Go for Gold Challenge Scotland Programme

Working to promote physical activity with the care sector in Scotland

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Physical activity is it important? Well……

- Research evidence is incontrovertible in terms of benefits.
- Specific benefits BUT huge impact on general health and well being.
- Risks around extended periods of sedentary behaviour.
- Falls prevention – 3 times more likely to fall in a care home.

Being active:
- Increases engagement,
- Improves confidence, resilience and control,
- Reduces anxiety and depression as well as reducing symptoms of disease,
- Improves function and helps maintain independence.
- And we age and live well.

Ageing population – people are living longer and there’s US!
Physical activity benefits to the person with dementia

- Activities can bring enjoyment and pleasure.
- By remaining involved and active, a person with dementia can maintain their skills and independence for longer.
- Activities can help people to express how they are feeling and relieve the symptoms of anxiety and depression.
- Activities can increase social interaction and reduce isolation.
- Sharing an activity with others may promote shared interests, increased interactions and understanding.
- An activity may help a person feel important and valued because it relates to past roles and experiences, such as raising children or helping around the home.
- Shared activity can promote a sense of belonging.
- Leading a physically active lifestyle can have a significant impact on wellbeing.
- Exercise is beneficial for physical and mental health and can improve the quality of life for people at all stages of dementia.
Thought provoking......

• 1 week of bed rest is equivalent to 10 years worth of ageing on the physical body.
• Following a week of bed rest it would take over a year of regular exercise to regain lost bone density and up to 6 months to regain lost muscle strength and endurance.
• Recent research (Healy et al, 2011) shows that breaking long periods of sitting has a positive effect on health.

Care homes:
• Care home residents spend 80–90 % of their time seated or lying down.
• 60% of those in care homes report poor mental health - social isolation, depressed and dissatisfied.
How much is needed?

- More physical activity = more health benefits.

- The first CMO guidelines for older people. (In a week it should add up to 150 mins of moderate intensity.)

- Less sedentary behaviour.

- Some is better than none!

Everything counts!
Olympage events – Sheffield 2008/9

- Sheffield Care Home Olympics
- 20 care home teams competing with teams of 6 participants
- Opening ceremony and parade with flags and banners, supporters in team kit
- Mass warm up - 6 events and quiz
- Medals, certificates and prizes and a great day out
- Now being replicated across UK
Go for Gold Challenge Scotland

- Established in 2012 – to involve staff and residents in the care sector in legacy celebrations offered by Olympics and the WCAA, looking towards Commonwealth Games in 2014.
- Linked to the BHFNC for Physical Activity and Health at Loughborough - programme of active ageing.
- Go for Gold Challenge Scotland supported by a stakeholder network group (now at 70 members) and a strategic reference group from national organisations.

Key aims

- Promote and celebrate participation in physical activity in the care sector.
- Build capacity amongst staff to promote physical activity with older people.
- Develop links between the care sector in Scotland and physical activity organisations.
- Contribute towards the 2014 Commonwealth Games Legacy.
2012 Go for Gold Challenge

Invited to take part in one of 5 challenges

1. Games Challenge events.
2. Walk With Me Challenge events.
3. Dance With Me Challenge events.
4. Tri-athlon Challenge events.
5. Create your own activity challenges.

Partnership approach

Outcomes

- Many different areas in Scotland took up the challenge – small and large scale.
- Many older people were inspired to take part in a range of physical activity challenges = fun, achievement, health improvement, socialisation and engagement with local communities.
- Participating in and living life!
2013/14 the vision - together we hoped to...

- Increase the reach of Go for Gold opportunities across Scotland.
- Go for Gold Challenge events 13/14 and beyond.
- Enhance the work of existing local programmes by including 2 additional areas:
  1. Intergenerational practice.
  2. Community engagement.
- Examine ways to move beyond just events to increase regular opportunities for physical activity – individuals taking part in day to day life (links to CI initiative Make Every Moment Count)
- Strengthen links between Go For Gold and mainstream strategic planning (The Go for Gold Challenge to be included within the 2014 legacy planning - branding agreed)
- Bespoke physical activity resource for Scotland for the care sector - now launched 2014.
Outcome measures

‘I went to bed with a smile on my face and in the morning I woke up with a smile on my face – what more could I ask for ’
(Care home resident who took part in the care home olympics).

The event was good for the soul and good for the mind’ ‘It made me feel as if I am still in the world’
(Resident in a care home in Sheffield)

What a wonderful thought it is that some of the best days of our lives haven’t happened yet.
New resource pack for care homes!

Care... about physical activity
Based on 3 key principles, with 3 areas for improvement in each (WHO health promoting settings)

A Physical activity participation
1. Voices and choices
2. Promotion
3. Everyone’s business

B Organisational care home culture and commitment
1. Leadership, management and support
2. Enabling environments
3. Staff training and support

C Community connections and partnerships
1. Advice, skills and guidance
2. Access to places and spaces
3. Families, friends, volunteers and others
Self assessment process based on 3 key principles

Self assessment tool: principle A – physical activity participation

<table>
<thead>
<tr>
<th>Standard statement</th>
<th>Working towards (document what you have achieved so far)</th>
<th>No</th>
<th>Examples of evidence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Residents have physical activity choices documented in their care plans; they are regularly reviewed and show that they are enabled to take part in daily life as they would choose.</td>
<td>Yes</td>
<td>No</td>
<td>Choices and outcomes are written in resident care plans. Physical activity plans are updated at formal reviews and as appropriate. Residents (where appropriate) are able to say they are enabled to be physically active.</td>
</tr>
</tbody>
</table>

Area for Improvement A1: Voices and choices

Name: Signature: Date: Review date:
What’s in the resource pack?

The resource pack includes:

1. A booklet with:
   • an introduction to the resource, an introduction to physical activity in care homes and how to make improvements.
   • the physical activity self assessment tool and guidance for its use
   • a description of the three key principles to promote physical activity.

2. A DVD to support implementation of the resource pack.

3. Make Every Move Count – a pocket guide to active living.

4. A call to action poster.

5. Physical activity and self assessment tools.

An app will be available to download which will provide education and awareness and support the implementation of the resource.

The resource pack will be distributed to all care homes for older people in Scotland.
Make Every Move Count

MESSAGE 4:
SUPPORT ME TO MOVE REGULARLY AND FREQUENTLY

- Make it easy for me to be in touch with other people and maintain social relationships.
- Find ways for me to be involved in the community such as choosing gardening, visiting parks, the seaside and the library.
- Support me to get out and about, go shopping or attend places of worship.
- Support me to enjoy the outdoors and experience the changing seasons.
- Support and encourage me to gradually be more active over each day and over each week.

MESSAGE 5:
SUPPORT ME TO MOVE, GIVING PURPOSE AND MEANING TO MY DAY

- Find ways I can move and succeed in the things I want to do.
- Support me to be involved in activities that are important to me giving purpose and meaning to my life.
- Support me to find ways to involve my friends, family and others in my life.
- Support me to stay as well and independent as I can.

MESSAGE 1:
GET TO KNOW ME, WHAT MOTIVATES ME, SUPPORTING ME TO MOVE WITH PURPOSE

- Know what I can do now, would like to be able to do, and support me to do it.
- Know my likes, dislikes, interests, and what is important to me.
- Know what will make a difference to my day and will motivate me to be more active.
- Know what will fit easily into my day.
- Know how to do it with me, not to or for me, giving me control and independence.

MESSAGE 2:
SUPPORT ME TO MOVE SAFELY WITH CONFIDENCE

- Support and encourage me to be independent with my daily tasks like washing and dressing.
- Support and encourage me to move from my bed to my chair or from my chair to stand up.
- Regularly break up the time I spend in bed or sitting in a chair.
- Support and encourage me to move around and meet people.
- Support and encourage me to be strong and steady, to feel safe and go at my own pace.

MESSAGE 3:
SUPPORT ME TO MOVE MORE OFTEN AND BE MORE ACTIVE EVERY DAY

- Make it easy for me to take part in daily life such as meal times, outings and social events.
- Support me to be involved in daily life doing things like watering plants, setting the table or sweeping up leaves.
- Make sure I can continue hobbies such as gardening, painting and music.
- Make it easy for me to help others in different ways such as meat times, doing the laundry or DIY tasks.
- Find ways that I can have a part to play in daily life to help me stay connected.

A GUIDE FOR YOU WHEN SUPPORTING ME

This guide is about how you can support me to:
- Take every opportunity to be active.
- Be physically active every day.
- Move, move more often and move regularly and frequently.
- Be socially connected and take part in the life of the community.
- Add purpose and meaning to each day of my life, making every day special.

Being physically active will make a difference to me and to you. It’s not the same as planned exercise or group activities, it’s about the small, simple things we can add into daily life that make the difference and make it easy to be active.

5 KEY MESSAGES

1. Get to know me, what motivates me, supporting me to move with purpose.
2. Support me to move safely with confidence.
3. Support me to move more often and be more active every day.
4. Support me to move regularly and frequently.
5. Support me to move, giving purpose and meaning to my day.

SIGNPOSTS TO USEFUL INFORMATION

www.scie.org.uk
www.bhfactive.org.uk
www.active-ageing-events.org.uk
www.nasa-activities.co.uk
www.scottishcare.org
www.ageuk.org.uk/Scotland
www.carininspector.com

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Call to action poster, tools and DVD
Thanks for listening……

‘You don’t stop doing things because you grow old. You grow old because you stop doing things.’

Thora Hird
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