

CARE TO MOVE

Christies
Care
Est. 1987
Living independently at home

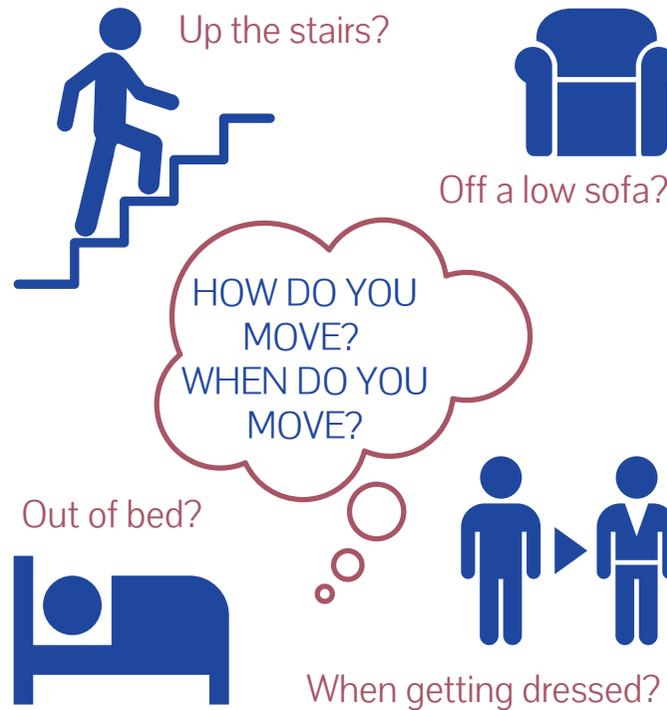
MAKING SMALL MOVEMENTS
TO HELP ACHIEVE YOUR
GOALS CAN BE AS SIMPLE AS:



At Christies Care, we employ the Care to Move approach. Care to Move encourages you to move more and empower you to make decisions to move as part of everyday living. This will help you to age well and reduce the risk of falls.

The first step to moving more is to be aware of how much you are moving.

THINK:



WHAT IS IMPORTANT TO YOU?

- To wash independently?
- To stand independently?
- To make a cup of tea?
- To improve overall independence?

- Breaking up your time sitting
 - Sitting tall in your chair
 - 'Hip walking' forward
- Before you stand, march your feet up and down a little
- 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 Care to Move, you should be able to achieve your goals within your everyday routine and your carer will be with you to support you every step of the way!

BENEFITS OF CARE TO MOVE

- ✓ Increase balance & co-ordination
- ✓ Improve physical ability
- ✓ Reduce the risk of falls
- ✓ Stay independent

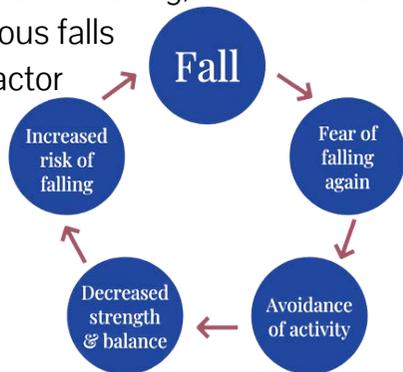
AVOIDING A FALL

The older you get, the higher the risk of falling becomes, particularly for people with long term health conditions. Having a fall carries the significant risk of hip fracture which for many people is a life-changing injury.

The main causes of falls are:

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

The biggest risk factor for falls is having had a fall previously, but the fear of falling, even if there have been no previous falls can also be a risk factor in itself.



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

Professor Dawn Skelton,
Glasgow Caledonian University

Research by the Live-in Care Hub has found that people living in care homes are almost twice as likely to suffer from a fall than those who receive care in their own home.

FALL PREVENTION TIPS:

STAY ACTIVE

Strengthening your body with regular exercise will improve your flexibility, balance and coordination giving you more confidence so you can continue to live an active life. It can help control your weight and may also help reduce pain from joint stiffness



EAT WELL AND STAY HYDRATED

It is important that your body has enough energy and water to keep your body functioning well and so that you have the strength to move around safely.



REVIEW YOUR MEDICATION

Speak to your GP in case you are taking any medications which may cause tiredness or dizziness or other side effects which could contribute to your chances of falling.



REMOVE POTENTIAL TRIP HAZARDS AT HOME

Replace or repair anything that presents a potential risk of falling such as damaged or uneven flooring including stairs, tiles, carpet and rugs. Use non-slip mats and rugs, make sure all rooms, passages and staircases are well lit and removing clutter and trailing wires.



HAVE YOUR EYES AND EARS TESTED

Ensuring your vision and balance are not affecting your chances of a fall.



ARRANGE AN OCCUPATIONAL HEALTH REVIEW

Your GP can arrange for you to receive an occupational health assessment to review whether modifications can be put in place in your home to help improve your day-to-day tasks such as personal care, shopping and cooking and moving in the home.



WEAR APPROPRIATE FOOTWEAR

Wear well-fitting shoes that are in good condition and support the ankle. Avoid walking on slippery floors in socks or tights and take care of your feet by trimming your toenails regularly and seeing a GP or podiatrist (foot health professional) about any foot problems.



Having personalised care support from a Christies Carer means having the sole focus of a carer, who can spend time focusing on mobility and independence as part of the support they provide.

Your carer will help ensure that your home is a safe environment and will help keep you healthy and active to minimise the likelihood of a fall.

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