



# Social Care Activity Pack

An interactive pack aimed at people working in social care to help you to support more disabled people to be active



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# What is the aim of this pack?



## What is the aim of this pack?

This pack is designed for carers, support workers and personal assistants, but can also be used by carers and family members who are supporting disabled people and people with long term health conditions. This pack will develop your knowledge of physical activity, help you to have more conversations with the people you support about getting active and how to provide active support, as well as giving you ideas to build exercise into everyday activities. The pack is targeted at supporting adults, but the information can be adapted to working with children.

## How to use this pack

This pack is designed to be used as and when you need to find information about supporting people to be active. You do not have to read the whole pack at once and can move between sections depending on what information you need to find. We realise that all of this may not be relevant, as it all depends on your current knowledge and expertise.

At the end of each section, we have included some interactive worksheets that can help to solidify your learning and can help to get conversations started with the people you support.

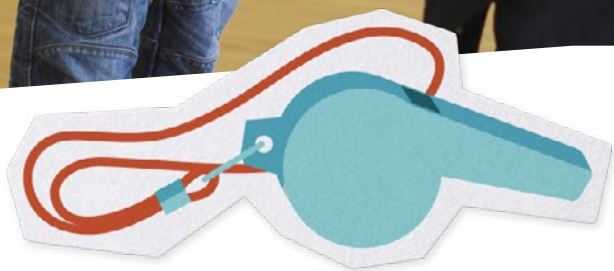


## Why have we developed this pack?

**Get Yourself Active** is a programme led by **Disability Rights UK** and funded by **Sport England** which aims to lead change in the social care, health and sport sectors to improve health and wellbeing outcomes for disabled people. As part of our work we have co-produced guidance with social workers to support with asset based approaches to discussing the opportunities and outcomes brought about by physical activity. However, we know that carers and support workers are also essential and trusted messengers about the importance of physical activity to disabled people.

If you are able to have conversations about getting active with the people you support and encourage them to be more active, it can be extremely beneficial for their overall health and wellbeing – and maybe your own too!

This pack was developed during the coronavirus pandemic, at a time when many were advised to stay at home. It is therefore more important than ever that we are able to keep active for both our mental and physical health and to build changes in behaviour for the future.



## How was this pack developed?

Having identified the scope and purpose of this work, key stakeholders with expertise in social care were then involved in a series of interviews to understand how the social care workforce could best support disabled people get active.

Interviews involved discussing challenges or barriers around supporting people to be active, as well as sharing ideas around a resource that can support. These conversations helped us to understand the experiences of care and support staff relating to physical activity promotion.

A review of the literature was also undertaken to gain insights into what past research found was useful to help support disabled people get active.

Based on this knowledge, a draft version of the pack was developed and then shared with social care experts and disability organisations.

Feedback was given and further discussions were held in order to develop the pack further and ensure it was fit for purpose.

## Further support

The following organisations provided further support and expertise to develop this comprehensive pack:



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**Durham University** – Durham University is a world top 100 university with a global reputation for excellence in research and education.

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**Sport for Confidence** – An organisation that aims to improve the provision of inclusive sporting opportunities in mainstream leisure facilities.

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**Sport England** – A public body that uses their insight, expertise, campaigns and funding to ensure that everyone feels able to take part in sport and physical activity, regardless of their age, background or level of ability.

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**Activity Alliance** – A national charity that works to challenge perceptions and change the reality of disability, inclusion and sport.

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**Sense** – A national charity that supports people who are deafblind or living with complex disabilities. They provide support to children and adults, information and advice, as well as offering a wide range of flexible services and campaigns for the rights of people with complex disabilities.

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**Community Integrated Care** – A national social care charity which provides care and support to thousands of people across England and Scotland.

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**Mind** – A mental health charity in England and Wales. Mind offers information and advice to people with mental health problems and lobbies government and local authorities on their behalf.

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# What is physical activity?



Being physically active does not have to be complicated – it simply means moving our bodies more in any way we are able to.

This also does not have to mean running marathons or training every day at the gym.

Think about the time you spend with the people you support - you may have walked or wheeled into town, done some gardening together, gone bowling, or danced around the living room. These are all examples of physical activity.

Physical activity is important for everyone, including you and the person/people you support. However, disabled people may find it more difficult than non-disabled people partly because they experience more barriers.

81%

Activity Alliance reported that four in five (81%) disabled adults want to do more activity than they currently do.

40%

However, just four in 10 (40%) disabled people feel like they are given the opportunity to be as active as they would like.

## Feel good activity

We want to show you through this pack that there are many ways to be active which can be easily included into your daily routine.

What is most important is to find activities that will be fun, enjoyable, and that make you feel good! It does not have to involve spending lots of money or committing to the same activity every week, the key is that the person you support gets to move more and have fun in the process.

And of course, if you are active together you reap the benefits too!



Take a look at the UK Chief Medical Officers' (CMOs) physical activity guidelines for more information on the recommendations around getting active for disabled adults.



# Physical Activity for Disabled Adults

Make it a daily habit



 Improves **mental health** and **quality of life**

Makes maintaining a **healthy weight** easier



Makes **daily tasks easier** and increases independence

Strengthens **muscles and bones**



Improves **fitness**



Helps to **prevent** chronic disease



 Improves **mobility and balance**

Creates opportunities to **meet new people** and feel **part of the community**

## Disabled adults

**Physical activity makes you feel good**

Give things a go and enjoy what you do

**Don't be still for too long**

Even a little movement is better than

**Being inactive is harmful to health**

Do strength and balance activities **on at least two days per week**



For substantial health gains aim for at least **150 minutes each week of moderate intensity activity**

**Remember the talk test**

Can talk but not sing...

 moderate intensity activity

Difficulty talking without pausing...

 vigorous intensity activity

# Why is it important to stay active?

## Social benefits

As well as the benefits to your physical and mental health, there are also other benefits around getting active:

- Having fun with friends
- Meeting new people
- Feeling part of the community
- Reducing loneliness

I feel like I know my local area better now I'm more active – I always see people I know in the street!

I love getting to spend time with my friends and meet new people at our local sports club

Going to the gym helps me to lose weight and feel good about myself

Keeping active helps me to cope with my health conditions

## Physical benefits

There are many physical benefits to getting active. It can help to:

- Improve your sleep
- Enhance your co-ordination
- Strengthen your balance
- Maintain a healthy weight
- Reduce risks of developing long term conditions



## Mental health benefits

Physical activity can make you feel better in yourself and give you more energy. Being physically active also gives your brain something to focus on and can be a positive coping strategy for difficult times.

Physical activity can help with:

- Reducing stress
- Managing anxiety
- Improving your self-esteem
- Reducing the risk of depression

Playing sports helps me to focus my mind

If I've had a bad day, doing exercise helps me to relieve stress

# Working with barriers and challenges



Disabled people are one of the most inactive groups in the UK, and many disabled people have experienced being excluded from taking part in physical activity.

Research shows that the majority of disabled people want to be more active but are prevented by the barriers they face in society.

According to Sport England's **Active Lives Survey (2020)**, only 47% of disabled people or those with a long term health condition are active compared to 67% of those without.

The main barrier that we found as part of our **Get Yourself Active** programme was a lack of knowledge about accessible opportunities. Seventy-five percent of disabled people reported 'not knowing what was available' as the main barrier to participating in physical activity.

There are also several other barriers disabled people can face when accessing physical activities. It is essential that the social care workforce can promote physical activity, but also important that we work together with other sectors to overcome barriers.

Below are some experiences of barriers that disabled people have faced when trying to get more active:

I can't afford to join local activities – they are too expensive!

My local gym isn't accessible to me. There isn't even a way for me to get into the swimming pool unassisted.

I used to get humiliated during sports – 80 people laughing at me because I can't see the shuttlecock in the air – that is not a nice feeling when you are 11 or 12 – it knocks more than confidence. That has always stuck with me.

I want to be involved in hearing groups but I am wary because of the communication difficulties. It puts me off even trying.

I don't know which activities are suitable for me. In fact, I don't even know where to begin looking!

The first time I went to my local gym, it was like they had never seen someone in a wheelchair before and didn't know how to act. They saw me as a wheelchair rather than a person.



# Solutions to barriers

Below are a few examples of common barriers and potential solutions you can recommend to the person you support. Use this to help you with the worksheet on the next page.

## No time

- Make an action plan
- Spend more time with family and friends and be active with them
- Fit physical activity into everyday activities e.g. dancing around the kitchen whilst cooking dinner
- Be active when travelling e.g. wheel to the shops instead of getting the bus

## Physical barriers

- If pain is a barrier, being more active may actually be effective in reducing pain
- Starting physical activity can be difficult when you feel fatigued, but it's worth it in the end. Do what you feel comfortable with
- Often you'll feel more energised and much better after a workout

## Lack of support or access

- Find a partner you'd like to do physical activity with
- Connect with your organisations in your local community to find out about accessible opportunities (see FAQ's in the back of this pack)
- In poor weather, try exercising with a video or with the resources later in this pack
- If you have a personal budget, see if you could use this to take part in physical activity or sport

## "I can't"

- Start with what you know and build your skills. Do what works and focus on what you can do
- Think of activities that you enjoy, such as dancing or gardening, rather than forcing yourself to do things completely out of your comfort zone
- Take a tour of a facility that offers an activity that interests you. There may be certain places that have adapted equipment available for you to use. (See the FAQ's at the back of this pack for organisations that can help)



## Encouraging participation

In the table below there are some examples of reasons that disabled people have given for choosing not to participate in sport or physical activity. Can you think of any ways you could adapt an activity to encourage them to participate? Have a go at filling in the table, and use it as an opportunity for discussion with the person you support. You can also fill this out with the person, asking them what are their reasons for not being active and how could this be changed.

Reasons to not participate	Ways you can encourage participation	Who can support
e.g. I am nervous around strangers	e.g. Have support to attend sessions, Get to know people in group first – have a 'practice run'	My support worker
I can't follow or understand the instructions		
I'm not sure I'll be able to take part in a wheelchair		



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# How to have conversations about physical activity





Conversations are key to supporting people to be more active. But it can be difficult to know where to start, especially when sometimes people may not be interested in physical activity or not feel like it is for them.

We have put together some techniques you can use to start to engage people in conversations about physical activity. We also have included resources and worksheets that you can use to help you to have these conversations.



Later in the pack we have more tips and practical advice for how you can support people to take part in physical activity, such as how to include physical activity in support plans and setting goals.

The guidance below is developed by Sport for Confidence and explains an easy-to-follow way of starting to have conversations about physical activity.



# Starting the Conversation: Staying Well & Being Active



## Motivational interviewing

Motivational interviewing can be used as a way of having conversations with the people you support who may, for many reasons be unmotivated by the idea of physical activity.

You may already be doing a lot of this in your practice, but reading through some of these techniques could help you have conversations about getting active.



## How do I use motivational interviewing techniques in my discussions?

You can begin by talking to the people you support about their thoughts around getting active with some gentle exploration of why physical activity is or is not important to a person.

Motivational interviewing requires good listening skills. You will need to listen to what is being told to you and try to understand, rather than to convince them to change. This does not mean that you can't provide information or practical advice. Instead you can use suggestions that the person you are speaking to can choose to accept or not: E.g. "Would it be OK if I say something about what has helped other people in the same situation?"

## What is motivational interviewing?

Motivational interviewing is all about having more effective conversations to help guide people to change. Having these conversations can help to shape a person's attitudes and behaviours and can set a course of action to keep people going.

However, conversations are not about telling people what to do. Motivational interviewing is a collaborative conversation style for supporting a person's own motivation and addressing change.

What can help you is by remembering the world 'Rule'

**R**

**Resist** telling people what to do: Avoid telling, directing or convincing.

**U**

**Understand** a person's motivation: Understand their values, needs, motivations and potential barriers to changing behaviours.

**L**

**Listen** with empathy

**E**

**Empower** people: Work to set achievable goals and to identify techniques to overcome barriers

There are also four stages that can help you to guide the conversation:

## Stage 1 Engaging

**Stage 1 is engaging with the person.** This is all about building a helpful connection. It is worth checking if the person you are supporting feels comfortable talking to you about physical activity. If they don't, you could work together with someone they may feel more comfortable with e.g. a family member. It is also helpful to reflect on whether you are being supportive towards them.

## Stage 2 Focusing

**Stage 2 is focusing.** This is where you investigate what goals for change this person has and that you have a clear sense of the direction of the conversation. You need to make sure you are working together, not going in different directions.



## Stage 3 Evoking

**Stage 3 is evoking.** This is about looking into the person's motivations for change. Look into what their own reasons are for change, and why they may be reluctant. This is where you can start to create a vision with them around where they may want to be in the future.

## Stage 4 Planning

**Stage 4 is planning.** This is all about creating a concrete plan of action for change. Think about what would help the person to move forward, and what a reasonable next step could be that could help them towards change. Think about how to connect them to things that can help, such as personal, family and community sources of support that may be available.



## Active listening

Active listening means not only hearing what the person is saying, but fully concentrating on what is being said, reading body language and showing interest by using verbal and non-verbal cues like nodding. Through active listening you can gain an understanding of the persons own view of their situation as well as their values.

### Open questions

An open question is a question that cannot be answered with a 'yes or a 'no' answer, and instead means people have an opportunity to talk or explain their answer. They usually begin with words such as "When?", "Where?", "How?" or "What?".

Here are a few examples of relevant open questions that you could try:

- "How do you feel about being more active?"
- "What activities have you enjoyed in the past? What activities do you think you might find fun and enjoyable?"
- "Where would you like to be active, and who with?"
- "What are the things you could do to make some steps towards/changes to becoming more physically active?"

### Summarising

Summarising is a way of pulling together what a person has told you and reflecting this back to them in a few sentences. This shows that you are listening and understanding what they are saying.

Summarising back to someone can help them to reflect on what they are speaking about which may encourage them to open up more.

### Scale questions

Scale questions can be used to get people talking about motivation and the importance of change. This means asking a person to 'rate' where they are on a scale of 0 to 10. Here is an example:

"Think of a scale from 0 to 10, where 0 means that it's not important at all and 10 means that it's very important. How would you rate your view of physical activity on such a scale?"





## Personalisation and physical activity

‘Personalisation’ is about people having choice and control over their lives.

If people are able to make more informed decisions about things that are important to them, they will feel more independent and in charge of their own lives. This means a person should receive support that is tailored to their individual needs, wishes, and goals.

A regular physical activity habit can help to increase confidence and independence as well as reduce loneliness and isolation. These outcomes all make a crucial contribution to creating independence and self-efficacy. Understanding the role of physical activity in personalisation helps to show the link between what is important to someone with being active and moving more.

For example, someone feels lonely and needs more human contact, arranging a regular walk with a neighbour or friend will help them to feel less lonely. The focus here is about reducing their loneliness with the important added benefit of getting active.

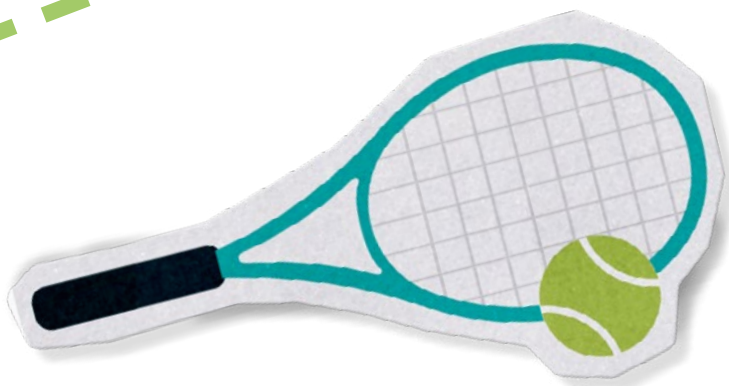
Having conversations with individuals and working with them to identify what is important to them or what they want to achieve can help. Understanding individual interests and abilities, previous successful physical activity experiences and personal beliefs and expectations can all be helpful when trying to find suitable activities.

You can document this in their support plan, alongside the individual’s medical conditions and the views of other health, therapy, and social care professionals.





Below are some examples of some individual outcomes and how physical activity can be linked to these outcomes.



### I would like to make new friends

Joining a local group at a sports centre, or going on an arranged group walk, can be a great way to meet new people.

### I want to improve my communication skills

Taking part in a team sport can help to improve an individual's ability to communicate as they work together with others.

### I want to better manage my pain relief

Moving more frequently can often help people to manage their pain, and may help to reduce chronic pain.

### I want to do something I enjoy

If you find a physical activity you enjoy doing, it can help you to stay active in the longer term. It can also give you something to do in your spare time and help to give you a purpose/sense of worth.

On the following pages are some worksheets you can use with the person/people you support that could be the first steps in having conversations about physical activity.

#### Let's Get Active physical activity worksheet:

Use this worksheet to help to guide you through a conversation about being active.

#### Change plan worksheet:

This worksheet can help you and the person you support look at the pro's and cons of being active, as well as starting to look at ways to make the change to be more active.

#### Wellbeing plan:

The wellbeing plan is taken from the **Get Yourself Active Social worker guidelines**. It can help you to guide you through a conversation about how physical activity can benefit different areas of life.

## Physical activity worksheet

Let's get active!

Name:

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Date:

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1) Do you have any goals for the future?

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2) How often are you active at the moment?

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3) Would you like to be more active? Why is that case/not the case?

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4) If you are active, what types of physical activity do you currently enjoy doing? If you aren't active, is there any physical activities you think you might like?

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## Physical activity worksheet

Let's get active!

5) What are the benefits of you getting more active?

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6) What resources are available that can help you to get more active?  
(equipment, gym, local clubs, funding)

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7) What barriers might you face? (e.g. lack of motivation, support)

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8) How could you overcome these barriers?

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## Change plan worksheet

Pro's and  
cons of  
getting active

### The effect on my physical health

If I start to get active	If I don't move much

### The effect on my mental health

If I start to get active	If I don't move much

## Change plan worksheet



1. The changes I want to make are:

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2. The most important reasons why I want to make these changes are:

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3. The steps I plan to take in making these changes are:

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4. The ways other people can help me are:

Person

Possible ways to help me

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5. I will know that my plan is working if:

---

---

6. Some things that could interfere with my plans are:

---

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7. How important is it that you make this change:

Not at all  
important

0

1

2

3

4

5

6

7

8

9

10

Most  
important

8. How confident are you that you can make this change:

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## Wellbeing

What do you think about your current health? Is it better or worse than usual? How do you feel emotionally?

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What's working well?

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How could physical activity improve your wellbeing?

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If you could give a score for how you feel about your current health (physical, mental and emotional), what would it be?

(1 = poor and 5 = very good)



## Day-to-day life

What do you think about your current life in terms of choosing what you want to do, when you want to do it?

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What's working well?

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How could physical activity improve your day-to-day life?

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If you could give a score for how you feel about your current health (physical, mental and emotional), what would it be?

(1 = poor and 5 = very good)



## Work, volunteering and interests

If you can't work, are there other opportunities you would like to do? to 'Would you like to do any activities or volunteer?'

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What's working well?

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What opportunities could sport or physical provide to help you achieve your goals?

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If you could give a score for how you feel about your current health (physical, mental and emotional), what would it be?

(1 = poor and 5 = very good)





## Communicating with people with complex disabilities

You may be supporting people with complex disabilities, which means that having a verbal conversation might not be the best form of communicating about getting active. However, there are a range of ways you can communicate to find out someone's interests, goals and what may work best for the individual when it comes to getting physically active.

We realise many of the techniques in this section may be a key part of your existing practice. However, it can be useful to start to think about how some of what you already do can help you and the person you support communicate about physical activity.

There are ways that you can have conversations with the people you support about physical activity. If they cannot communicate verbally, you can usually get a sense of how they feel about an activity through:

- Body language (e.g. turning face away)
- Gesture (e.g. pointing.)
- Vocalisations (e.g. crying)
- Facial expressions (e.g. smiling or frowning)

# Conversations about physical activity

Here are some other techniques that can help you to have conversations about physical activity

1

## Using signs/Makaton

Some people may not be able to verbally communicate but they can tell you what they are thinking or feeling through sign language such as Makaton. You could work with the person you are supporting to teach them the signs for certain physical activities, which can help you to find out what they are interested in. **Makaton.org** have a variety of resources you can download to help.



2

## Using technology to help someone communicate

Technology can help people with complex disabilities to express themselves, to be understood by others, and to make choices.

From hearing devices, low vision aids, lighting systems, GPS systems and specialist communication software, to apps and Braille devices, technology can help remove barriers to communication, accessing information and mobility. Technology can be used to help people to communicate their preferences around physical activity. For example, they could use BIGmack, where someone can touch a button to communicate or make choices.





**3**

## Using objects to communicate

Using objects could also be a way of helping someone to make choices and to express what they are interested in, or to prepare someone for taking part in a particular activity.

You may need to relate the object to what you're talking about first – e.g. showing them a football and getting them to touch this whenever they are involved in playing football. You could also present a choice of objects for example a ball, swimming goggles and a racket. They could then make a choice from the objects presented to indicate what activity they want to do.

**4**

## Using pictures, symbols, and photos

Some people can also use pictures or symbols to make choices or say what they want. For example, they could use pictures on a mat to see what is happening that day. Pictures and symbols can also be used to help someone choose things that they want or to help someone say how they feel.

**5**

## Calendar Systems

It can also be useful to have a 'calendar system' when working with people with complex disabilities. This is a way of supporting a person to understand and plan for events, which can involve planning to incorporate physical activity as part of a daily routine.

Calendar systems can take the form of objects, pictures, photographs, words, smells or a combination of all.

They can be used to aid understanding on what is happening in an activity and what comes next. Sequencing of information can help reduced anxiety by explaining explain now, next and later and help people to be prepared for what activity they might be involved in.



## Jess and Chris go bowling

### Case Study

Jess and Chris live in a Sense residential home. They are both deafblind, with complex disabilities, and enjoy going bowling. Jess and Chris have been bowling before, but due to their complex disabilities, it was challenging for staff to explain that they were going bowling or ask them whether they wanted to go.

The staff asked the local bowling alley if they had an old bowling ball they could donate to the residential home. This bowling ball is now used as an object of reference to explain to Jess and Chris that they are about to go bowling and allow them the opportunity to decide if they want to go.

Prior to going bowling, staff present Jess and Chris with a seatbelt, which they feel and explore with their hands. The feeling mimics that of going out in the minibus, therefore indicating to them that they are going out on a trip. Staff then present the bowling ball, which through its smooth texture and small holes, they recognise, and associate with their previous trips to the bowling alley. In this way, staff have communicated in a tactile way with Jess and Chris, which helps them with anticipating where they are going, and what activity they are about to do.



It is important that the object of reference has meaning to the individual using it. Many individuals who have the capacity to do so, will select their own object of reference which holds significance for them in relation to a specific activity. For Jess and Chris, their complex disabilities mean a physical, tactile object (the bowling ball) resonates with them, as they make sense of the world around them primarily through touch. Some individuals may also present their object of reference to indicate an activity they wish to take part in.

Use the following worksheet as a way to introduce the people you support to different physical activities and assess how they feel about each one. Work with the person you support to match the name with the picture.



Tennis



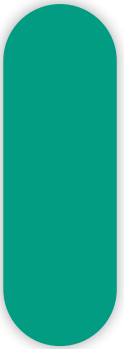
Bowling



Swimming



Cycling





Running



Football



Basketball



Skipping



4

# Ways to help increase levels of physical activity



## Set goals and make a plan

When you have had conversations with the person you support about what is important to them and how they would like to get active, another key step that could help inspire people to be active is by working with them to set some goals.

Setting goals could be part of the person's support plan, or you can do this separately - but ensure you keep a personalised approach in mind. Creating a plan around how, when, and where a person will get active can be really useful for both you and the person you are supporting. It can mean your ideas turn into something more concrete!

It doesn't have to look like a complex personal training programme. Focusing on what someone wants to do a bit more of, or less of, each day can make a difference. Doing activities at the same time every day can help a person to build activity into their routine. As discussed in the personalisation section, you can also link physical activities to other outcomes that might be important to the person you work with, such as:

Visiting new environments

Connecting with others

Improving communication skills



## Planning Activities

1. Think about how you normally spend your day - What is most important to you? What do you enjoy?
2. Think about whether you would benefit from support? You might want to consider having someone come with you at first, or have limited space and resources to be active so planning-ahead is important.
3. Remember to go at your own pace, a good balance is what is important.
4. Set achievable and meaningful goals, be realistic and acknowledge there may be steps back, as well as forwards.
5. Set a plan for any new physical activity, to ensure it is realistic, motivates you, and provides a sense of achievement.
6. Be kind to yourself - small steps over time gradually become big leaps.

People are more likely to take part in physical activity if it involves something that interests and excites them. With the person you are supporting you might create a list of different activities they can think of which will get their body moving in ways they enjoy.



Here are a few examples that you may not initially think of when thinking about getting active:

- Throwing a frisbee in a park
- Try hula hooping
- Trampolining
- A video game that gets you moving
- Gardening
- Bowling

Have a go at completing the plans included in this pack with the person you support and it can help you to set goals for getting active.

You could also include some other points in your plan:

- How much time will you need for your activity?
- Do you need special clothing or equipment?
- What are some problems you may encounter when carrying out your physical activity plan?
- What are some ideas to solve your problems?

We have included a few worksheets in the next few pages which can help you create a plan with the person you support:

**Physical activity plan:** This plan, from the Get Yourself Active social worker guidelines, can help to make a weekly plan around getting active.

**Daily planner:** This plan by Sport for Confidence can help you to break up daily tasks into different parts of the day, including tasks that help you to be more active.

**Balancing activities worksheet:** This worksheet, by Sport for Confidence, can help you to think about different daily activities and where you may be able to incorporate physical activity.

**Commitment contract:** A commitment contract or a verbal promise can also help the person you are supporting to achieve their goals.

Template of a physical activity plan

Week						
When	What	Where	Frequency	Duration	With whom	
	When will you do your physical activity?	What physical activity will you do?	Where will you do your physical activity?	How often will you do this physical activity this week?	How long will one session be?	Will you do your physical activity alone or will someone join you?
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						





## Weekly goals

### Weekly overview, ideas and inspiration

Goal for the week	Do something active everyday Learn a new relaxation technique
Self care: looking after ourselves	Have a shower. Plan your meals.
Work: what we need to do	Put the washing on. Clean the bathroom.
Leisure or hobbies:	Read, sing, bird watch from the window.
Physical activity:	Exercise to a video. Go for a walk.
Creative activity:	Draw, write a diary. Try something new.
Relaxation:	Listen to music. Practice calm breathing.

## Daily planner

Try to include something from each row into your daily routine.

	Goal for the day	Morning	Afternoon	Evening
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



## Balancing activities

### Social activities:

- Community groups
- Church activities
- Evening classes
- Sports
- Going out with friends/family
- Volunteering or working



### Personal Care:

Any activity that is concerned with looking after yourself

- Getting up, washed and dressed
- Eating regular meals
- Eating healthy meals
- Making and eating breakfast, lunch and dinner
- Getting enough sleep
- Exercising regularly
- Taking prescribed medication
- Manicure, pedicure, haircut
- Visiting the dentist, doctor etc.
- Practicing relaxation or mindfulness techniques

### Work activities:

Any activity that is to do with 'doing things', it can be paid or voluntary work, but can also be:

- Looking after children
- Looking after pets/animals
- Household tasks—cooking, shopping, housework etc.
- Laundry
- Gardening
- Cleaning the car
- Helping friends / family / neighbours etc.
- Caring for someone
- Talking to services—gas, electric, council, housing etc.



### Leisure activities:

- Reading
- Watching TV, DVD, films
- Computer games, social media
- Gardening, sports, gym
- Shopping, out for coffee etc.
- Walking—alone, with other, dogs etc.
- Art and craft activities
- Singing and dancing



## Balancing activities

Personal care	Social activities
Leisure activities	Work activities

A commitment contract or a verbal promise can also help the person you are supporting to achieve their goals. Below is a blank commitment contract they can fill out and, ideally, share with you, a friend or family member:

I am committed to achieving the following goal:

---

---

---

---

---

---

---

Name

---

Signature

Date

---

Date to be reviewed

---

## Types of support

You can not only help the person you support to make a decision about how to be active, but you can also offer a range of emotional and physical support to enable them to be active. It is important to work with the individual to discuss which type of support they would prefer.

Remember to consider **Active support** when deciding how to support someone to be active. This is a way of supporting people so that instead of doing things for or to people, you work with them so that they can take part in activities themselves.

Ways that can help to promote engagement in activities using an 'active support' approach include:

- **Maximising choice and control:** Looking for opportunities for the person to express their preferences when it comes to activities as well as listening to and acting on these.
- **Breaking activities down into a series of steps and identifying those parts the person can do for themselves, those they can do with help and those they need done for them.**

### Researching activities

This type of support involves researching activities to determine how suitable they would be. Research can include looking into information such as:

- **Environment:** Are the staff approachable, caring and willing to help?
- **Participants:** Is the activity inclusive (disabled and non-disabled people) or specifically for disabled people? Which is more appropriate for the individual?
- **Facilities:** If the person requires a certain type of facility for their chosen activity does the venue cater to their needs? What support will the person need to access this facility and how much will it cost?
- **Focus:** Is the activity's emphasis on fun? Is it social and does it involve a lot of movement and/or relaxation?
- **Safety:** Is it safe for the disabled person and other participants?

### Physical support

This is when you help the person you support take part in the activity itself.

The type and level of support provided can vary from person to person and depending on their assets, needs or abilities. For example, it may mean helping the person you support get there safely.

For people with sensory impairments, this could mean taking part with them or providing interpretation. If someone has a physical disability, it could mean providing assistance with getting in and out of an activity or venue and helping to take part in the activity itself.

It is always important to check with the person how comfortable they are with receiving this type of support as it may require new ways of working together.

This document by the **Canadian Disability Participation Project** includes a checklist for quality participation and may be useful for researching activities with the person you support.



## Motivating/Encouraging

Some people may prefer to take part in physical activity alone, but require a bit of guidance to get started. For example, you can motivate someone to take part by suggesting activities that you think may be useful or suitable. This is where getting involved in creating the plan as discussed earlier in this pack can help.

It can take people a while until they feel comfortable taking part in an activity, and sometimes your role may be building

their confidence up. This could mean understanding why they are apprehensive about taking part, for example they may have had a negative physical activity experience in the past that has stuck with them. Helping the person you support to overcome any self-doubt about their ability to take part is often a significant stepping stone to developing an active habit. You can be positive and encouraging about an activity which can generate positivity around getting active.

## Working with risk

You may be worried that risks to the person you support may increase if they increase their levels of physical activity. However, it is important to remember that continuing with an inactive lifestyle usually presents greater health risks than gradually increasing physical activity levels. Those who are the least active have the most to gain from taking part even with small increases of regular physical activity (**Public Health England, 2016**).

Sometimes our work can be focused on keeping people away from risks, but sometimes taking managed risks can lead to positive experiences for the people we support. If individuals gradually increase the amount of physical activity, they are unlikely to be at risk.

An individual's care or support plan should consider any long-term medical conditions they may have and the impact on their

ability to be more active. This may involve consulting with a medical professional as part of this plan.

Positive risk-taking is an approach which focuses on what people **CAN** do instead of focusing on what they cannot do. Positive risk-taking involves consideration of what could go wrong, and what to do if something does. When planning activities, it is essential to keep the individual at the centre of the process, so that they can understand the risks involved and decide for themselves that it is an activity they are willing to positively take risks to achieve. You may also need to use a risk assessment provided by your care agency or employer.

A case study follows which demonstrates how you can manage risk when supporting people to be active.

## Case Study

Jill is a personal assistant for Karen, who has Down's Syndrome. Karen loves horses and wants to try out horse riding, but Jill is worried that Karen may be vulnerable to the risk of falling and may not have the capacity to appreciate the potential danger.

After going through a risk assessment, Jill realises that the benefits and enjoyment gained from carrying out the activity outweigh the risks. From her assessment, she identifies suitable measures to reduce the risk. These include use of protective clothing, safe supportive seating, the selection of a suitable horse, and close supervision.

## Have conversations about risk


Below we give you some ideas of what to think about when assessing risks. Having this conversation with the person you support can help you to decide how likely it is they will come to harm and start to focus on benefits rather than only looking at risks.

Identify and list possible dangers What dangers might the person come into contact with during the activity?	
How likely is it they'll come to harm? We come across danger frequently as part of our daily lives. How likely is it that they will actually come to harm from this?	
What might be the severity of the harm?	
Identify and list positive benefits Make this as detailed as possible, outlining the physical, emotional and social benefits of taking this particular risk.	
List things you could do to eliminate or lessen risks	

5

# Ways to stay active





Hopefully by now you feel more confident to have conversations with the people you support about getting physically active.

You may be thinking about different ways you, and the person you support, can get active.

In this section we will take you through some of the ways you and the person you support can be active together.

## Being active outside

The best thing about being active outdoors is that often you do not need any special equipment – the outdoors is available wherever you are, just outside your door. It can be fun and calming too! A lot of physical activity can be built into a person's daily life using everyday activities, for example walking or wheeling to the shops to pick up essentials instead of getting the bus.

You can also use a garden or outdoor space in various ways, for example taking a small stroll, gardening, or playing games with family.

### Take up a new outdoor sport

If you want to take up something new, one of the best places to do it is definitely out in the fresh air! This is a great way to have fun, meet new people and improve your skills in your chosen activity. Look in our FAQ's in the back of this pack for advice around finding accessible activities.



### Walking/wheeling

It's cheap, it's accessible and it's easy – walking or wheeling is one of the best activities if you want to spend more time outdoors. Check out the Making Walks Sensory resource from Sense for ideas for making walks a multi-sensory experience. We have included a few on the next page. If you're looking for free, easy to use apps to keep you motivated to walk or run, try:

**Active 10** from the NHS allows you to track and increase your walking.

**Couch to 5K** from the NHS is great for building up to running 5K over 9 weeks.

**Wheelchair Calorimeter** is designed for outdoor exercise in a wheelchair and can help you determine how many calories you burn.

### Find an outdoor pool near you

People often turn to their local leisure centres and indoor pools, however, don't forget about the use of outdoor pools. Whether it's sunshine or rain when you're swimming outdoors it doesn't really matter. Many outdoor pools are heated which also may be more comfortable for the person you support. Being in heated water can be beneficial for certain health conditions and soothing on joints/muscles.





## Sensory nature hunt



- Before you leave, create a list of things to look out for that engage different senses.
- As people notice them on your walk, they can tick them off their list.
- This may include different types of trees, the smell of flowers, bugs, birds singing or soft leaves.



Here are some tips by Sense around making walks more of a multi-sensory activity for the people you support

## Journey stick

- You will need a stick and some string/tape for this activity.
- As they go along on their walk people can gather any items that have interested them.
- Wrap the string around an individual item and the stick to hold them together.
- By the end of the walk individuals will have a range of items to remind them of the walk.
- As the stick is moved around it may make different sounds.



## Nature mandalas

- Collect items of interest along the journey. This could be small stones, leaves or conkers on the ground.
- When someone has finished, or if they take a rest on the walk, you could support them to create their own patterns on the ground with the items they have collected.





## Getting active at home

Some people may prefer to take part in physical activities in their home or garden for various reasons. There are many ways to continue enjoying an active lifestyle at home. This includes adapting activities so everyone in the household, disabled and non-disabled, can take part together. With a few simple tweaks, activities can quickly become a part of everyone's daily routine.

You do not need gym equipment at home to stay active. Everyday activities such as doing the vacuuming, hanging out the washing, and mowing the lawn all count towards your daily activity levels. You could put on a home disco with your favourite songs and have a dance or walk up and down the stairs.

There are some small steps you can take to reduce the chance of problems occurring when you are exercising in and around the home.

1. Prepare your exercise space by clearing away unnecessary clutter
2. Wear well-fitting, supportive shoes and comfortable clothing
3. Make sure you are near a secure surface for support (for example a kitchen work surface) if you need it
4. Start physical activity at a level that you find relatively easy. Build up gradually, keeping in mind if the activity has made you feel good.

We have included Activity Alliance's 'STEP' tool below which can help you to make the necessary preparations to get active at home.



**activity  
alliance**  
disability  
inclusion  
sport

## STEP tips for disabled people, families and friends

STEP stands for Space, Task, Equipment and People. Here are a few ways disabled people, their families and friends can use the tool to make activity more accessible.

### Space:

- Surfaces like pavement or wooden floors can make movement easier.
- Grass or carpet make activities more challenging, but also adds some cushioning.
- For target games, challenge yourself by moving the target closer/further away or raising it up off the floor.

### Task:

- Change it up. Sit down to do the activity, rather than standing.
- Try different coordination activities. Tap your head and chest, clap your hands then wiggle a finger.
- Instead of running on the spot, try moving in any way you can. Lift your feet up and down or in and out as quick as you can, circle your arms, nod your head or shake your hands.
- Instead of star jumps, alternatively take one arm and or leg out to the side.
- Throw ball/bean bag onto chalked target on the garden patio and count your score.
- Set yourself challenges to beat. For example, count how many times you can do something in a set amount of time and then try to beat it. If you can't do more than you did the first time, see if you can do the same number but in less time.

### Equipment:

- Use cans of food or bottles of water as weights. Try using a towel as a resistance band.
- Lie on a towel or blanket if you don't have an exercise mat.
- Make safe indoor balls from rolled up paper, sellotape or papier-mâché.
- Use a chair to do squats. Stand up and then sit back on the chair, it's the same action.
- Balloons are a great alternative to a ball. Pass the balloon around your body – you can even add rice to the balloon for sound.

[www.activityalliance.org.uk/step](http://www.activityalliance.org.uk/step)

- Press ups: instead of doing them down on the ground, try doing them against a wall – put your feet further from the wall to make it harder.
- Rolled up socks make good items to throw. Try getting them into a bin or washing basket.
- Use masking tape to mark out a line on the carpet. Move along the line to test out your balance. You could do this on your feet, hands and knees or, with a walking frame, wheelchair, holding on to someone for support.
- Set up targets on the side of the garden shed to work on your aim.

### People:

- Put your hand against the wall or hold onto a partner for exercises and activities that require balance.
- For target-based activities, get a partner to use different sounds to direct you to the target.
- Rolled up sock game: Two players and two bins required. Individual to get most socks in other person's bin or washing basket wins.

### Or try involving your pets:

- Play fetch the Frisbee with your dog in the garden – place back on garden table for height
- Work on your muscle strength by playing a game of tug of war with a toy

### Share your STEP activities with Activity Alliance

We are keen to see how you're using the STEP tool to adapt activities. Share your photos and videos on social media. Tag us in your posts on:

- Twitter – [@AllForActivity](https://twitter.com/AllForActivity)
- Facebook – [Activity Alliance](https://www.facebook.com/ActivityAlliance)
- Use the hashtag **#StayInWorkOut**



[www.activityalliance.org.uk/step](http://www.activityalliance.org.uk/step)

## Active at home videos

Get  
Yourself  
**Active**

@GetYrselfActive



Accessible pre-recorded videos to support disabled people to get active at home – By Get Yourself Active



The Get Yourself Active team created pre-recorded videos developed from research to support disabled people and people with long term health conditions to be active at home. The four series of videos are all led by different trainers and involve a variety of different activities that can be carried out from the comfort of your home. The 10 minute videos all have captions and a BSL interpreter to make them as accessible as possible.

Series 1  
Seated Cardio and  
Strength with Ben



Series 2  
Multi sport  
activities with Mark



Series 3  
Seated dance  
with Rachel



Series 4  
Body weight  
workouts with Becky



Some resources follow from the **Active at Home** booklet developed by Community Integrated Care, Rugby Football League and the Leeds Rhinos Foundation which can help to get you started.

## WARM UP

You must always start with a warm up before exercising as this will prepare the body for the main activities.

Complete all the exercises below for 1-2 minutes each before completing a full session. If you split up the exercises throughout the day, always carry out a few of these exercises first to warm up the body beforehand.

### HEEL LIFTS

- Keeping the toes on the floor slowly lift one heel at the time off the floor (alternating).

### TOE TAPS

- Extend the leg to tap your toes out in front of you one at a time.

### MARCHING

- Hold on to the sides of the chair and lift one knee upwards at a time – continue at a pace that is comfortable for you. To make it harder add in an arm swing.

### TAP AND CLAP

- Tap your hands on your thighs and clap at chest height. You can make it harder by clapping to the side or at head height too.

### YMCA

- Spell out Y, M, C and A using your arms above your head. Change the direction of your C each time.

# MOBILITY EXERCISES

Complete the exercises below 8 times. No need to hold these exercises, as they are designed to warm you up, not to stretch!

## SHOULDER ROTATION

- Keep your toes wiggling in your shoes, lift your shoulders up towards your ears, push them back and then lower them down slowly.

## SIDE BENDS

- Imagine you are between two panes of glass. Keeping both sides of your bottom on the chair lean over to the side. Make sure you do both sides!

## TORSO TWISTS

- Place both hands on opposite knee. Slide your top hand back to your hip and look over your shoulder. Make sure you do both sides!

## ANKLE ALPHABET

- Sit back in your chair and lift your feet off the floor. Draw the letters of the alphabet with your toes, rotating at the ankle joint. Remember, you can do both upper and lower case!





# ACTIVE AT HOME

## CARDIO EXERCISES

### 3. CHAIR MARCH AND SPRINT

#### EXAMPLE



#### HOW TO..?

- Start by sitting upright at the front of your seat.
- March your legs for 20 seconds.
- Holding onto your seat, sprint on the balls of your feet for 5 seconds.
- Repeat this 3 times.



#### REMEMBER

- Try not to lean back on your chair when doing this exercise.



#### ADAPTATION

- Make the exercise harder by sprinting for 10 seconds instead.



**CLICK HERE**  
TO WATCH A VIDEO OF THE EXERCISE





# ACTIVE AT HOME

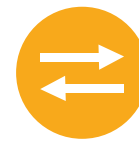
## RESISTANCE EXERCISES

### 12. SHOULDER PRESS

EXAMPLE 1



EXAMPLE 2



#### HOW TO..?

- Start with your hands bent up to your shoulders.
- Push your arms straight above your head keeping your elbows relaxed.
- Return slowly to the starting position.

#### REMEMBER

- Avoid this exercise if you have high blood pressure and carry out the adapted exercise.

#### ADAPTATION

- Press arms in front of the chest, don't go above shoulder height.
- Can use cans of beans.



# STRECHES

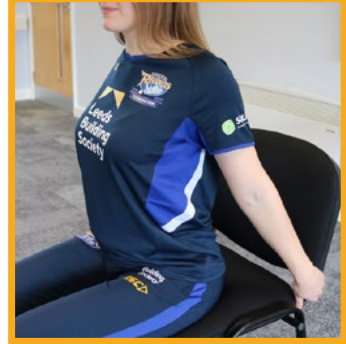
1. CALF STRETCH



2. CHEST STRETCH



3. CHEST STRETCH (FROM THE SIDE)



4. HAMSTRING STRETCH



5. HIP STRETCH



6. QUADRICEPS STRETCH



7. SHOULDER STRETCH



8. TRICEP STRETCH



9. UPPER BACK STRETCH

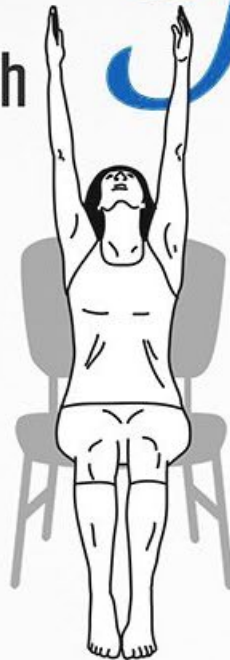


# 3-minute seated Yoga

OFFICE-FRIENDLY WORKOUT  
© darebee.com  
30 seconds each



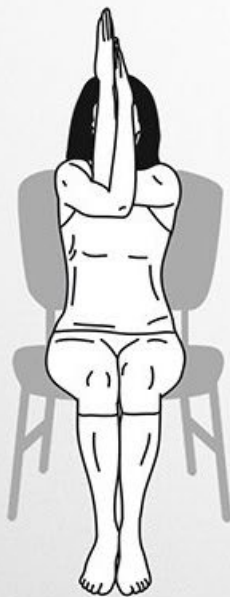
body fold



stretch up



alternating side stretch



alternating lotus twist



alternating lift & reach

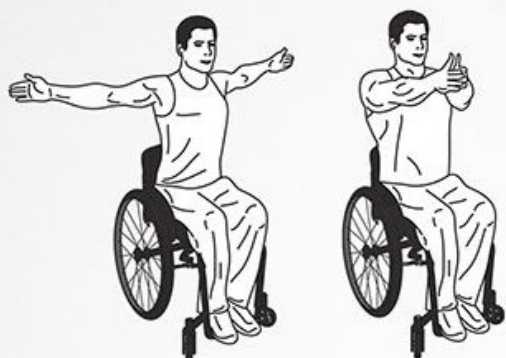


alternating half lotus

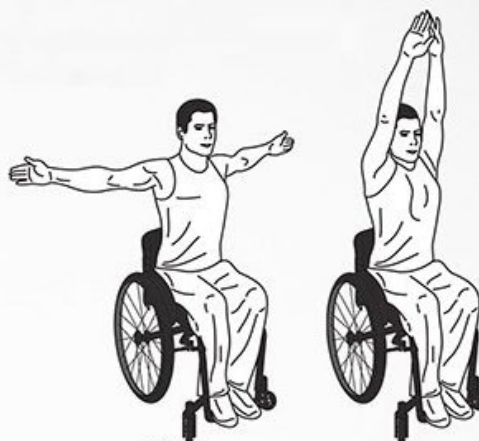
# Chair Exercises

WORKOUT @ [darebee.com](http://darebee.com)

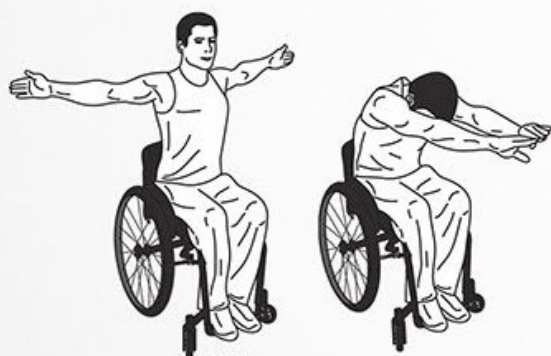
**3 sets** | up to 2 minutes rest between sets



**20** chest expansions



**20** side arm raises



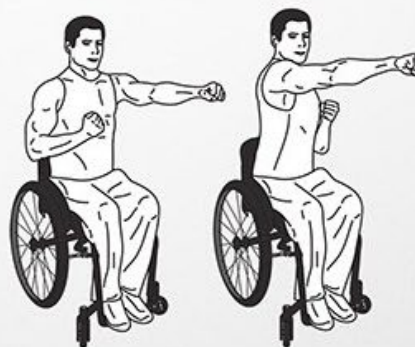
**10** dives



**10** raised arm circles  
5 clockwise / 5 counterclockwise



**20** overhead punches



**20** punches

# Sensory Exercises

The following movement based exercises aim to improve mobility and coordination. These exercises have been designed for people with complex disabilities but can be enjoyed by anyone.

## Outcomes

These activities could support everyday tasks



My choice



Something new



Challenging



Health & Fitness

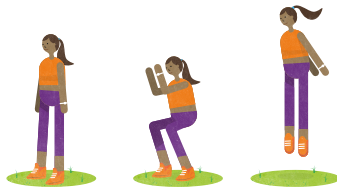


Exploration

## Top Tips

- Support participants by gently guiding their arms or legs into position.
- Use household objects or surfaces to make exercises more sensory - see glossary in footer.
- Support someone individually or enjoy exercises as a group.

## Squat Jumps



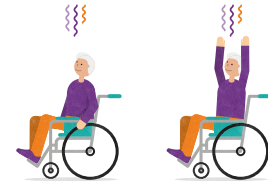
**Make it easier:** only bend knees  
**Make it harder:** take a wider stance  
**More sensory:** try barefoot on different surfaces

## Chair Squats



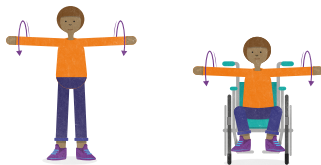
**Make it easier:** use a taller touch-point  
**Make it harder:** remove the chair  
**More sensory:** place tactile targets on the chair

## Seated Reach



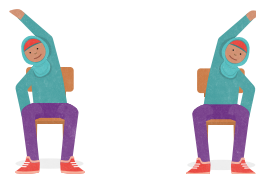
**Make it easier:** one arm at a time  
**Make it harder:** move the target each time  
**More sensory:** place tactile targets above

## Arm Circles



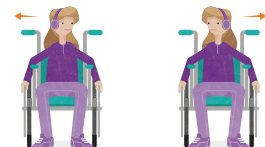
**Make it easier:** one arm at a time  
**Make it harder:** hold something heavy  
**More sensory:** hold tactile objects in hands

## Side Bends



**Make it easier:** don't raise arms  
**Make it harder:** hold for 30 seconds  
**More sensory:** place a tactile target to reach such as a balloon

## Head Swivels



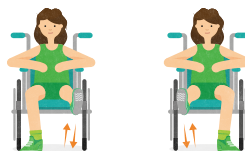
**Make it easier:** smaller range of movement  
**Make it harder:** touch shoulder with chin  
**More sensory:** add stimulation such as a fan blowing air

## Standing Lunges



**Make it easier:** take a smaller step  
**Make it harder:** take a longer lunge  
**More sensory:** try barefoot on different surfaces

## Leg Raises



**Make it easier:** smaller range of movement  
**Make it harder:** place multiple targets  
**More sensory:** try barefoot with tactile targets

## Heel Raises



**Make it easier:** smaller range of movement  
**Make it harder:** use both feet  
**More sensory:** place a tactile object under the feet

For more sport and physical activities, visit [www.sense.org.uk/sport](http://www.sense.org.uk/sport) or email [sense.active@sense.org.uk](mailto:sense.active@sense.org.uk)

Stay connected by sharing photos of you in action by tagging @sensecharity including #SenseActive



LOTTERY FUNDED

**Tactile Objects:** balls, ribbons, bells, woolly jumper, pillows, rice, tin foil, sponge, beads, buttons, cotton, seashells, shaving foam

**Tactile Surfaces:** grass, wood, bark, sand, shredded paper, carpet

# Balloon keep up

## Equipment needed

- Inflated balloons

## Set up

- Find a clear space for the activity

## Make it sensory

- Use different colour or shape balloons – bright colours are great
- Add a very small amount of rice to each balloon before blowing up to help make a sound

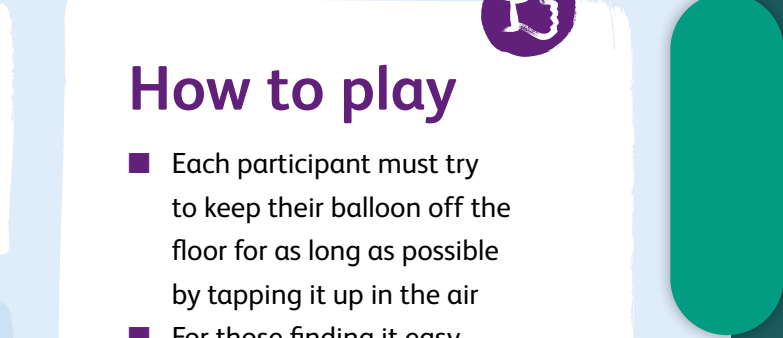
ee Encourage participants to stretch up and reach the balloon

## Making it harder/easier

- Use multiple balloons or add some rice to them to make them fall quicker

### Mini Games by Sense

Sense created a booklet with a variety of mini games that can help to get active at home whilst having fun! We have included a few in this booklet, but you can find more ideas by accessing the booklet [here](#).



# Disco Time

## Equipment needed

- Music
- Dimmed lights
- Speaker (if needed)

## Set up

- Prepare an upbeat music playlist you can dance to

## How to play

- Put on some upbeat music and get dancing
- You could encourage participants to create their own dance moves or teach each other a dance move
- For inspiration you could use animal movements, letters of the alphabet or using different parts of the body

ee This is great for participants and those supporting them to get involved with

## Make it sensory

- Use different lights, glow sticks and bright colours to make the activity more sensory

## Making it harder/easier

- Participants could just use a single dance movement throughout the activity. To make it more challenging, encourage them to come up with a routine with others



# Golf

## Equipment needed

- Ball
- Club/bat if wanted
- Targets e.g. markers or buckets

## Set up

- Set up a number of targets around the area

ee If you have a big enough space, players can continue their turn on target 2 whilst others are still finishing target 1

## How to play

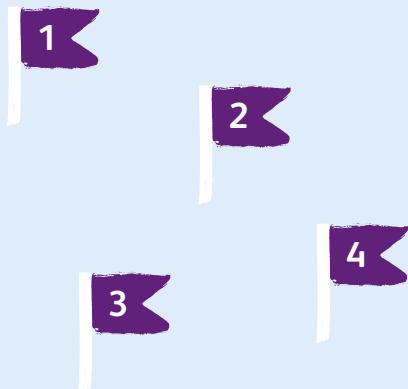
- Participants take it in turns to aim for target 1 (rolling, throwing or hitting the ball) Once they hit the target, they then start just in front of target 1 and aim for target 2
- Participants try to get to the end of the course in the fewest turns
- Encourage the participant to do this independently and really stretch to push/throw/hit the ball away

## Make it sensory

- Make a noise for when the ball hits the target
- Make the target clear using lights or bright colours

## Making it harder/easier

- Put the targets closer or further away
- Use a ramp to push the ball down or throw the ball





## Frequently asked questions

### Accessible activities

#### How can I find activities that are accessible for the person I support?

There are a few organisations and websites available to help you find accessible activities more easily.

Find a sport based on your impairment and find a club near you using the **Parasport** website.

Leisure centres provide a range of activities within their facilities. You should also look out for an Inclusive Fitness Initiative Mark facility. These are listed on the **Activity Alliance** website.

Your local voluntary sector infrastructure organisation (**CVS** or **volunteer centre**) may have local knowledge about physical activity opportunities.

Your local disabled people's user led organisation may have useful knowledge and information about physical activity for disabled people locally. To find out who is in your local area google 'disabled people' and the name of the local authority area you live or work in.

### Transport

#### Are there any discounts available on public transport?

You can get **free or discounted bus travel** in England by applying for a disabled person's bus pass from your local council. There are similar schemes in **Wales, Scotland** and **Northern Ireland**.

Simply check your **local council's** website for details of how to apply. If you live in London, you can apply for a disabled person's **Freedom Pass**, which gets you free travel across the capital (including tube, bus and TfL Rail), as well as on local bus services across the UK.

If you have a disability that makes travelling by train difficult, you may also qualify for a **Disabled Person's Railcard**, which gives you one-third off most train travel. An accompanying adult will also get one-third off their ticket.

#### Can I apply for a blue badge to park at venues?

The blue badge scheme allows you to use car parking spaces which are reserved for disabled people and are usually closer to your destination.

Disabled people, including some people with a hidden disability, can apply for a new badge or renew one on the Government website. Your application will be sent to your council and it makes the decision on your eligibility.



## Funding / Personal budgets

### How can I use a personal budget or personal health budget to get active?

Personal budgets are an agreed amount of money that is allocated to the individual by the local council (and other funding streams) following an assessment of the individual's care and support needs. The individual has control of the money to buy their own care and support. It should enable individuals to achieve the outcomes stated in their personalised care and support plan.

You should be able to use your personal budget in whatever way you wish if you can demonstrate it meets your outcomes. Physical activity is a very important part of many people's lives and meets a number of outcomes including; increased fitness, increased confidence, connections with the community and more importantly, having fun. During an assessment process, talk to your social worker about using your personal budget for physical activity. You could use it in various ways, such as paying for the activity itself or asking your support workers to support you to travel or in a session.

Check out this fact sheet on the Get Yourself Active website for more information.



### Can I get any financial help for getting active?

As well as using a personal budget or personal health budget, there may also be other forms of financial help available to get active. For example, **Wheelpower** offer small grants that can be used for funding towards a manual sport wheelchair, equipment, kit and travel expenses.

Disability Grants have a variety of information available on their website about grants that you could apply for to support you to get physically active: [www.disability-grants.org/grants-for-sports.html](http://www.disability-grants.org/grants-for-sports.html)

### Is there any funding available to access gyms/leisure centres?

Many gyms and leisure centres have discounts available for disabled people who want a membership.

For example, Better Gyms have an All Inclusive Disability membership that gives disabled people full access to their gyms, swimming pools and fitness classes. This also includes free entry for a carer/personal assistant.

## Further support

An issue many disabled people face is having to 'prove' they need special assistance or reasonable adjustments made when dealing with service providers. One solution to this is to get an **Access Card**, which costs £15 for three years.

To apply, you will need to fill out a form and provide evidence of your disability, e.g. a letter from your doctor. You will then be sent your Access Card, which will display symbols relevant to your needs – these include wheelchair access, urgent toilet needs or difficulty with standing and queuing. The idea is that staff will quickly and discreetly understand what assistance you require.



## Find out more

There are a number of organisations that may be able to provide you with further information or support

### Active Partnerships

These local agencies support physical activity and sport opportunities in the county. The Active Partnerships website has information and can connect you to Active Partnerships around the country, who can provide information around getting active locally.

### National Governing Bodies of sport (NGBs)

NGBs have the responsibility for managing their specific sport. This can include local activities, programmes and pathways. Sport England lists the recognised National Governing Bodies on their website.

### Activity Alliance

Activity Alliance enables organisations to support disabled individuals to be and stay active. As well as resources and programmes, Activity Alliance offers information on events and links to local contacts.

### National Disability Sports Organisations (NDSOs)

There are eight NDSOs, who support people with specific impairments. They offer advice and resources and some provide activities and competitions.

### Mind

Mind have a variety of information on their website to support people with mental health problems to get active.

### Disability Rights UK - Get Yourself Active

Get Yourself Active is a programme led by Disability Rights UK and funded by Sport England. They aim to work with the health, social care and sports sectors to develop better opportunities for disabled people to get active.

### Sense

Sense provide support to people with complex disabilities and their families. Sense Sport aims to increase the range of sport and physical activities available to people with complex disabilities. Find out more about inclusive physical activities and further resources on their website.

### We Are Undefeatable

A movement supporting people with a range of long-term health conditions. They provide support and information about ways to be active that work with a person's conditions, not against them.

### Local Authority

Your local authority supports local sport and physical activity and leisure opportunities.

### Community spaces (inside and out)

Check out local notice boards and newsletters for activity on your doorstep. These could be youth centres, faith centres, village halls and many more.

