

Simple and successful way to support someone to stay active

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According to the CAPA evaluation report a key learning from the first phase of the programme has been that due to the frailty of older people involved, sustaining and maintaining activity levels that people can still do will support people to fall less and achieve personal goals.

Here is a simple, successful way to support someone to stay active and independent on a daily basis which a care home in Stirling told us about.

“To make afternoon tea more active and sociable, we introduced a tea trolley to encourage individuals to prepare and help themselves to hot drinks during the day. Before CAPA, staff would take tea to individuals but now, if they are able people get their own tea and coffee. This encourages people to walk further and move more often. Some individuals initially don't realise that they are moving more and they are also spending more time in the lounge area socialising and conversing. For those individuals who can't mobilise, staff bring them their tea and condiments in a pot so they can still make their own tea sitting down.”

Do you have an idea that's encouraged people you care for to move a bit more every day? It's important to share ideas so do let us know.

