

Tool 3: Recognising individual achievement

Recognising individual physical activity participation and successes, no matter how small, greatly helps to build confidence and motivation among participants. This can be achieved at the individual level, for example by a physical activity leader recognising that a resident now regularly walks to the dining room each meal time. Or, at a collective, more public level, for example pictures of a walking group displayed on the activities notice board.

Recognising such achievements will go a long way to celebrate success and reinforce the physical activity behaviour.

At an individual level this can be achieved by:

- appropriate praise and recognition of significant achievement
- inclusion and reference within the individual care plan
- involving family friends and significant others
- using a diary/log book and discussing physical activity experiences
- displaying individual photographs and certificates in room.

At a collective level this can be achieved by:

- displaying posters and story boards in the care home
- events that recognise and celebrate individual and collective achievement
- tickets or programmes of events attended
- media stories featuring residents, care staff, families, friends and the wider community.

