

Dementia  
Friendly



# Guidance for Health Care Staff

The 'Care About Walking' resource pack has been developed to help healthcare staff 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, patients and clients can count their steps.

Share a copy of the Care about Walking booklet with the person you care for and encourage family and friends to support walking activities.

**If you require this publication in an alternative format** such as large print, coloured background, audio, Braille, an easy-to-understand version, or a language translation please email: [communications@pathsforall.org.uk](mailto:communications@pathsforall.org.uk) or phone: 01786 641851.

Please provide your contact details along with the publication's title plus the format you require.

Care About Walking		
My Name		
My Goal		
<b>Week Commencing:</b>	Number of steps walked today:	Where did you go walking today?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Total number of steps walked this week	<b>WELL DONE!</b> You have completed this week's movement activities. Remember to put a new poster on your wall for next week.	
What did you like about your walks this week?		

The **Wall Chart** has been designed to allow easy tracking of walks and number of steps taken. There is also space to set a weekly goal.

Wall charts should be placed where they are easily accessible and acts as a visual reminder.

Encouragement should be given to complete the charts for a minimum of 4 weeks to support positive behavior change.

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

These can be downloaded from [www.pathsforall.org.uk/resources/resource/health-settings](http://www.pathsforall.org.uk/resources/resource/health-settings)



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

If you have any queries relating to the Care About Walking resource pack, please contact the Paths for all team:

Email: [SHWN@pathsforall.org.uk](mailto:SHWN@pathsforall.org.uk)

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