's role in health, occupation, and quality of life.

Essential components of Movement Made Simple:

- Simple visual cue cards for immediate caregiver use.
- Daily movement activities embedded naturally into ADLs and lifestyle routines.
- Occupational therapy (OT)-based explanations, safety guidelines, and grading options.



Figure 1. Cover page of the *Movement Made Simple* program, illustrating program's focus on simple functional movement for kūpuna.



Figure 2. Example of the removable ring-bound exercise cue cards used by caregivers to quickly prompt and guide functional movements during daily care routines.

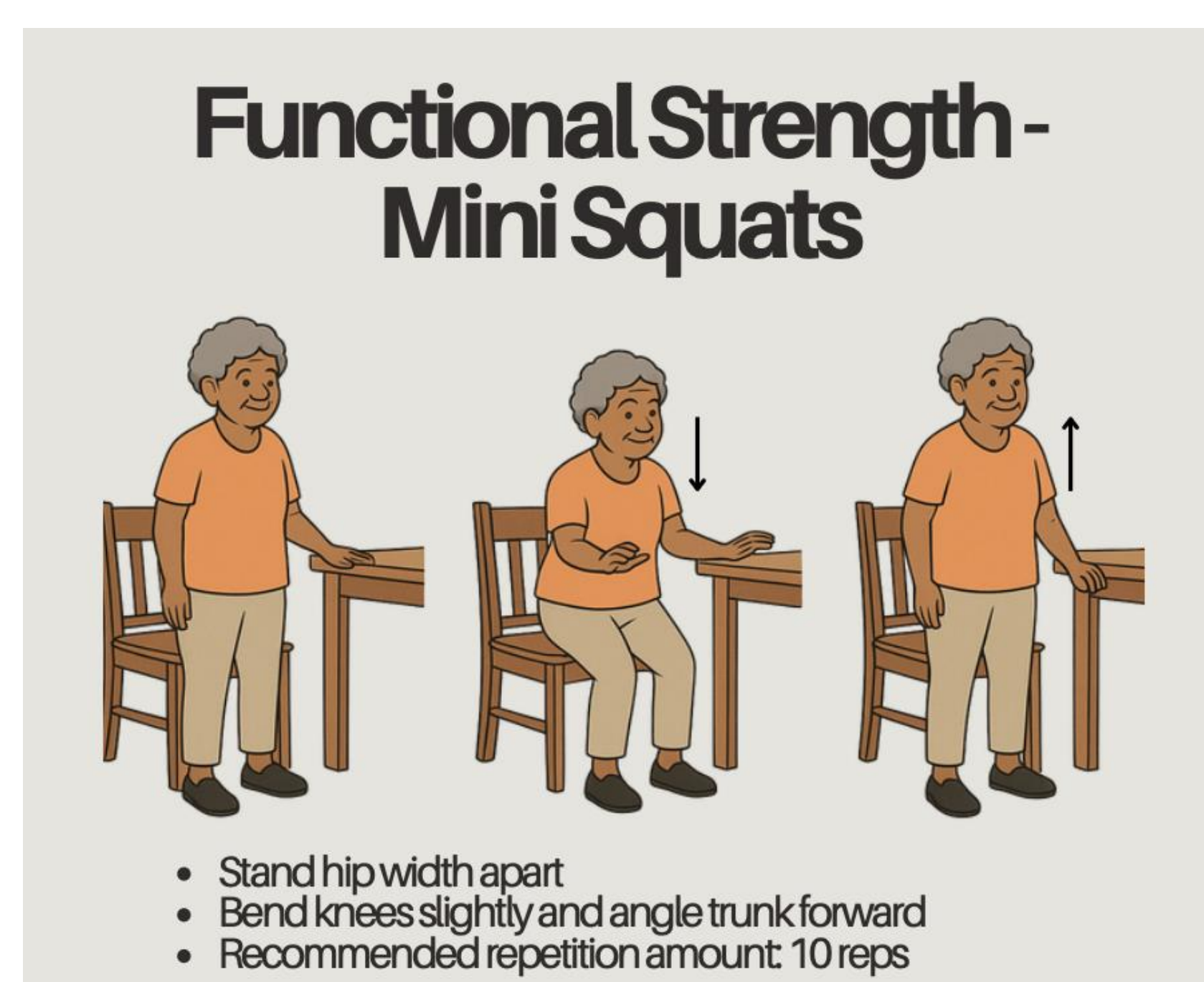


Figure 3. Example of a step-by-step visual activity card demonstrating mini squats for easy facilitation of exercise.

References



Methods

Needs Assessment

- Identified key challenges at partner site: limited movement, time constraints, and need for simple tools.

Evidence-Informed Design

- Reviewed scholarly and practice-based evidence.

Theoretical Framework - PEO Model

- PERSON: resident abilities and limits
- ENVIRONMENT: safe use of care home setting
- OCCUPATION: movement built into caregiving tasks

Program Development

- Created visual cue cards (Figure 3), "Best Times of Use", functional reasoning, & safety/grading options. Movements naturally embedded into daily routines.

Prototype Finalization

- Added caregiver training on cuing, safety, and adaptations; flexible design with removable exercise cards for easy carrying (Figure 2).

Evaluation Plan

- Presented program guide to site mentor and care home operator.
- Design-based usability feedback review (not a clinical outcomes trial)
- Planned future evaluation: caregiver confidence, frequency of daily movement use, resident engagement

Results/Outcomes

- This capstone focused on program development and usability validation; therefore, results reflect feasibility, clarity, and implementation readiness rather than clinical outcome measures.
- Feedback was received from 1 care home operator, 1 site mentor, 4 peers, and 2 OT professionals.
- **Thematic analysis or responses:** 1) materials organized for quick and practical use, 2) the visual format makes it easy for caregiver understanding and confidence, 3) exercises were realistic and easy to integrate into care, and 4) activities support participation and overall well-being.

Discussion

The **Movement Made Simple** program promotes aging in place and dignity to improve quality of life and supports OT-based participation and functional mobility.

- **Next Steps:** Program will be implemented in the care home by caregivers to observe real-time integration into kūpuna's daily routines for feasibility and participation outcomes.
- **Future opportunities:** to expand the program to include translation into Ilocano & Tagalog, creation of video-based caregiver training, inclusion of social-based activities to target social isolation.