

Tool 6: The individual care plan and physical activity

An individual care plan that is person-centred is at the heart of 'Care... about physical activity'. Care plans are about having a conversation (voices) and working with each resident (choices) to identify what is important to them or what they want to achieve. This means ensuring that the individual is supported to be as independent as possible, whilst paying attention to their health, wellbeing and quality of life.

The areas highlighted below represent some of the key components of care planning and the exemplars illustrate how a variety of chosen physical activity opportunities can make a significant contribution to this process. In each case, the exemplar is the result of a conversation with the individual and a specific choice based upon previous experiences, interests, motivation and capability.

Key component within the care plan	Physical activity element as a contributor	Exemplars of voices and choices
Mobility	(Supported) walking	Assist ... to walk to meal times. Ensure ... can visit the garden to replenish the bird feeders.
Feeling safe and secure	Strength, balance and stability	Encourage ... to maintain ability to sit to stand. Support ... to continue strength exercises provided by physiotherapist.
Having things to do	Purposeful physical activity	Enable ... to deliver post and newsletters to other residents. Encourage ... to work with other residents in the new garden.
Being connected to people	Meaningful connections	Support ... to make short trips out of the home during family visits. Ensure ... is aware of resident meetings and social events.
Improved confidence	Achievement and success	Provide ... with the opportunity to visit the local swimming pool. Enable ... to visit the local bowls club each week.
Independence	Coordination and performance of tasks	Support ... to wash and dress each morning. Enable ... to make a drink.

