

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 doing 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.

In association with

ScottishCare 

The voice of the Independent Care Sector in Scotland



SIGNPOSTS TO USEFUL INFORMATION

www.scie.org.uk

www.bhfactive.org.uk

www.active-Ageing-Events.org.uk

www.napa-activities.co.uk

www.scottishcare.org

www.ageuk.org.uk/scotland

www.careinspectorate.com

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physical activity+health

Make Every Move Count

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 is 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.

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 meal 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.



**This is
everyone's
business and
everyone
benefits**