

Every move counts – Let's get moving!

You might have noticed that our staff are promoting more movement for everyone connected with the service – including staff! This is because we are encouraging people to move more often as part of the Care Inspectorate's Care about Physical Activity (CAPA) programme.

You probably know that keeping active helps us to maintain independence and have a better quality of life. You might not know that keeping active has many benefits later in life, even for the oldest and most frail.

Sometimes within hospitals, care settings, and at home, older people can get out of the habit of moving. This has negative consequences. Prolonged sitting leads to poor health such as frailty, falls, and bone health. It also results in a poorer quality of life, depression, and loneliness.

Many benefits can be achieved in later life by moving more – even by the oldest and most frail.

Families sometimes worry that it might be risky for their older relative to start moving more, and it might be better if they sit still. However, research shows that it is actually more risky to sit or lie for long periods of time.

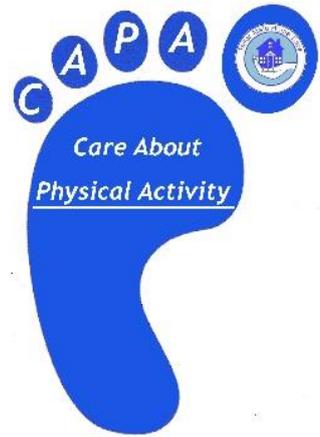
What about falls?

Did you know that falls aren't an inevitable part of growing older? Falls can happen for many reasons. We lose strength and balance in our legs when we become less active. We can help reverse this. If we increase the number of times we stand up and sit down during the day, we start to improve our leg strength and become less likely to fall, so it's really important to keep active throughout the day.

Like everyone else, keeping moving and active brings many benefits for people diagnosed with dementia:

- Helps maintain independence for longer
- Improves the ability to dress, clean, and perform other daily activities
- May improve memory and slow down mental decline (according to recent studies)
- Improves sleep
- Reduces the risk of falls by improving strength and balance
- Improves confidence
- Increases self-esteem
- Improves mood

Keep moving: reach, twist, stretch, sit forward, walk and stand up.



We are taking the pledge!

Our recent staff training night was a fabulous opportunity to get all of our staff together and share ideas on how we can Move More Often! Having issued the Move More Often leaflet and our CAPA flyer to all our clients to obtain ideas of how all clients can move more, we are taking the next step – literally!

Our staff have all taken the TMHC CAPA pledge, and in the next few months, we will be starting to encourage clients to join in on the “TMHC Super Six” activities. Each member of staff have been given 6 lollipop sticks with different activities on them, and will be encouraging you or your relatives to *move, reach, twist, stretch, walk, sit forward, and stand up* where appropriate. Risk Assessment will be carried out prior to any activities. We will be promoting the benefits against the risks.

More information will be available in our next newsletter on how you can get more involved in the wider community activities.

Our CAPA Ambassadors are creating an Activity Hub in our training room, and will be in touch with families to see if you would like extra visits on an ad-hoc basis to join in activities each month. If you would like to participate in any activity, or support others if you have hidden talents to share, please contact the office on [0141 638 6622](tel:01416386622).

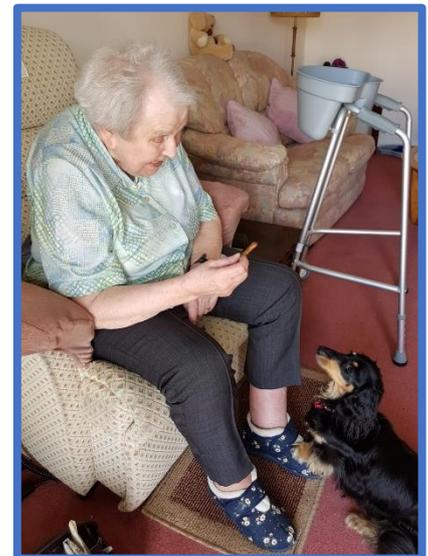
Thank you very much for your cooperation.

Kind Regards,

The TMHC CAPA Team:

Sheila, Sonya, Angela, Frances, Colette, Cheryl, and Maureen

For more info, visit www.capa.scot or visit the CAPA page on our website www.tailormaidhomecare.co.uk



Citation



Scottish Social Services Council

Our staff are registered with the SSSC