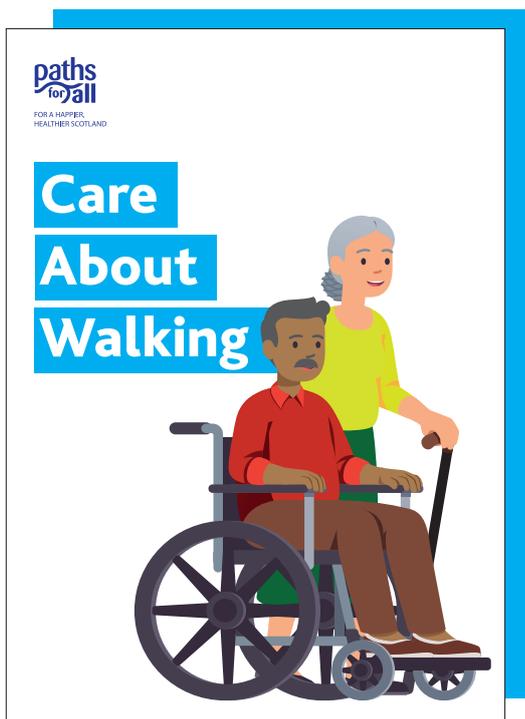


Guidance Note for Care Home Staff



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.



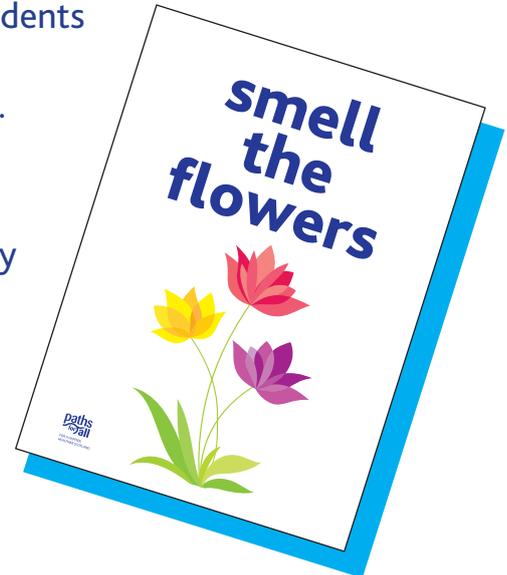
The **Care about Walking information booklet** provides information on indoor and outdoor walking, the health benefits of walking and how to get started. It explains various ways in which residents can count their steps.

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.

Care About Walking		
My Name		
My Goal		
Week Commencing:	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	WELL DONE! 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 **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.expresshibitiondisplays.co.uk/floorstickers/footprint-floor-stickers/>



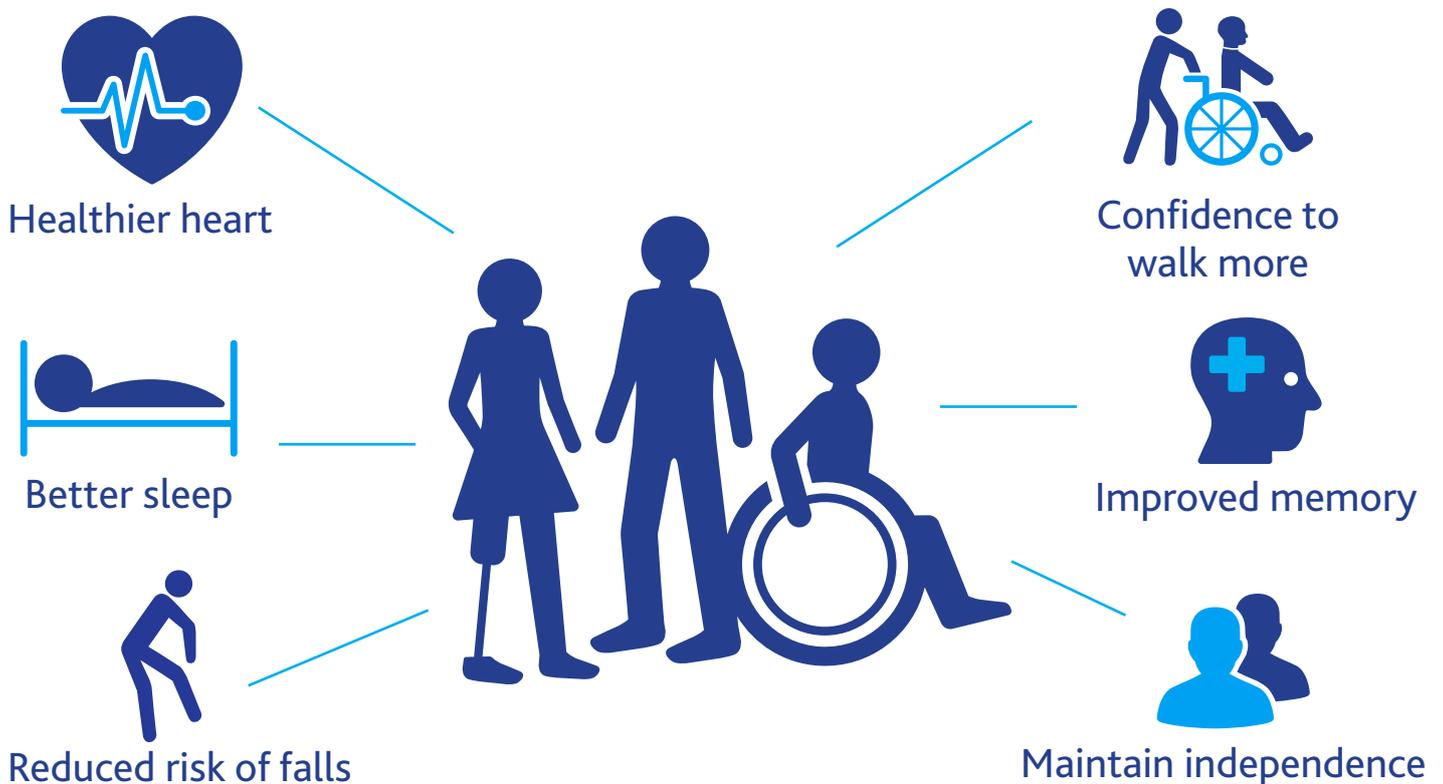
If you have any queries relating to the Care about Walking resource pack, please contact the Dementia Friendly walking team:

Email: dementiafriendly@pathsforall.org.uk

Telephone: **01259 218888**

Why Walk?

By enjoying indoor and outdoor walking, you will also gain lots of health benefits as a result. Every step you take will make a difference to your mental and physical health, such as:



The key message is to move more and sit less.

Make every step count and try to break up the length of time you spend sitting.

Here are some ideas on how to make the most of walking opportunities:

- Arrange to meet a friend or group and walk together
- Go out for a walk with family when they visit
- Include a 'pit stop' on your walk and enjoy a sociable rest or even a cup of tea!
- Ask your care staff to organise a 'walking activity' such as scavenger hunts or nature or heritage walk

Getting Started

Be aware of how you feel when you walk. If you feel unwell slow down or stop. If these feelings continue when you are walking at a slower pace, speak to your care staff or GP.

Being more active will only become a habit if it's fun! Start slowly and develop your walking. Try to reduce the amount of time you spend sitting and combine walking with other activities, such as swimming, dancing or strength and balance exercises.

Aim to be able to talk as you walk. If you can't do this, then slow down your pace. Walk at a pace that you find comfortable. Towards the end of the walk, gradually start to slow down.



Start every walk slowly, then gradually increase to a steady, comfortable pace if you can, so that you:

- Feel slightly warmer
- Breathe a little faster
- Feel your heart beating a little faster

Counting Steps

One way to count your steps is by using a pedometer. There are lots of different types of pedometers so if you would like to use one, please ask a member of your care staff who can talk to you about which one may be most suitable.

Another way to count your steps is by following the coloured marked routes around your care home. Each route will

tell you approximately how many steps you have taken.

If you do not want to count steps you can still note where you have been walking. For example, if you walked from the kitchen, around the garden and back, you can note this as your 'Garden Loop'.

Everybody is different.

Walk as far as you can manage and aim to increase your steps or length of walk over time.

You can record the number of steps you walk each day, or your walking route, on the poster provided.





Dementia
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Walking



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