

Self assessment tool: principle A – physical activity participation

Area for Improvement A3: Everyone’s business

Standard statement	Yes	Working towards (document what you have achieved so far)	No	Examples of evidence
Physical activity is valued and is a commitment for everyone who is part of the care home community such as relatives, staff, friends and others.				<p>Range and frequency of opportunities for residents.</p> <p>National Care Standard 12/4.</p> <p>Staff can explain when asked why physical activity is important.</p> <p>Residents and staff actively ensure that residents do not sit for long periods in the day.</p> <p>Staff, relatives, friends and others participate in physical activity.</p> <p>Staff, relatives, friends and others have opportunities to discuss physical activity and engage in it through various groups/forums.</p> <p>Residents and staff have the opportunity to access resources in the local community.</p>

Name:

Signature:

Date:

Review date:

