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Go FOR Gold Challenge

Issue 3

SUMMER EDITION



Care... about physical activity

Welcome from Bob Laventure, Physical Activity Consultant with the BHFNC and Edith Macintosh, Rehabilitation Consultant with the Care Inspectorate to the 3rd edition of the Go For Gold (GFG) Challenge Scotland newsletter. In this edition you will read about the plans for the GFG Challenge programme for the next few years, Scottish challenge event highlights from the care sector, the launch of 'Care... about physical activity' amongst other news. Don't forget to share with us your success stories about how you are promoting physical activity in your care setting. It's good to celebrate your achievements and also share your good practice with others. 2014 has been a huge year with the Commonwealth Games in Glasgow and many of you in care homes across Scotland have been taking part in your own celebrations to mark the occasion by running various events and in some cases these have included the Queen's baton relay which is fabulous.

Some highlights so far from 2014 Go for Gold Challenge

We would love to mention every event that has taken place but the newsletter will not allow the space to do that. **Many congratulations to all who have already run a successful event this year and good luck to those of you who are still to do this!**

In FIFE the Queens' Baton Relay came through the area on the very day that they held their GFG event and paid them a visit. A hundred and thirty older people and carers took part in a multi-games competition followed by New Age Kurling. The

event began with lunch with some music and dancing and then there was an athlete's parade with pipers before the games began. It was an excellent day and great fun was had by all.

In South Lanarkshire Kirkton House care home has joined forces with eight other care homes in the area and 16 daycare centres to hold their own Commonwealth Games celebration. The events took place over a four week period which started on the 22nd June. It began with a 100 metre long convoy of dignitaries, baton bearers and a pipe band. One of the oldest residents taking part in the games and who lives in Kirkton House is a 101 years young! Over the four-week period there were many different physical activities to take part in and residents were encouraged



to get up and go and try to win a medal. Meals were prepared for the residents to represent the countries of the commonwealth during the four-week celebration time. All care homes and day services involved attended a special closing ceremony on Wednesday 23rd July.

Perth and Kinross held a games challenge on 17 June in Bells Sports centre in Perth. Well over a hundred residents took part in the event which included many different games challenges which provided a physical or cognitive challenge. The day began with a banner parade and warm up exercises before the main event. The residents thoroughly enjoyed the competition followed by lunch and music from the local High School. Certificates and medals were presented to all who took part.

Mid Lothian had their very own Games challenge for care homes and sheltered housing over two days at the start of July. As well as various games activities such as, New Age Kurling, Boccia, Tossing the Caber, Hunt the Haggis, they also included a cycle challenge within all the care homes and some sheltered housing complexes where residents and staff were exercising with pedal bikes, cycling round a Commonwealth country over a six-week period. The feedback even before the actual event days was terrific, visitors got involved and they were promoting the importance of physical activity to everyone. Nettie from Springfield Bank enjoyed the challenge and at 103 years old she is a great example of never being too old to exercise! Sixteen teams of six participants competed for trophies and each competitor received a medal.

Still to come...

During the month of September in Aberdeenshire there will be six small 'Dance With Me' heats. The 'Dance With Me' heats will take place in a variety of settings including a local scout hut and a very sheltered housing complex and will include groups from the community who provide support for older people as well as those living in sheltered housing and care homes. The final will be on 30 September during the older peoples week celebrations in the Inverurie town hall which will be a grand affair with a lunch and medal presentations. This will be a great opportunity for intergenerational working with local children who will assist in the choreography, costume design, banner making and just taking part.

Care... about physical activity



The Care Inspectorate, in partnership with the British Heart Foundation National Centre for Physical Activity and Health at Loughborough University, launched a campaign in March to promote physical activity in care homes and to support the launch of a multi-media resource pack to help those who work in the care sector to encourage physical activity as part of every person's daily life.

The 'Care... about physical activity' (CAPA) resource pack highlights to managers and staff in care homes the importance of moving more often. It explains the difference regular, physical activity can make to everyone's health, well-being and overall quality of life. The clear message is that doing something is better than doing nothing! The resource pack is designed to stimulate simple solutions and practical approaches to enable all residents to choose to be active every day. One of the great things about this resource is that it highlights how easy it is to move a bit more often every day. It doesn't require complex, organised activities to be more active, although these can be helpful, it is about seeing and taking the every-day opportunities there are in life to be physically active and enjoy life. It may be something as simple as making a cup of tea, going for a walk or taking part in a spot of gardening that will make the difference when it comes to supporting people to get up and move around and enjoy a better quality of life, especially as people get older. It also will add to helping to prevent falls and fractures which is very important in a care home setting.

The resource pack is based on current good practice and includes:

1. A booklet with:
 - An introduction to the resource and to physical activity in care homes and how to make improvements.
 - The physical activity self assessment tool and guidance for its use.
 - A description of the three key principles to promote physical activity.
2. A DVD to support implementation of the resource pack.
3. Make Every Move Count – a pocket guide to active living.
4. A call to action poster for care homes.
5. Physical activity tools.

A free App called 'Care... about physical activity' is available from both Apple and Android app stores to support staff to implement the resource pack – make sure you download it to your smartphone, iPhone or iPad!

The resource pack was launched at Kincarrathie House care home in Perth on the 25 March.

Launching the resource pack Scotland's Minister for Public Health, Michael Matheson said:

"I'm delighted to be launching this resource pack. Research tells us that keeping active can help boost people's quality of life, and that taking part in regular physical activity gets more important as people get older."

"This resource will help care services across Scotland find practical ways to build regular physical activity into the daily lives of thousands of people."

"People who use care services often just need a little bit of support to keep active and experience a better quality of life. This pack is a great way to help services to do that."



The resource pack can be found on the care Inspectorate website at www.careinspectorate.com/index.php?option=com_content&view=article&id=8429&Itemid=100214

If you have not got your pack please contact the National Enquiries Line at the Care Inspectorate to get one.

Early feedback

There is already some excellent feedback on how care homes have been using the resource pack. Some have completed the self assessment and now have an action plan to work to. Many are using the DVD to raise awareness with staff and relatives on the importance of being physically active every day and some are finding the little pocket guide





Up and About in care homes for older people – national project for preventing and managing falls

This national project is supporting the implementation of CAPA by promoting it through the learning sessions being held in the 3 areas in Scotland where this Scottish Government funded project is taking place. Some great work is taking place in care homes supported by the wider health and social care team where the pack is being used for training and raising awareness with all those who are part of the care home communities.

GFG Learning sessions... don't miss them!

Our last learning session was in April in Perth when we looked in more detail at the new resource pack 'Care... about physical activity' We shared ideas and learnt from one another about what works well and how to overcome some challenges. Our next learning session will be on 17 November at The Moorings Hotel in Hamilton. Please let Bob or Edith know if you would like to come. If you do not already have your name on our data base please let us know. During the November event we will be looking back at the challenge events during 2014 and looking forward to the next few years by sharing the strategic vision for taking the GFG work forward.

GFG 2014–2016: The challenge continues

Some of the headlines from the new strategy to whet your appetite are:

- to develop a stakeholder engagement plan to grow the work
- broadening the scope and refreshing the programme with additional challenges
- reviewing the purpose and design of the learning sessions
- engaging remote and rural and large urban areas
- supporting the implementation of CAPA
- gathering and sharing good practice and promoting the work of GFG
- to reinforce strategic links.

Transatlantic Games Challenge

The Go for Gold programme continues to make links with the Geri-Olympic Movement in the USA with the purpose of Scotland hosting a Trans-Atlantic Challenge in the future. During a visit to West Virginia, USA in April, Go for Gold was able to share experiences of the Scotland Challenge programme and Care About Physical Activity amongst professionals working in the health and residential care sector. There was also an opportunity to visit the West Virginia 2014 Games Festival Olympic event which saw over 500 residents and carers come together for an action packed day. Similar to the expansion of Go for Gold, The Geri-Olympic movement is spreading across the USA with new events now taking place in other states.



Join us on facebook at:
www.facebook.com/groups/GorforGoldChallenge/

Care ... about swimming!

Many of you will know about the swimming pilot project that took place towards the end of 2013. It took place in two areas in Scotland, Perth and Kinross and West Lothian. The project has been even more successful than anticipated for residents, staff and everyone involved showing a significant impact on people's quality of life. The main aim of this project was to encourage older adults to be more physically active and to do that by enjoying a previous hobby or finding a new one. In addition to providing physical and psychological benefits for the residents it also gave an opportunity to make social connections and to get out and about in the local community.

You can read the full report on the Care Inspectorate HUB but here are some of the highlights from that <http://hub.careinspectorate.com/improvement/national-care-home-open-day-2014/projects-and-programmes/>

Some of the residents had not been swimming since they were in school and others rekindled a passion they had in the past when they were very keen swimmers.



The swim instructors fed back that the pilot project was an excellent success and they were delighted to be part of it. They saw the benefits to the residents as increased self confidence, improved balance, improved general health and a greater sense of happiness.



The carers reported improvements in their resident's physical and functional ability, their psychological health and social interactions. The residents in the West Lothian pilot who had dementia were reported to be more mobile, more sociable and less anxious. The carers have not only gained the confidence and skills to continue to support residents to enjoy the water or swim, they have also increased their understanding of the importance and benefits of physical activity in general.

Personal stories

- A gentleman who required a wheelchair to mobilise commented " When in the water I feel like I am flying – I can move around freely, it's exhilarating"
- A 92 year old lady who previously was a swimmer but due to serious illness had not ventured back into the water said "I am just so happy, I now know I can go into the water and swim again. I can't thank-you enough. I plan now to go swimming with my friends. I feel young again."
- A lady who sustained a stroke a year prior to the pilot and had lost her confidence said she now feels confident in the water and she can swim with the support of one.



Understanding Sedentary Patterns or 'Chair Beware?'

Strong evidence is emerging that long periods of sedentary behaviour (sitting) is not good for our health. Scientists have found that this can mean poorer bone health, increased risk of diabetes and a growing number of health problems linked to our love of a comfy chair. These associations are strong, even if we are active at other parts of the day, but getting into a habit of standing up to break patterns of sedentary behaviour can make a difference.

There are good reasons to sit, eg, reading, eating and resting, but we know that each day, many of our residents will spend a lot of time sitting. An exciting, new Scottish led research programme, Seniors USP, is looking into how we can challenge older people to spend less time sitting. USP Seniors will look at the best ways of measuring how long people spend sitting, the effects of sitting down on the health of older people and find ways to encourage people to break up long periods of sitting. For more details, go to www.gcu.ac.uk/seniorsusp



Don't forget to access

Living well through activity in care homes: the toolkit which is free produced by the College of Occupational Therapy

What is it? The toolkit is free online resource full of practical ideas of how to support care home residents to live their lives doing the day-to-day activities that are important to them. The toolkit promotes dignity and respect, mental and physical wellbeing and integration into the community. It includes free training materials and audit tools to review and evidence aspects of care such as personalisation and choice.

- See more at:
www.cot.co.uk/living-well-care-homes#sthash.rPNJcC7o.dpuf

Care Homes are golfing!

In September Scotland plays host to the 2014 Ryder Cup at Gleneagles.

Golf and putting is an activity which many residents have enjoyed during their life. The Perth & Kinross (P&K) Care Home Activity Network (CHAN) was keen to ensure that care home residents had the opportunity to be part of the Ryder Cup legacy and decided to include a golf challenge within their Go4Gold games challenge this summer. Much research to identify suitable golf activities that older, frailer residents could engage in was done and ClubGolf was used. ClubGolf is used across Scotland with Primary 6 pupils and is robust equipment, colourful and acceptable for all ages. It can be played outdoors and indoors and has a number of different targets using both putters and chippers. ClubGolf Scotland provided support and advice and training to care home staff and volunteers on how to use the equipment. Four suitable ClubGolf kits were purchased and these are located for care home staff to borrow within the 4 main localities in P&K. Many care homes created their own golf targets using golf putters, tennis/soft balls with Velcro and cardboard targets with Velcro. Volunteers from the local Rotary Club visited and practiced the golf activity with a number of care homes which was exceptionally well received on both sides and the volunteer support is planned to continue. In the light of the success of golf at Go4Gold in the autumn it is planned to have some inter-care home golf events.

If you would like to know, more contact carolynwilson@nhs.net



Contact us

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