



Sharing Ideas and Good Practice Older Adult Division

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Why is a Mental Health Trust concerned about engagement in activity?

Being more active can help to promote confidence, reduce stress and anxiety, giving a sense of purpose, achievement and enjoyment to each day



Exercise and being more active can help reduce your risk of falling, improve confidence and physical functioning for daily tasks

Does this mean I have to join a gym?





Exercise in every day activities

- Walking
- Cleaning
- Shopping
- Cooking
- Gardening
- Climbing the stairs
- Playing with Children/Grandchildren
- Dancing to the radio
- Decorating





Everyday activities on our inpatient wards





Build up activity and start gradually

Try and build small amounts of activity into your daily routine in episodes of more than 10 minutes at a time







Groups with the Community Teams

Physical activity is often enjoyable in groups with social interaction helping with motivation, support and fun.





- **We are a work in progress!**
- **Exercise is for everybody**
- **Philosophy across LPFT**
- **Exercise can be fun**





Why is singing good for you?

Builds confidence

Sense of belonging/shared experience

Aids concentration and memory

Physical benefits for the mind and body

And it's FUN!





We will be available during breaks to answer any questions

