

MESSAGE 4:
I WANT TO MOVE REGULARLY AND FREQUENTLY

To be able to:

- make the most of each day
- make use of all of my living space, inside and outside
- find things to do I haven't done for a while
- plan to do something different or new
- add something to my life.



I will add more to each day by moving more regularly and frequently

MESSAGE 5:
I WANT TO BE IN TOUCH WITH MY FAMILY, FRIENDS, NEIGHBOURHOOD AND ENJOY THE OUTDOORS

To be able to:

- enjoy catching up with neighbours
- get out to the shops or library or social club
- meet friends for a coffee
- join a local community group
- go to the park.



I will get in touch with people and go to places near my home

WHY MOVING IS IMPORTANT TO ME?

For example, I will be able to enjoy time with my grandchildren. I will be less worried about a fall.

MY IDEAS TO MOVE MORE OFTEN

1.

2.

I will think about the best time to do this and who can support me

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WHY IS MOVING MORE IMPORTANT TO ME?

Moving more can help me to:

- feel good
- do the things I want to do
- stay as independent as I can
- boost my energy
- keep alert
- sleep better
- reduce stiffness
- keep my bones and muscles strong
- stay in touch with others
- add more to each day.



MESSAGE 1: GET TO KNOW ME AND FIND OUT

- What is important to me?
- What can I already do?
- What are my likes and interests are?
- What will make a difference to each day?
- What will fit easily into my day?
- What support I want?



MESSAGE 2: I WANT TO MOVE MORE

To be able to:

- do things for myself about the house
- be more independent with my daily tasks
- break up the time I spend sitting still
- feel strong, steady and safe
- sit less and move more around my home with confidence.



MESSAGE 3: I WANT TO MOVE MORE OFTEN

To be able to:

- get to the window to enjoy the view
- answer the door to visitors
- stand up while making phone calls
- continue with my interests for example, looking after my plants or feeding the birds
- do as much as I can for myself each day
- see my friends and family.

I will look for opportunities to take to move more often?



“Moving more often is good for my health, independence and wellbeing.”

To find out more:
www.capa.scot