

# Do You Work or Volunteer in a Care Home in the UK?

## We Need Your Help!

A team of researchers at the University of Stirling are working with Paths for All to explore how older people in care homes can be encouraged to Sit Less and Move More in their day to day lives.

We know that supporting older people to stay active can be challenging, especially now. So we want to hear about **your** experiences of working or volunteering in a care home in the UK.

We want to know:

- How does your care home support older people to stay active?
- What helps you to support older people to sit less and move more?
- What makes it easier, and what makes it harder?
- How are you supported?
- And what help do you need?

All submissions will be entered into a prize draw to win 1 of 4 Strength and Balance Exercise Packs worth £54.



If you have experience supporting older people in care homes, whether as a member of staff or a volunteer- **we want to hear from you!**

Take our survey at <https://tinyurl.com/SLMMSurvey> or by scanning the QR Code



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If you would like more information or have any questions about the project, please contact Laurie Kelly at [laurie.kelly@stir.ac.uk](mailto:laurie.kelly@stir.ac.uk)

**paths for all**

FOR A HAPPIER,  
HEALTHIER SCOTLAND