

Small changes for big impacts

Care About Physical Activity (CAPA): Supporting people's wellbeing programme

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We support the [rehabilitation framework](#), prevention, and post covid recovery for adults/older people experiencing care.

- Care homes
- Care at home
- Housing support
- Day services
- Respite Care

The fallout from the pandemic



Loneliness, dehydration, confusion, memory loss, weight loss, frailty, falls, broken bones, undetected infections, dementia progression, depression.

The secondary effects of lockdown isolation on older people are extensive. (British Medical Journal Feb 2021)

27% of older people (around 4.3 million) can't walk as far since the start of the pandemic.

20% feel less steady on their feet

Age Scotland September 2021 study



PROVIDE OPPORTUNITIES FOR CARE AND HEALTH STAFF TO COME TOGETHER TO DEVELOP CONFIDENCE AND IDEAS



HELP PEOPLE AND STAFF START OFF AND DEVELOP AN IDEA



HELP PEOPLE KEEP FOCUSED ON THIS WORK



PROVIDE SUPPORT IN PERSON OR OVER THE PHONE/MS TEAMS



PROVIDE LINKS TO EXISTING RESOURCES AND NETWORKS



SHARE EXAMPLES OF GOOD PRACTICE



INVITE YOU TO VIRTUAL AND IN-PERSON WORKSHOPS ON VARIOUS TOPICS RELATED TO SUPPORTING WELLBEING

Q 1 on your worksheet

What matters to you?

What makes you feel good about yourself?



We generally value similar broad types of things ...

“All of us, regardless of age, need opportunities to show others who we are and to feel good about ourselves”

*‘A better life – what older people with support needs value’.
Research from the Joseph Rowntree Foundation. Conversations
with people aged from 40 to 93*

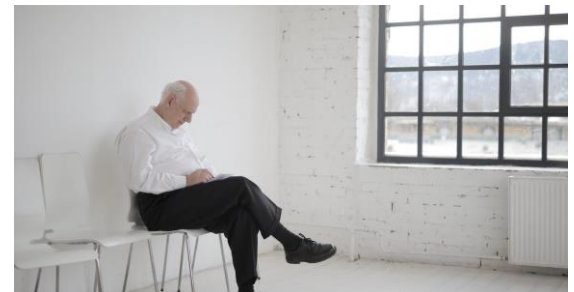


Durnhythe Care Home Aberdeenshire

Let's talk about activity – and inactivity
Did you know ... ?

Older adults are one of
the most sedentary age
groups, spending more
than 60% (8.5–9.6 hr) of
their waking day sitting

(Harvey, Chastin, & Skelton, 2013, 2015),



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LACK OF
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CONTRIBUTES
TO MANY
FALLS

NOT MOVING
ACTIVELY
CAUSES
DECLINE

Q 2 on your worksheet

How would you feel/what would be the impact if you spent most of your days sitting or lying down?



Sluggish stiff

I'd give up

Sore and tired. Fed up and lifeless.

Fed up
Bored
No purpose
Burden

Unhappy

Anxiety

Restricted

Sore back

Frustrated

Bored

Lonely

Angry

Aggressive

Numb bottom

Ice cream van

Fed up

Sore
fed up



4 Days 2 of 2

Uncomfortable

Bored

Pain

Fed up

Sore

Depressed

Bored

Depressed

Annoyed

Stiff 

Disengaged

Bored

Sore

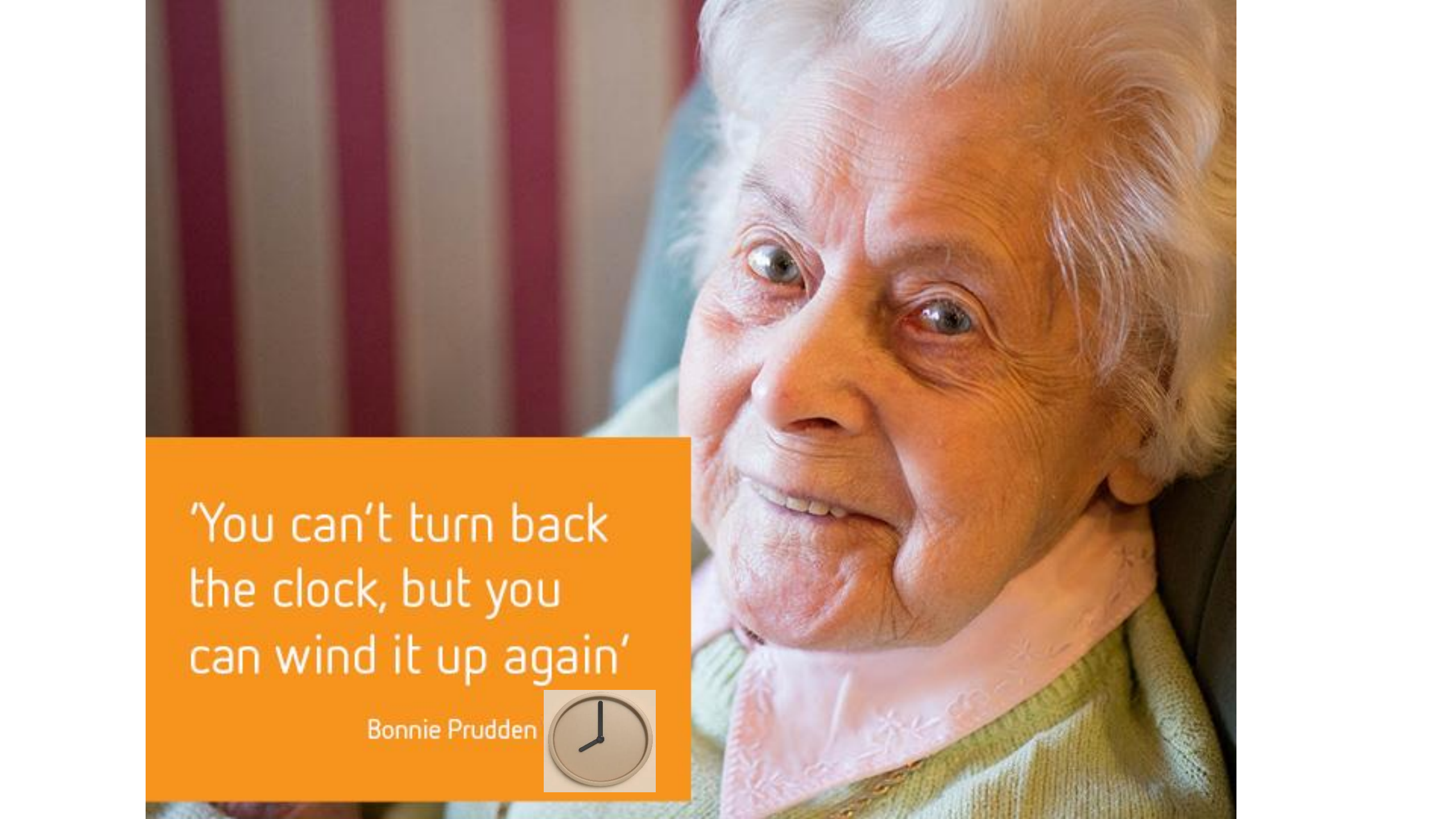
Bored sore

Sore

Forgotten

Bored

Anxious

A close-up portrait of an elderly woman with short, wavy white hair. She is looking slightly to the left of the camera with a gentle smile. She is wearing a light green sweater over a white lace-trimmed collar. The background is softly blurred, showing vertical stripes in shades of red and beige.

'You can't turn back
the clock, but you
can wind it up again'

Bonnie Prudden





What happens when more everyday movement is encouraged?

- Decrease in falls risk
- Decrease in the number of people falling
- Decrease in contact with medical services as a result of falls
- Total number of medical service contacts reduced
- Increase in mobility
- Increased happiness
- Decreased anxiety
- Decreased loneliness
- Decrease in all-cause mortality and frailty

Q 3 on your worksheet

What encourages you to get up and get moving?



What would get you up and off your chair / out of your bed?



Support was seen as a means to an end.

(Not just help to get dressed - but to get dressed to go somewhere, do something, meet people, get outside, accomplish something, be useful)

*'A better life – what older people with support needs value'.
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Turriff House Care Home Dundee,
tracking distance covered as
residents walked a marathon

Q 4 on your worksheet

What do you already do at work to keep someone active, connected or staying engaged with things that matter to them?



How to focus on this area:

- Start with one
 - one person:
 - one idea
 - One meal
 - one morning
- Everyone helps keep on track (for example the person, domestic staff, all care staff, and families)
- Agree how you will know that the plan is working. How will you track improvement, hiccups, and success?



Q 5 on your worksheet

What one thing could you do at work tomorrow to support someone to be even more active, connected or do things that matter to them?



Many thanks

Please contact me to learn more:

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