

Care about Walking Resource Pack

Guidance Note for Care Home Staff

The 'Care about Walking' resource pack has been developed to help Care Home residents become more aware of the benefits of walking, including improving physical and mental health and socialising opportunities. Used with a wall chart, residents can track their steps taken and keep a record of progress made.

The following information explains the resources which are in the Care about Walking resource pack.



The **Care about Walking information booklet** provides information on indoor and outdoor walking, the health benefits of walking and how to get started. It explains various ways in which residents can count their steps.

A copy should be given to each resident and encouragement given for family members to read it as well as to support their loved one to participate.

Name		
My Goal		
Activity	How many steps will you take?	How many steps did you take today?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Notes	<p>0011 0000</p> <p>For more information on dementia friendly walking, please contact the National Dementia Friendly Walking Campaign on 0115 951 1000.</p>	

The **A3 Wall Chart** has been designed to allow residents to track where they are walking and / or number of steps. There is also space to set a weekly goal. A4 version also available.

Wall charts should be placed where they are easily accessible and a visual reminder to residents to record their walking activity.



8 posters have been designed to encourage and positively promote walking around the care home. The different designs and key messages allow posters to be displayed along the corridors of the walking routes.



A variety of **pedometers and accelerometers** can be used to help track the number of steps taken. Talking pedometers may also be helpful to residents.

These can be purchased from retail shops or online. One suggested retailer is:

<http://www.be-activeltd.co.uk>



Different **coloured footprint vinyl stickers** can be used to waymark routes around the care home. For example, green footprints may lead the way to the garden.

Each coloured route will have an approx. number of steps. If the route is noted as being walked that day, this can be converted in to number of steps. This method allows for logging steps without a pedometer.

Coloured footprint vinyl stickers can be purchased online. One suggested retailer is

<https://www.expressexhibitiondisplays.co.uk/floor-stickers/footprint-floor-stickers/>

If you have any queries relating to the Care about Walking resource pack, please contact the Dementia Friendly walking team:

Email: dementiafriendly@pathsforall.org.uk

Telephone: 01259 218888