



Care to Move

Christies Care

Est. 1987

Living independently at home

What is Care To Move?

Care to Move is an approach to encourage you to move more and empower you to make decisions to move as part of everyday living.

Are you aware of how you move?

The first step to moving more is to be aware how much you are not moving!

How do you move ?

When do you move ?

Out of bed? Up the stairs ?

Off a low sofa ?

Or when getting dressed ?

What is important to you?

To wash independently ?

To stand independently ?

To make a cup of tea ?

To improve overall independence ?

Fear of falling is a risk factor for falls even if there have been no previous falls



" fewer falls..because of the opportunities to be more active ...moving more, sitting less"

Professor Dawn Skelton, Glasgow Caledonian University

"The loss of lean muscle mass and the resulting weakness experienced with inactive aging imposes significant but modifiable personal, societal and economic burdens"

Wroblewski et al 2011

Facts about Falls

The biggest risk factor for falls is having had a fall previously.

Main causes of falls.

- General condition
- Medication causing dizziness
- Fading eyesight
- Decrease in muscle strength
- Poorly fitting footwear
- Uneven surfaces

Any of these factors can contribute to fall risk.

- Falls can lead to increased risk of fractures:
- 1 hip is fractured every 5 minutes
- 500 people are admitted to hospital daily
- 33 never go home

Benefits of adopting Care to Move

- *Increase balance & coordination*
- *Improve physical ability*
- *Reduce the risk of falls*
- *Stay independent*

Care to...

- *Break up your time sitting*
- *Sit tall in your chair*
- *'Hip walk' forward or shuffle*
- *Before you stand, march your feet a little*
- *Heels set back and down*
- *Stand using the power of your legs*
- *Stand tall, get your balance*
- *When preparing to sit: feel for your chair and sit slowly using your legs to control*

Using the key principles of CTM you should be able to achieve your goals within your everyday routine.

- *Small goals, such as making a cup of tea or going for a short walk.*
- *Larger goals, such as attending a club or going on outings.*



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