

Self assessment tool: principle A – physical activity participation

Area for Improvement A2: Promotion

Standard statement	Yes	Working towards (document what you have achieved so far)	No	Examples of evidence
<p>All staff understand the importance of daily physical activity and encourage residents, at every opportunity, to be more active in a way that meets their needs, choices and has a clear purpose.</p>				<p>Visible signs of physical activity promotion (going outside, walking supported or unsupported, standing more often, spontaneous activity).</p> <p>Physical activity care plans.</p> <p>National Care Standards 12/4.</p>

Name:

Signature:

Date:

Review date:

