



directors of
adass
adult social services
West Midlands

‘Movement in Practice’ – A West Midlands Showcase Event

Adults Principal Social Workers Network

‘Virtual Event’ in conjunction with
WM-ADASS

19 June 2024





“Striving to have the best regional improvement programme in England”



Housekeeping:

- We'll be recording this event and the video will be made available after the event;
- Audience: Please switch **off** your microphone **and** video. Any communication can be submitted via 'Chat';
- MST automatically records attendee details i.e. email address. We will use this to identify people who joined. This data will be deleted within 4 weeks after the event;
- We will not sell or share your Data with a 3rd Party. Data will not be used for any purpose other than to share relevant circulars i.e. sharing the PowerPoint or recording.



**Promoting
physical
activity to
disabled
people**

**Professor Brett Smith
Amarjit Randhawa
Dr Anna Pettican**

Poll 1:

**Do you think having conversations
about physical activity should be
part of your role? Why?**

Origin story

UK Chief Medical Officers' Physical Activity Guidelines

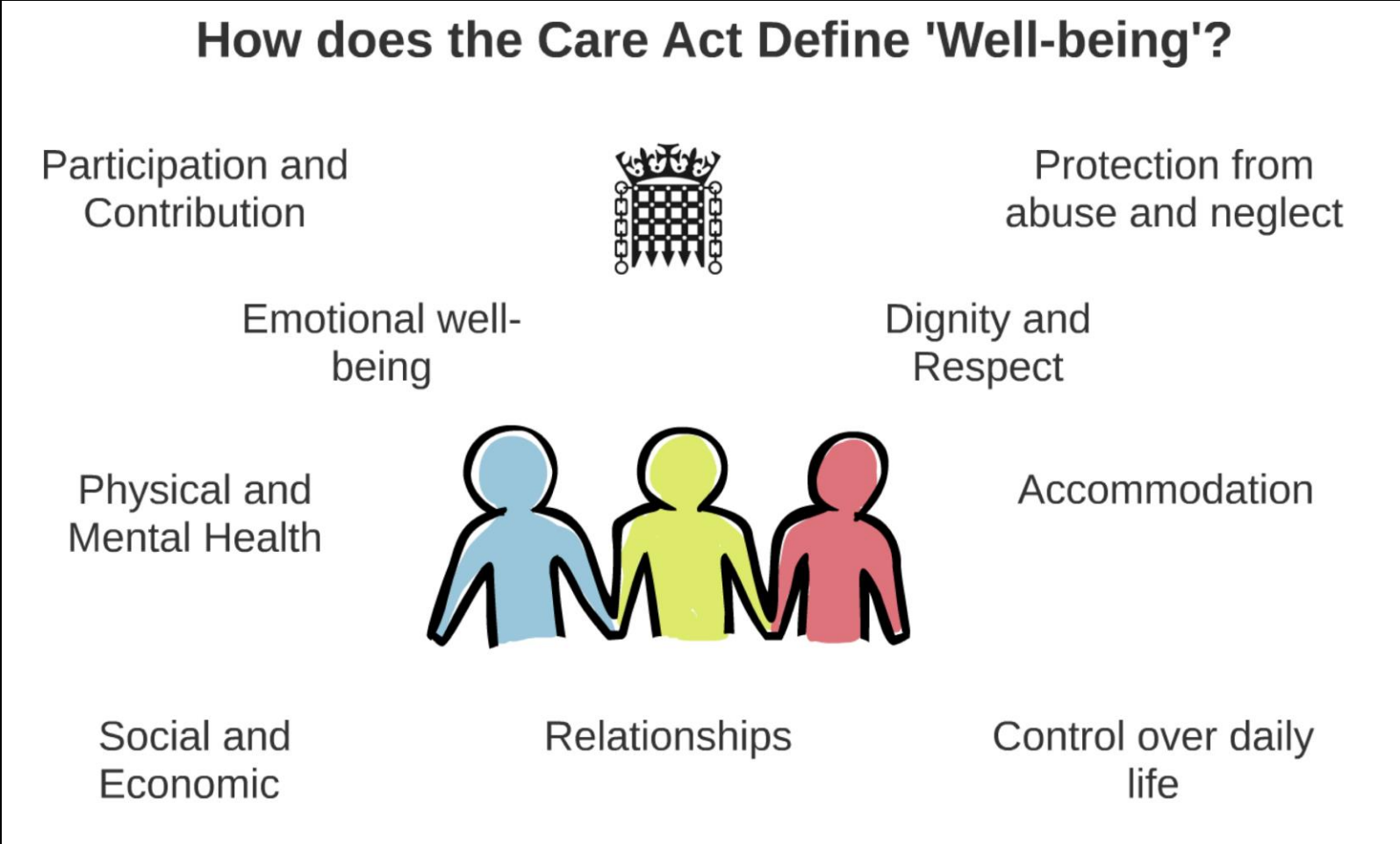
Moving Healthcare Professionals



Evidence-based, strength based, and co-produced

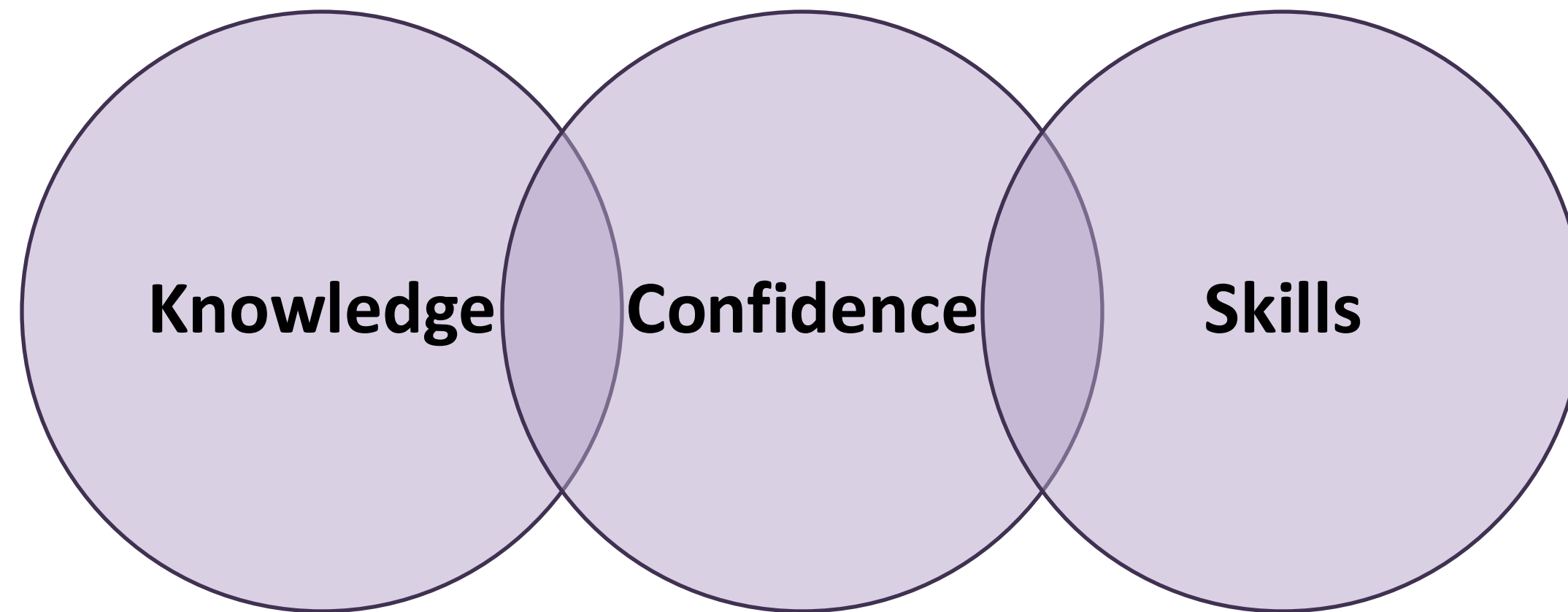
Is it part of your role to have conversations about physical activity? Why?

Want physical activity conversations with trusted professionals



Wellbeing for self

Learning objectives: To improve



To have conversations with disabled people about moving more

Transferable, new or refresh

Defining physical activity

What is physical activity?

What does physical activity
mean to you?

Movement



Don't forget strength and balance



Benefits of moving

What are the benefits of physical activity?

Is physical activity harmful?

Benefits of moving

Physical health


Mental health


Substance abuse


Stress


Loneliness


Trauma


Self-compassion


Meet new people


Confidence


Sense of achievement


Pleasure


Poll 2 and 3

- Physical inactivity is responsible for 1 in ??? deaths
- Physical inactivity costs our health and social care system *how much* per year?

THE LANCET

The cost of inaction on physical inactivity to public health-care systems: a population-attributable fraction analysis

Andreia Costa Santos, Juana Willumsen, Filip Meheus, Andre Ilbawi, Fiona C Bull

Prevention is better than cure

Our vision to help you live well for longer

Prevention in social care


Published: May 2021

“






Prevention is about helping people stay healthy, happy and independent for as long as possible. This means reducing the chances of problems from arising in the first place and, when they do, supporting people to manage them as effectively as possible. Prevention is as important at seventy years old as it is at age seven.

”

Dangerous?


Moving Medicine

It's safer for people with long-term conditions to be physically active

- 1. The benefits outweigh the risks**
Physical activity is safe, even for people living with symptoms from multiple medical conditions.

- 2. The risk of adverse events is very low but that's not how people feel**
Well informed conversations with healthcare professionals can reassure people who are fearful of their condition worsening, and further reduce this risk.

- 3. It's not as easy as just telling someone to move more**
Be aware of the concerns of individuals and their carers to help build confidence.

- 4. Everyone has their own starting point**
Help people identify their own starting point, begin there and build up gradually.

- 5. Stop and seek medical review if...**
They notice a dramatic increase in breathlessness, new or worsening chest pain and/or increasing GTN requirement, a sudden onset of rapid palpitations or irregular heartbeat, dizziness, a reduction in exercise capacity or sudden change in vision.


To find out more scan the QR code or visit www.movingmedicine.ac.uk

Courage
Creativity
Care

Risk often is assuming a deficit view of the person

Benefits of moving

Poll 4:

How much physical activity is recommended to do per day/week?



Evidence

Physical Activity for Disabled Children and Disabled Young People

Getting and staying active is about

- Equality
- Inclusivity
- Finding what's fun
- Exploring what activities make you feel good

Benefits of physical activity

- Meet new people
- Confidence and concentration
- Mental health
- Sense of achievement
- Muscles and motor skills
- Calmer, less stressed
- Balance and coordination

How much physical activity should I do?

- When starting build up slowly
Ask: Can you do this today?
Do bitesize chunks of physical activity throughout the day
- For good health benefits do **20 mins** of physical activity per day
- Do challenging but manageable strength and balance activities 3 times per week
Small amounts of physical activity are good for you as well

UK Chief Medical Officers' Physical Activity Guidelines for Disabled Children and Disabled Young People 2022. This infographic was co-produced with disabled children, disabled young people, parents and carers.

Chief Medical Officers' Guidelines

Adults: 150 mins a week - moderate to vigorous intensity

Children: 20-60 minutes a day

10 minutes has benefits also

Move often



Every move counts



More is better



Health and social workers are uniquely placed and we can learn from them

Conversations

Medicalised:
Health and individual



Rights based:
Social and empowerment

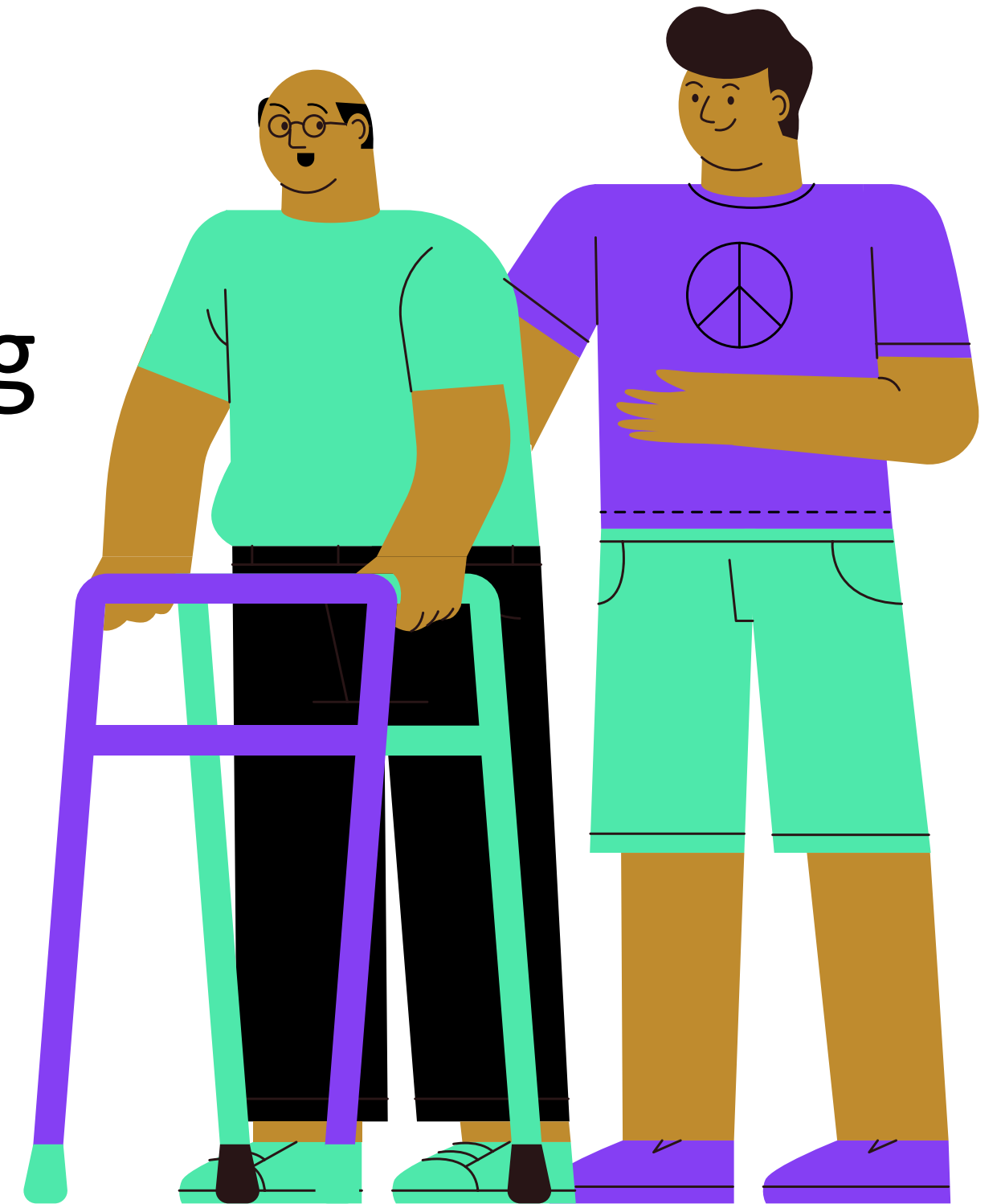
Social justice through physical activity: Inequalities, loneliness, substance abuse, mental health, schizophrenia, enjoyment

A word from Anna: Occupational therapist

Lived experience: Over to Danny

Practical skills

Having conversations about moving
more often in routine practice






Journal of Public Health: From Theory to Practice
<https://doi.org/10.1007/s10389-021-01653-4>

REVIEW ARTICLE



Making Every Contact Count and Healthy Conversation Skills as very brief or brief behaviour change interventions: a scoping review

Amelia Parchment¹  • Wendy Lawrence^{2,3} • Rachel Perry⁴ • Em Rahman⁵ • Nick Townsend¹ • Elaine Wainwright⁶ • David Wainwright¹

Received: 17 March 2021 / Accepted: 5 September 2021

Making the most of moments:
Opportunistic and person centred conversations
about physical activity in all appropriate contact

Golden rules: 3 A's for inductive foraging

Ask: Simple, open and short questions

Create opportunities to explore new stories to live by

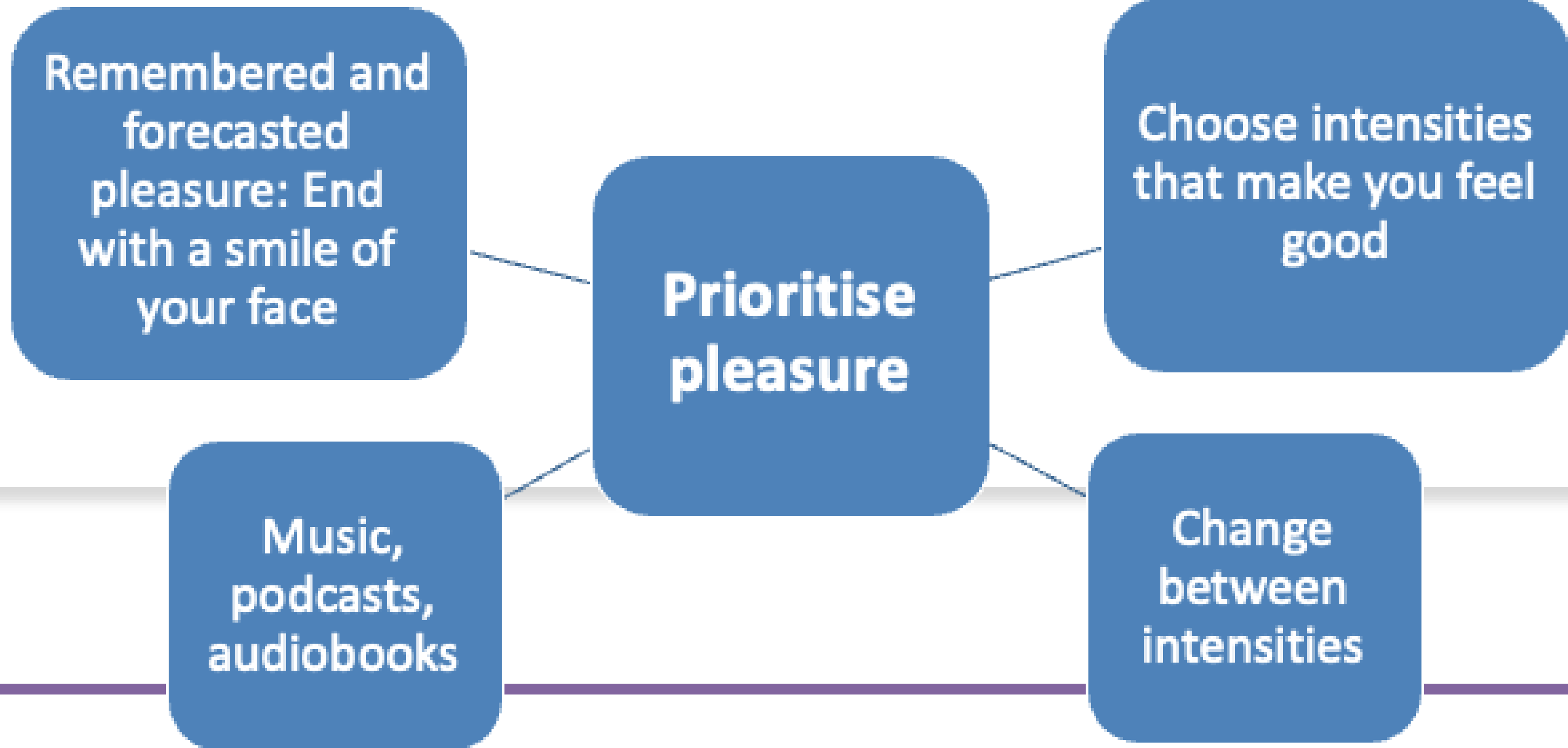
Assist: Link each question with something the other person has said

Create space and attentive listening – track flow of words

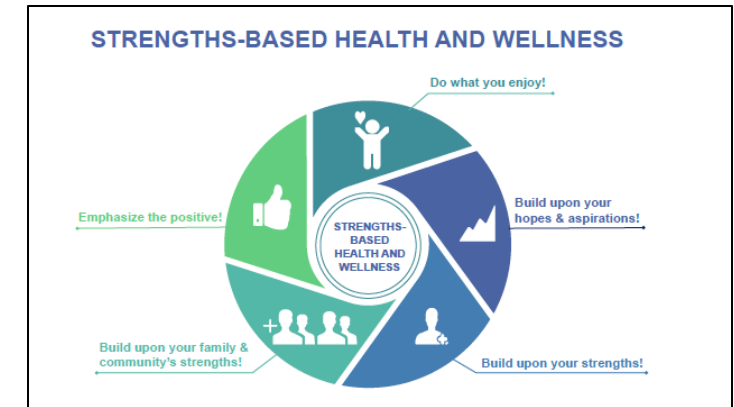
Act: Less fixing and persuading - more listening until flow of words end and later offer concise suggestions and signpost

Strength-based
Person centred

Affect guided physical activity



Example of a physical activity action plan



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						

SMART goal setting

A word from Anna: Occupational therapist

Act - Compass: Signposting

WE ARE
UNDEFEATABLE

Ways
to Move

Getting
Started

Our
Stories



GET MOVING AROUND THE HOME

Discover the many ways you can be active, without needing to leave your house and whenever suits you.

[READ MORE](#)

activity
alliance
disability
inclusion
sport

The national charity and leading voice for disabled people in sport and activity

Adapting activities

There are many ways to adapt activities so more people can move more in their home or garden. The STEP tool is one of the most effective ways to use household items to be active. STEP stands for **Space, Task, Equipment and People**.

Get Yourself Active – At Home!



Act - Compass: Signposting

<https://www.youtube.com/@getyourselfactive-athome7517/videos>

Get Yourself Active - at Home
@getyourselfactive-athome7517 · 195 subscribers · 26 videos
Disability Rights UK has been working together with Sense and Durham University to find o
getyourselfactive.org and 1 more link
Subscribe

Home Videos Shorts Playlists Community

Latest Popular Oldest

- Active Together (Captioned)**
Both laughing 12:54
389 views · 1 year ago
- Active Together (No music)**
Both laughing 12:54
40 views · 1 year ago
- Active Together (BSL)**
In Trafford Choices we are always doing activities to keep people fit and to make sure that they are enjoying themselves 12:54
102 views · 1 year ago
- Body weight workout with Becky #4 - Whole body**
44 views · 3 years ago
- Body weight workout with Becky #3 - Lower body**
Halfway 11:33
39 views · 3 years ago
- Body weight workout with Becky #2 - Core/Abs**
12:53
31 views · 3 years ago
- Body weight workout with Becky #1 - Upper body**
Brilliant 11:43
104 views · 3 years ago
- Seated Dance with Rachel #4**
Shimmy 17:29
79 views · 3 years ago
- Seated dance with Rachel #3**
And single, single 17:11
132 views · 3 years ago
- Seated Dance with Rachel #1**
Twist 17:34
953 views · 3 years ago
- Multi sport activities with Mark #4**
We're now going to put up a little net 13:47
86 views · 3 years ago
- Multi sport activities with Mark #3 - Volleyball**
You might punch it 11:22
47 views · 3 years ago
- Multi sport activities with Mark - #2**
10:36
84 views · 3 years ago
- Multi sport activities with Mark #1**
10:47
130 views · 3 years ago
- Seated Cardio and Strength with Ben #4**
08 CARDIO
Good work 21:41
91 views · 3 years ago
- Seated Cardio and Strength with Ben #3**
SHOULDER TAPS
17:22
118 views · 3 years ago

Screenshot

Compass: Signposting

The screenshot shows the top navigation bar with the Active Partnerships logo and menu items: About Us, What We Do, Latest, Active Partnerships, and Impact. Below the navigation is a breadcrumb trail: Home » Active Partnerships. The main content area features a large blue banner with the text "YOUR ACTIVE PARTNERSHIP" and a sub-header "YOUR ACTIVE PARTNERSHIP". Below the banner is a paragraph: "For all your requests related to sport and physical activity, we have a contact who can help you throughout the whole of England. Use the map below to locate your Active Partnership contact or use the dropdown menu below." Below the text is a "Choose Your Region" section with a dropdown menu labeled "Region" and a map of England with a red dot indicating a selected region.

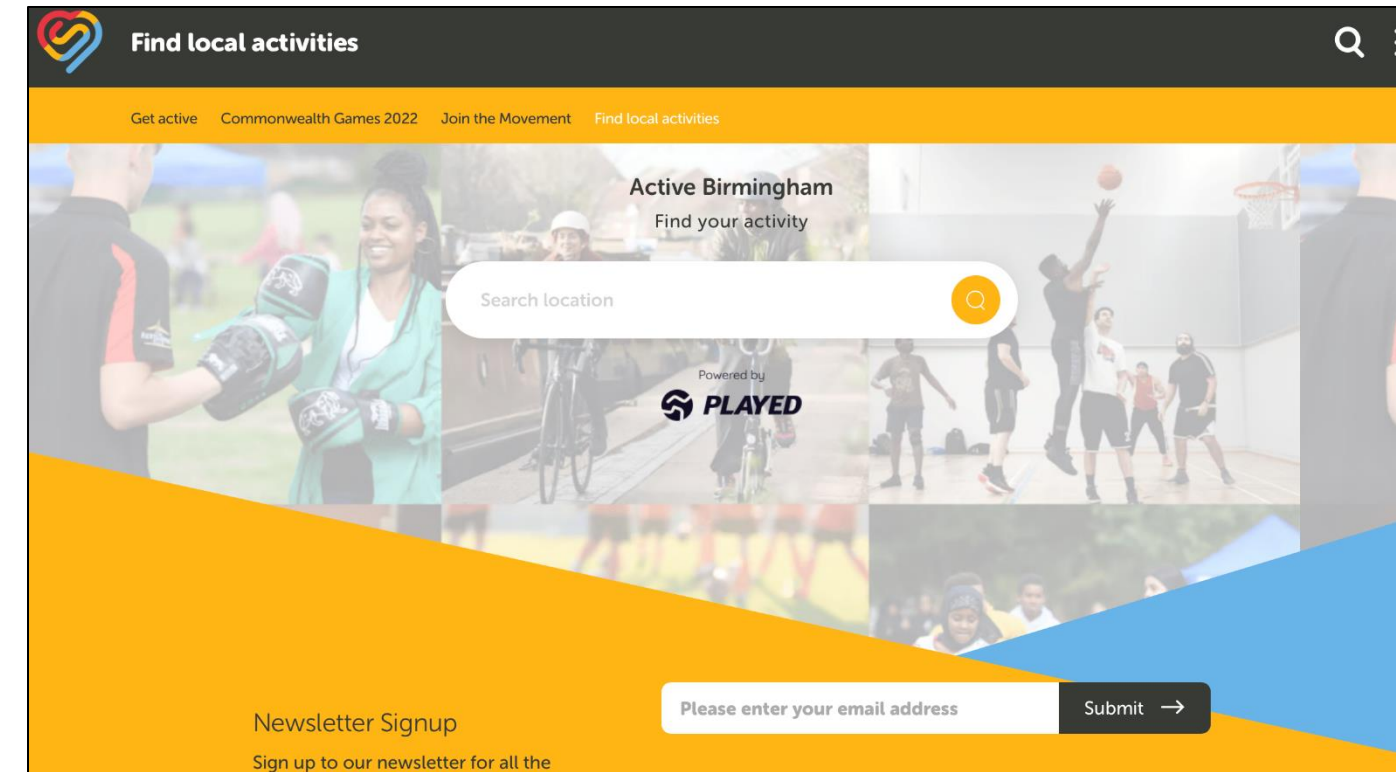
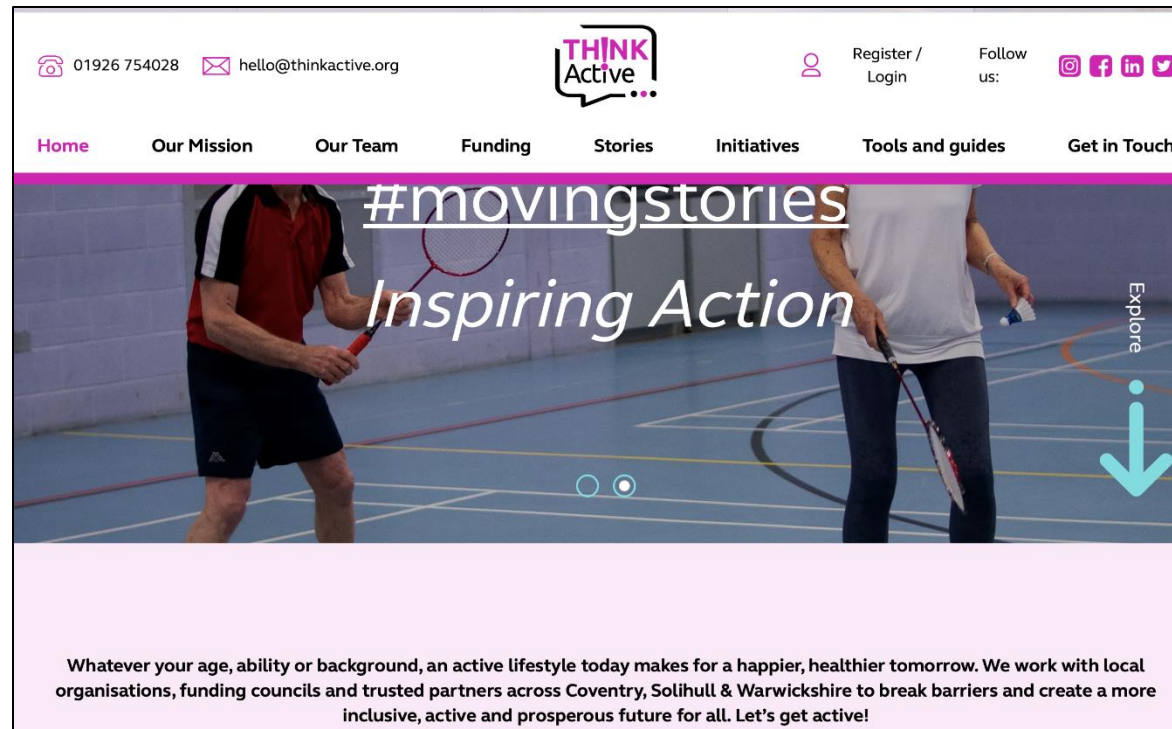
The screenshot shows the Active Black Country website page. The header includes the Active Partnerships logo and navigation menu. The main content area features the Active Black Country logo and the text "Active Black Country". Below the logo is a paragraph: "activeblackcountry.co.uk", "lan.carey@activeblackcountry.co.uk", and "08458 15 15 15". To the right is a map of England with a red dot indicating the location of Active Black Country.

The screenshot shows the Sport Birmingham website page. The header includes the Active Partnerships logo and navigation menu. The main content area features the Sport Birmingham logo and the text "Sport Birmingham". Below the logo is a paragraph: "sportbirmingham.org". To the right is a map of England with a red dot indicating the location of Sport Birmingham.

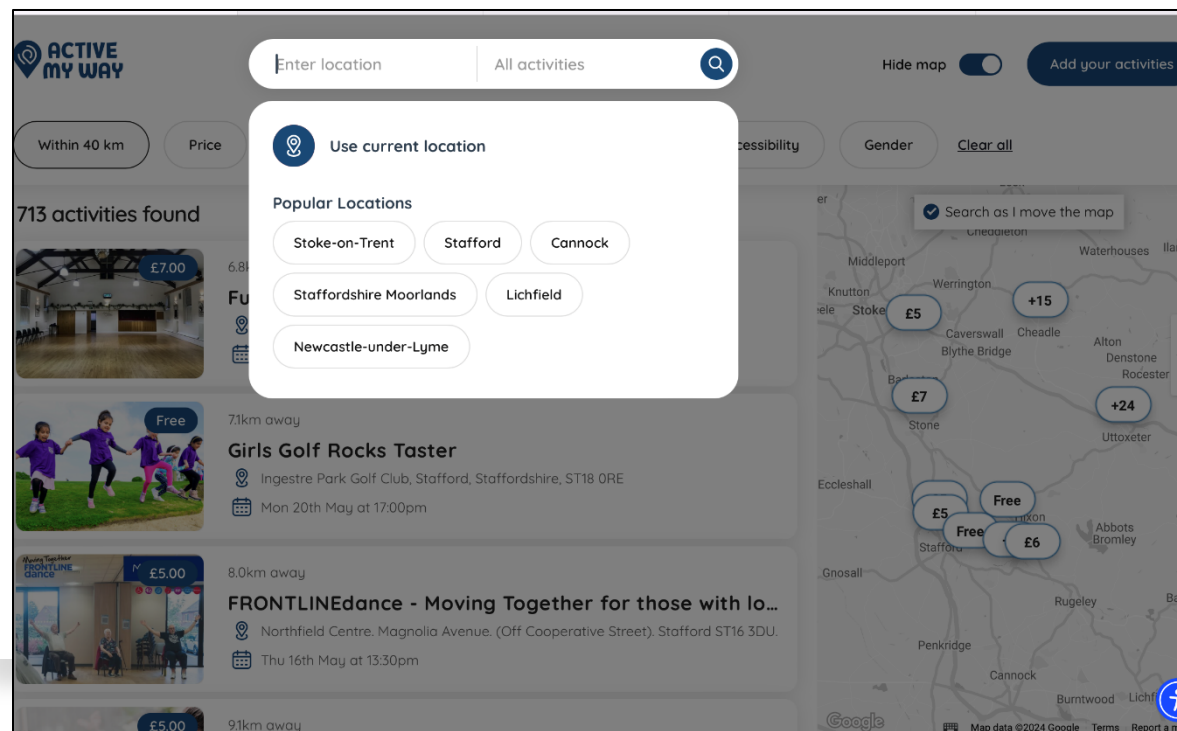
The screenshot shows the Active Herefordshire & Worcestershire website page. The header includes the Active Partnerships logo and navigation menu. The main content area features the Active Herefordshire & Worcestershire logo and the text "Active Herefordshire & Worcestershire". Below the logo is a paragraph: "activehw.co.uk", "activehw@worc.ac.uk", and "01905 855498.". To the right is a map of England with a red dot indicating the location of Active Herefordshire & Worcestershire.

<https://www.activepartnerships.org/active-partnerships>

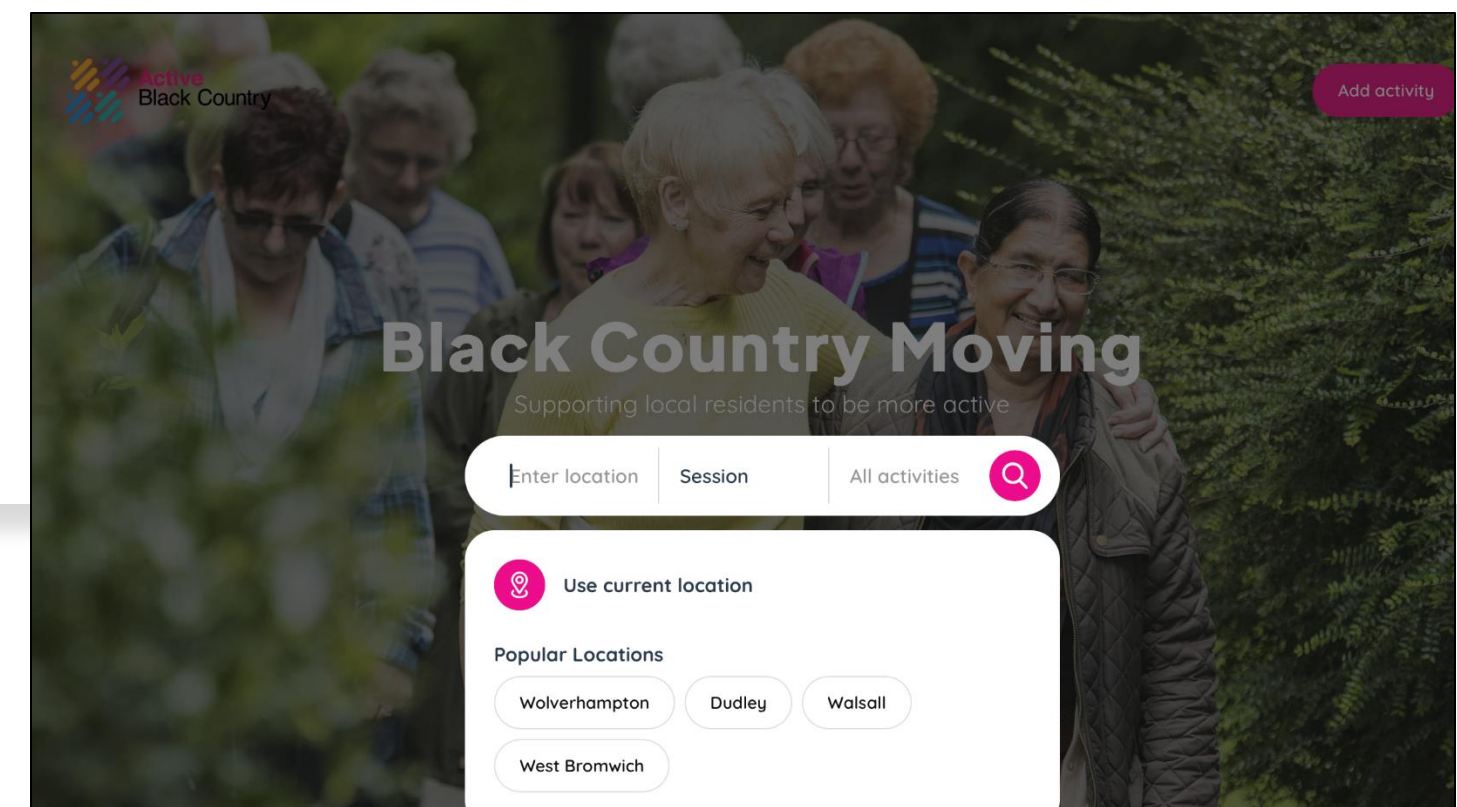
Compass: Signposting



<https://sportbirmingham.org/get-involved/find-local-activities/>



https://activemyway.activityfinder.net/search/sessions?lat=52.8792745&lng=-2.0571868&place_id=ChIJ_dclMtSACeRzqVXT1iITEEs



<https://blackcountrymoving.activityfinder.net>

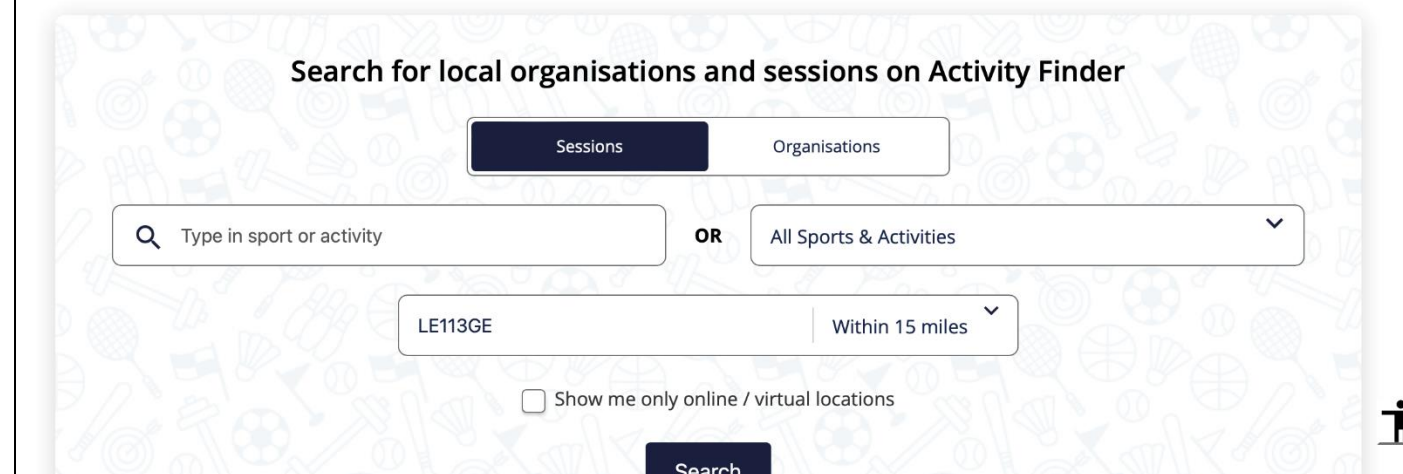
Compass: Signposting

Welcome to the British Blind Sport Activity Finder. Whether you are already active and looking for new challenges or want to get active and don't know where to start, this is a great resource for you!

Find out what sports and physical activities are available in your local area by using our Activity Finder below.

Are you a club or organisation that offers VI-inclusive sessions, please add them to our Activity Finder by registering for an account and adding your details. For full details on how to add your sessions/club to the Activity Finder, please go to our latest blog post: <https://britishblindsport.org.uk/news/2023/10/calling-all-vi-inclusive-clubs-and-organisations-to-sign-up-to-our-new-activity-finder>

• [Sign Up and Submit a Session](#)



The screenshot shows a search interface for local organisations and sessions. At the top, there are two tabs: 'Sessions' and 'Organisations'. Below this is a search bar with the placeholder text 'Type in sport or activity' and a dropdown menu set to 'All Sports & Activities'. To the right of the search bar is a radio button labeled 'OR'. Below the search bar, there is a text input field containing 'LE113GE' and a dropdown menu set to 'Within 15 miles'. At the bottom left, there is a checkbox labeled 'Show me only online / virtual locations'. A 'Search' button is located at the bottom right. The background features a pattern of various sports icons.

<https://britishblindsport.org.uk/activity-finder>



<https://everybodymoves.org.uk>

Breakout room: 8 minutes

How can social and health professionals work well together to support people to move more often? What barriers might you face to multidisciplinary / interprofessional working, and how could you overcome them?

Poll

Question 5:

I would like to be more active throughout the day in my job

1. Yes

2. No

Wellbeing for Self



“We don’t have time. We never have the time. But we need to move more for ourselves. We need to take care of ourselves. When possible, we now include it into our daily work. It helps us. We are no good to anyone, ourselves included, if we can’t take of ourselves and being active is one great way to help with this.”

Wellbeing for Self



Moving
assessment



Zoom
standing



Meetings on
the move



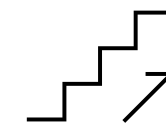
Walking
Wednesday's



Yoga
Thursday



More stairs /
ramps less
lifts



Take home messages

Embed 'moving more often' in conversations when possible

Don't forget yourselves - You matter!

Confidence and knowledge

Investing in You Dialogue and Change Award

Giving national recognition for good practice and active inclusion of research participants and service users in dialogue resulting in change.

Evidence of Dialogue

Dialogue is an interactive, on-going process, not a one off event. A distinction is made between 'consultation' where powerful people consult the powerless, and dialogue where members of the public and service users are seen as partners with a valid contribution to make to the design and delivery of projects.

Evidence of Change

Dialogue should not be seen as an end in itself, dialogue must lead to change. Having invited members of the public and service users to comment on a project, we need to make sure that they are able to influence its development

The process

Evidence must come from members of the public and service users themselves. A member of the team will arrange to speak to people involved in the project to hear their experience of sharing their views and how this has changed things. All of the will be written up into a report which those involved will have the opportunity to read and approve.

If there is enough evidence of dialogue and change, the award will be made to the project.

**Brief evaluation then
over to Sarah**