

Care about Physical Activity (CAPA) on-line Programme

This programme makes use of Care about Physical Activity (CAPA) resources and other online videos and resources. These were developed and put together by Professor Dawn Skelton at Glasgow Caledonian University as part of the CAPA Programme. The programme continues to be available to the general public.

As part of this programme you will complete **6 stand alone modules** covering:

- *the benefits of people experiencing care moving more in terms of their physical, mental and social health,*
- *ways to think about helping blood circulation, stiffness, sore knees and continence and ideas for action.*



You will spend approximately 1 hour on-line for each module (you can do a bit then come back to it later).

Each module includes additional resources and links if you want to know more and finishes with reflective questions to support you to utilise and embed your learning.

The **modules** you will cover are:

Module 1 – Introduction to the CAPA Programme and further resources provided by CAPA to support physical activity in care settings

Module 2 – Common ailments and how these affect people being active when we are frail

Module 3 – Does more activity mean more falls? Keeping people safe and mobile

Module 4 – Ideas for action – Successful case studies in a range of settings, abilities and in those with dementia

Module 5 – Carers' voices, what benefits they see when older people become more active

Module 6 – Voices of older people, what being active means to them

If you are interested in undertaking this programme, please

contact: improvementsupport@careinspectorate.gov.scot

What others have said about the programme:

"The use of language and descriptions are perfect" : Care Home manager

"It is a great way to encourage care homes, carers, professionals and family to encourage physical activity and to get people to sit less and move more": Senior carer

" ... the course was useful in highlighting the key benefits of exercise and stimulation, as well as examples of good practice." : Care Inspectorate Inspector