

# Why moving more is important for your older relative



You might have noticed that our staff are promoting more movement for everyone connected with the service – including staff! This is because we are encouraging people to move more often as part of the Care Inspectorate's Care about Physical Activity Programme (CAPA).

You probably know that keeping active helps us to maintain independence and have a better quality of life. You might not know that moving more often has many benefits in later life even for the oldest and most frail.

Sometimes within hospitals and care settings and even in our own homes, older people can get out of the habit of moving. This has negative consequences. Prolonged sitting leads to poor health such as frailty, falls and bone health. It also results in a poorer quality of life, depression and loneliness.

*Many benefits can be achieved in later life by moving more - even by the oldest and most frail.*



Families sometimes worry that it might be risky for their older relative to start moving more and it might be better if they sit still. However research shows that it is actually more risky to sit or lie for long periods of time.



## What about falls?

Did you know that falls aren't an inevitable part of growing older? Falls can happen for many reasons. We lose strength and balance in our legs when we become less active. We can help reverse this. If we increase the number of times we stand up and sit down during the day, we start to improve our leg strength and become less likely to fall. So it's really important to encourage your relative to keep active throughout the day.

What if your relative has dementia? Like everyone else, keeping moving and active brings many benefits for people with dementia:

- helps maintain independence for longer
- improves the ability to dress, clean and perform other daily activities
- may improve memory and slow down mental decline (according to recent studies)
- improves sleep
- reduces the risk of falls by improving strength and balance
- improves confidence
- increases self-esteem
- improves mood.

Let's finish with the guidelines from the Chief Medical Officer for people aged 65+ which state that "Older adults who participate in any amount of physical activity gain some health benefits, including maintenance of good physical and cognitive function. Some physical activity is better than none and more physical activity provides greater health benefits. Older adults should aim to be active daily....."

For more information visit  
**[www.capa.scot](http://www.capa.scot)**



*Encourage your  
older relative to move,  
reach, twist, stretch,  
sit forward, walk, and  
stand up.*

