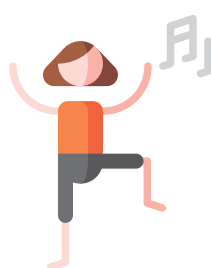


Stay Well whilst Staying at Home.

A Wellbeing Guide for Older Adults.



Introduction

This guide provides some information which can help all of us to maintain and improve health and wellbeing whilst spending time at home. Due to the current situation with Covid-19, many of us are spending far more time in our homes than they may normally do, and this is particularly true for older adults. Information in this guide provides some tips on what you can do whilst at home. Some website addresses are included if you have access to the internet, and also QR codes which you can scan using your camera on a smart phone and it will take you straight to the websites.

Staying active

Being active is good for our physical and mental wellbeing. This is why we should all try to move regularly including exercises to help us stay strong and steady. This particularly applies if you who have existing health conditions or are older in age. Due to coronavirus we are all spending more time within our home, so it is important that we find ways to build activity into our day, every day.

We cannot stop the ageing process, but we can counteract some of the effects with a few gentle tweaks to our lifestyle. The more active you are, and the more you break up your day to avoid sitting for extended periods of time, the more you can offset the effects of ageing.

FACT: Physical activity for adults and older adults:

Helps you stay healthy

Improves your sleep

Maintains a healthy weight

Makes you feel good

Keeps you steady on your feet

FACT: Physical activity reduces your risk of:

Type II Diabetes by 40%

Cardiovascular Disease by 35%

Falls by 30%

Depression by 30%

Joint and back pain by 25%

Cancers (colon and breast) by 20%

We should all aim to do aerobic activity which makes us slightly out of breath to keep fit and well, and strength and balance exercises 2 or 3 times a week to keep strong and steady.



The Chief Medical Officer's recommended physical activity guidelines puts particular emphasis on strength and balance exercises.

Top tips

Try to avoid long periods of inactivity.

Only do what you feel you are able to do without injury.

Find ways to build movement into your daily routine.

Stretch regularly to keep your body from becoming stiff and uncomfortable.

When exercising make sure you have something solid and sturdy to hold if you need to, kitchen worktops are ideal.

If you haven't been used to exercising or have a heart condition, speak to your GP first about what activities may be most suitable for you.

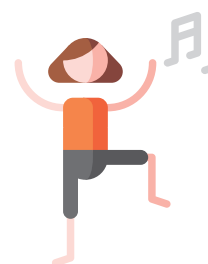
These activities are all fantastic for us to maintain balance and mobility:



Gardening



Housework



Dancing



Tai Chi



Going up and down stairs

Strength & Balance Exercises

It is important to do activity that will improve strength and balance as we get older, both for general wellbeing and mobility, but also because it can reduce the risk of having a fall. Strength and balance exercises can be done easily at home with little or no equipment. Don't worry if you haven't done much for a while – these exercises are gentle and easy to follow.

Standing exercises

There are six simple standing exercises that can improve your strength and balance. Guidance when carrying out these exercises include:

- Work up to doing these at least once a day.
- Repeat exercises 1,2,3 and 4 ten times.
- Exercise 6: hold the position for 10 seconds on each leg.
- Use a solid surface such as a kitchen worktop when undertaking the standing exercises and hold on to it as much as you need to.
- Use a sturdy chair such as a dining chair when undertaking the sit to stand exercise.
- Please ensure that you are wearing suitable, well-fitted footwear that has good grip on the bottom when carrying out these exercises.

These standing exercises have been developed by the Chartered Society of Physiotherapists. More information can be found at: csp.org.uk

Sitting exercises

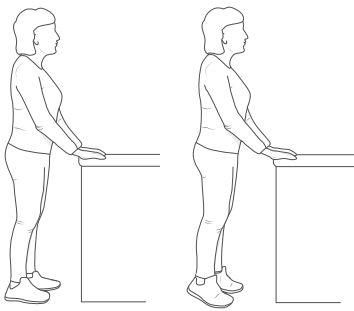
If you find it difficult to stand, there are seven gentle sitting exercises recommended by the NHS will improve your strength and mobility.

Guidance when carrying out these exercises include:

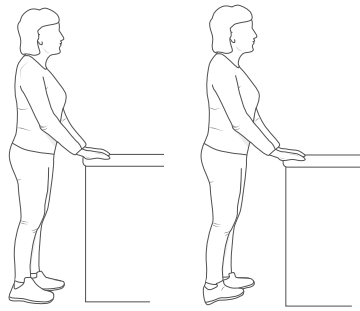
- Work up to doing these at least once a day.
- Exercise 1: Hold for 5 to 10 seconds and repeat 5 times.
- Exercise 2: Do 5 times on each side
- Exercise 3: Hold each stretch for 5 seconds and repeat 3 times on each side.
- Exercise 4: Do 5 lifts with each leg.
- Exercise 5: Keep your shoulders down and arms straight throughout. Breathe out as you raise your arms and breathe in as you lower them. Repeat 5 times.
- Exercise 6: Do 3 rotations on each side. Hold for 5 seconds each time.
- Exercise 7: Try 2 sets of 5 stretches with each foot.

These sitting exercises have been developed by NHS professionals. More information can be found at: nhs.uk/live-well/exercise/balance-exercises/

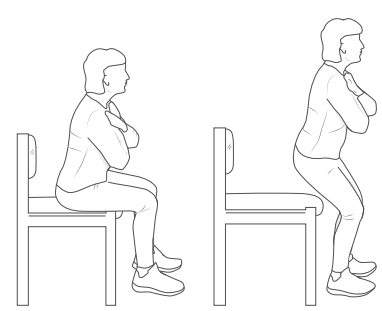
Standing exercises



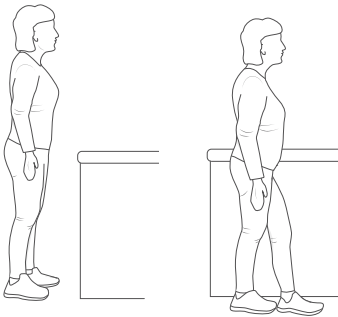
1 Heel Raises



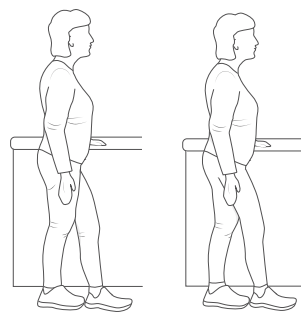
2 Toe Raises



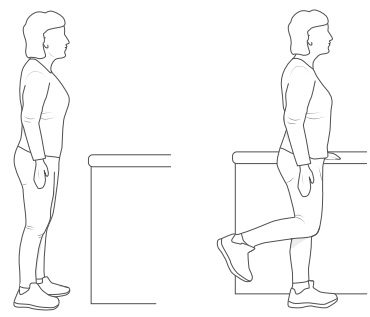
3 Sit to Stand



4 Heel-Toe Stand



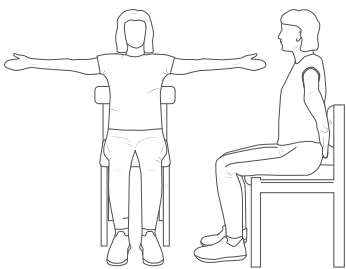
5 Heel-Toe Walking



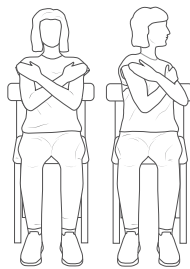
6 One Leg Stand

Obtain advice from a medical professional if you have any concerns about undertaking these exercises.

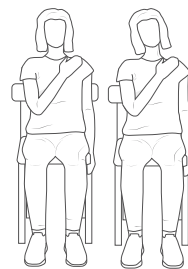
Sitting exercises



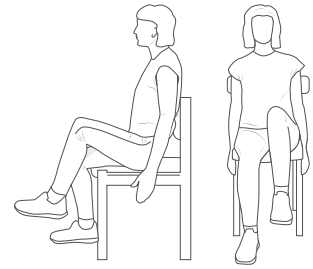
1 Chest Stretch



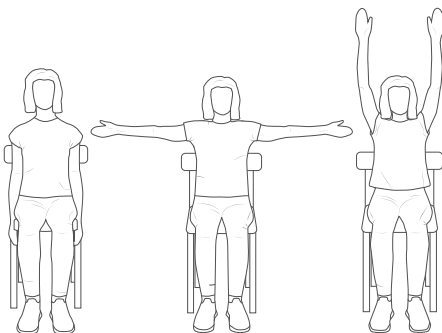
2 Upper Body Twist



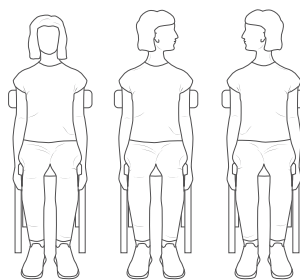
3 Neck Stretch



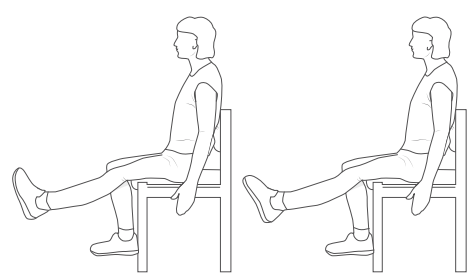
4 Hip Marching



5 Arm Raises



6 Neck Rotation



7 Ankle Stretch

Obtain advice from a medical professional if you have any concerns about undertaking these exercises.

Online Exercise Resources

If you have access to the internet, there are some useful resources available, which include exercise routines to benefit strength as well as balance and general mobility. You can scan the black box with your phone to go straight to the site (a QR code scanner can be downloaded easily or you can use the camera on your phone).

Cardiff and Vale University Health Board

Health Board physiotherapists have developed some self-management advice and resources that you can use at home including some Tai Chi exercises:

www.cardiffandvaleuhb.wales.nhs.uk/resources-for-use-at-home



Elderfit

Elderfit offer strength and balance exercise workouts online and a community forum where members can chat to each other for support and encouragement. There is more information on their website: www.elderfit.co.uk



Move It or Lose It

The 'Move It or Lose It' website has simple exercises including 'The Cuppa Routine': www.moveitorloseit.co.uk

They have a wide range of classes which you can follow on YouTube too: www.youtube.com/user/MoveitorloseitUK



**Remember that even small movements help.
Only do what you feel capable of doing safely.
If you do not feel comfortable, try something else.**

Reducing Risks of Falling

Falling is **not an inevitable part of getting older**, and there are many ways to reduce the risks. A key part of reducing falls risks is to exercise, and crucially, ensure that you do activity to improve strength and balance at least twice a week. Moving more is the best way to maintain mobility and independence. The exercises above will help with this.

Other things which can help reduce your risk of falling include the following:

- **Keep your home free of clutter to avoid trip hazards.**
- **Remove loose rugs and trailing wires.**
- **Put in grab rails and other equipment if you need them.**
- **When you get up in the morning, do it slowly, sitting up with your legs over the side for a few minutes. Move your arms and legs to get the blood flowing. This will reduce any dizziness when you stand up.**
- **If you take more than 4 medications, consider getting a medication review as some can raise your risk of falling.**

Useful contacts for helping to keep safe at home:

Care & Repair Cymru

Care & Repair Cymru is a national charitable body and actively works to ensure that all older people have homes that are safe, secure and appropriate to their needs. They can provide home adaptations like grab rails to help you live independently and help with emergency repairs. To find out more, call **0300 111 3333** or visit www.careandrepair.org.uk



Cardiff Residents

Cardiff Council's Meals on Wheels and Telecare Cardiff are helping lots of people across the city to stay independent at home, through the provision of hot meals and a pendant alarm and response service. To find out more, call 02920 537080 or visit www.telecarecardiff.co.uk



Cardiff Independent Living Service

ILS offers a wide range of advice and support to enable people to live independently, including financial advice. They currently are also running a number of online social groups. Call them on **029 20 234 234** or email communityconnector@cardiff.gov.uk



Vale of Glamorgan Residents

TeleV Packages provide a safety service which includes a small alarm unit (Lifeline unit) and a pendant which can be worn around the neck or if preferred worn around the wrist. They also provide additional sensors which trigger an alarm allowing operators to be alerted. To find out more, visit: www.valeofglamorgan.gov.uk and search for 'TeleV'.



FACT: Screening for falls risks for all people aged 65 and over is an important step in reducing the risk of falls.

Are you at risk of falling?

Answering 3 simple questions can quickly identify falls risks.

1. Have you had a fall in the last year, where you have unintentionally come to rest on the ground, following a slip or trip?

Why does this matter: People who have fallen once are more likely to fall again.

2. Do you need to use your hands to get up from a chair or ever feel unsteady on your feet?

Why does this matter: Balance problems and leg muscle weakness can increase the risk of falling.

3. Does a fear of falling stop you taking part in activities or doing daily tasks? Do you worry about falling?

Why does this matter: Restricting activities due to a fear of falling has implications both physically and mentally. Moving less can lead to loss of strength, and not doing activities, particularly social ones, could diminish quality of life.

If you answered yes to any of these questions, you could be at risk of falling. Contact the 'Stay Steady' virtual clinic team to get some advice on reducing your risks. A falls specialist physiotherapist can do a consultation by phone or video link and give you some recommended actions to take.

The Stay Steady Virtual Clinic is available to residents of Cardiff and the Vale of Glamorgan to provide advice on reducing falls risks.

To contact the team so they can arrange an assessment for you:

Call: 029 21 83 25 52

or Email your details to:

Staysteady.cardiff@wales.nhs.uk

Stay ●●●●
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Falls Information

Cardiff and Vale University Health Board

Cardiff and Vale University Health Board are working in partnership with a range of organisations to help people reduce their risks of having a fall. To find out more, visit: www.cardiffandvaleuhb.wales.nhs.uk/falls-prevention



Get Up and Go

Saga in association with the Chartered Society of Physiotherapists (CSP) have produced a helpful guide called 'Get Up and Go'. It contains a lot of useful information and helpful advice about keeping fit, healthy and how to reduce falls risks. Visit the website here: www.csp.org.uk/publications/get-go-guide-staying-steady-english-version



Age Cymru

Age Cymru has a dedicated information page around talking about falls and how you can keep yourself healthy and safe.

Check out the website: www.agecymru.org.uk and search for 'Falls'.



General Wellbeing Information

Coronavirus and Wellbeing

You might be worried about Coronavirus (Covid-19) and how it could affect your life. This may include having to stay at home and avoid other people. The information below could help you keep healthy and well whilst you are staying at home.



Quitting Smoking

If you're thinking about stopping smoking, there's no better time to quit than now. The Help Me Quit service is still operating during Covid-19 and are here to support you every step of your smokefree journey. Whilst face-to-face services are not currently available, you can still receive support from Help Me Quit over the phone with access to free stop smoking medication.

Get free help, support and information from the Welsh Quitting Service 'Help Me Quit': visit helpmequit.wales or call **0800 085 2219** free of charge.



Alcohol

Keep an eye on **your drinking**. The UK guidelines say adults shouldn't drink more than 14 units over a week in order to stay healthy.



It's important to remember that if you have health problems or use medications, including over the counter medicines, these can also affect how much you are able to drink.

Drink Wise Age Well offer lots of information about how to recognise the signs of an unhealthy relationship with alcohol and lots of ways to cut down to feel the benefits of drinking less alcohol: drinkwiseagewell.org.uk

Dan 24/7 offer a free helpline for people worried about alcohol or drug use.
Call 0808 808 2234



Eating well

Stick to regular mealtimes, drink plenty of liquids and eat a balanced diet that includes a variety of:

- ✓ Fruit and vegetables (fresh, frozen, tinned, dried or juice)
- ✓ Starchy food (bread, cereal, potatoes, pasta or rice)
- ✓ Beans, pulses, fish and meat
- ✓ Two portions of fish per week, one of which should be oily
- ✓ Dairy products (milk, yogurt, cheese)
- ✓ Oils and spread (choose unsaturated and use in moderation)

If you are struggling to eat well, switch to smaller meals and frequent snacks.

Remember to:

- ✓ Limit intake of food and drinks that are high in fat, salt and sugar
- ✓ Stay hydrated by aiming to drink 6-8 glasses of water a day
- ✓ Consider taking a Vitamin D supplement of 10micrograms a day for healthy muscles and bones, if you aren't often outdoors

Age UK have more helpful information about eating well. Scan the QR code or use this website address: ageuk.org.uk and search 'Healthy Eating'.



Advice and Support

AgeConnects

Age Connects Cardiff and the Vale

have always supported older people who have little or no family support. As the Coronavirus hits hard and more family and friend members need to self-isolate the number of people needing our support is rising immensely. We are supporting the most vulnerable in our community in order to help keep them safe, well, and reassured there is help at hand.'



Visit the website for more information: ageconnectscardiff.org.uk

Or call your local helpline:

Cardiff Tel: 029 2068 3600

Eastern & Central Vale Tel: 01446 747654

Western Vale Tel: 01446 795549

C.A.L.L Helpline

The **C.A.L.L. Helpline** offers a confidential listening and support service, emotional support and information/literature on Mental Health and related matters to the people of Wales. Anyone concerned about their own mental health or that of a relative or friend can access the service.

The logo for C.A.L.L. Helpline consists of two overlapping speech bubbles, one green and one blue, with the text 'C.A.L.L.' inside the blue bubble.

Mental Health Helpline For Wales
Community Advice & Listening Line
Offering a confidential listening and support service

Freephone **0800 132 737**

Or text help to **81066**

Age Cymru Advice

Age Cymru Advice is committed to being the foremost information and advice service to older people in Wales. They aim to provide effective, accessible, high-quality information and advice while offering a free, impartial and confidential service. They can assist older people themselves, their family, friends, carers or professionals.

Our freephone advice line

If you want to talk to one of

our expert advisors,

in Welsh or English, call us on **08000 223 444**.

The advice line is open between 9am and 5pm, Monday - Friday.

You can also email us at advice@agecymru.org.uk or visit our website at www.agecymru.org.uk/advice



The Wales Dementia Helpline

The Wales Dementia Helpline offers emotional support to anyone, of any age, who is caring for someone with Dementia as well as other family members or friends. The service will also help and support those who have been diagnosed with Dementia.



Support, information and agency signposting for anyone caring for a family member or friend with Dementia.

Freephone: **0800 808 2235**

Or text 'help' to: **81066**

The Silver Line

The Silver Line is the only confidential, free helpline for older people across the UK open every day and night of the year. They also offer telephone friendship where volunteers are matched with older people based on their interests, facilitated group calls, and help to connect people with local services in their area.



Mind

Mind have developed a webpage specifically for supporting individual wellbeing during the Coronavirus pandemic. It includes practical advice for staying at home, from eating well to keeping track of your medication:

<https://www.mind.org.uk/coronavirus-we-are-here-for-you/>



The British Red Cross

The British Red Cross is offering free and confidential Coronavirus support helpline.

A friendly volunteer can help with practical information and advice, emotional support and connect you with support in your area.

The phone line is open daily from 10am to 6pm.

For more information please visit:

redcross.org.uk/coronavirus-support-line



Community Wellbeing Service

Funded by Cardiff Council, this service offers a signposting service to support people at this time, dealing with a wide range of issues from money worries to loneliness. This service is open to anyone who lives in Cardiff and offers online courses as well as opportunities to become a Community Champion in your local area. The service is provided over the phone as well as virtually. To make a referral or self refer visit: www.unitedwelsh.com/communitywellbeing or call **02920 858148**



Cardiff Council Advice Line

Cardiff Council have set up an Advice Line for Cardiff residents.

Option 1 – Benefits, Job advice and Housing

Option 2 – Library Line (click and Collect service) to order up to 5 books and collect from your local Hub. Tel: **02920 871071**



Healthy@Home

A resettlement service for people across Cardiff and the Vale who are discharging from hospital, or are vulnerable and at risk of admission to hospital.

Support is available 7 days a week from 8.30am-4.30pm.

The service is currently operating primarily as a telephone support service. We are not, at this time, able to enter the homes of our clients but can offer a range of support:

- Providing weekly check in calls
- Advice and guidance
- Signposting
- Home safety information

Healthy@Home also offer shopping and prescription pick up services. We are accepting referrals, and would be happy to answer any questions about potential referrals to the service. Please contact us on: **07376858877**



Glamorgan Voluntary Services

GVS have produced a directory of third sector services which can support people during the Covid-19 crisis.

www.gvs.wales/support-for-groups/gvs-covid-19-response



Finally...

Please remember to follow the most up to date Government guidance associated with COVID-19 to help reduce the spread of the virus.

For more information visit: gov.wales/coronavirus

Stay 
Steady
Aros yn
 Gadarn



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

This wellbeing guide was created by Cardiff and Vale Local Public Health Team.

July 2020.