

Self assessment tool: principle A – physical activity participation

Area for Improvement A1: Voices and choices

Standard statement	Yes	Working towards (document what you have achieved so far)	No	Examples of evidence
Residents have physical activity choices documented in their care plans; they are regularly reviewed and show that they are enabled to take part in daily life as they would choose.				<p>Choices and outcomes are written in resident care plans.</p> <p>Physical activity plans are updated at formal reviews and as appropriate.</p> <p>Residents (where appropriate) are able to say they are enabled to be physically active.</p>

Name:

Signature:

Date:

Review date:

