



# STOPFALLS

## Staying healthy at home

#BackToBetterHealth

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Visit **hcpastopfalls.info** to find our exercise videos and follow along at home.

Download the free **StopFalls App**, where you can watch these exercise videos at home and follow along as well as fall proofing your home.



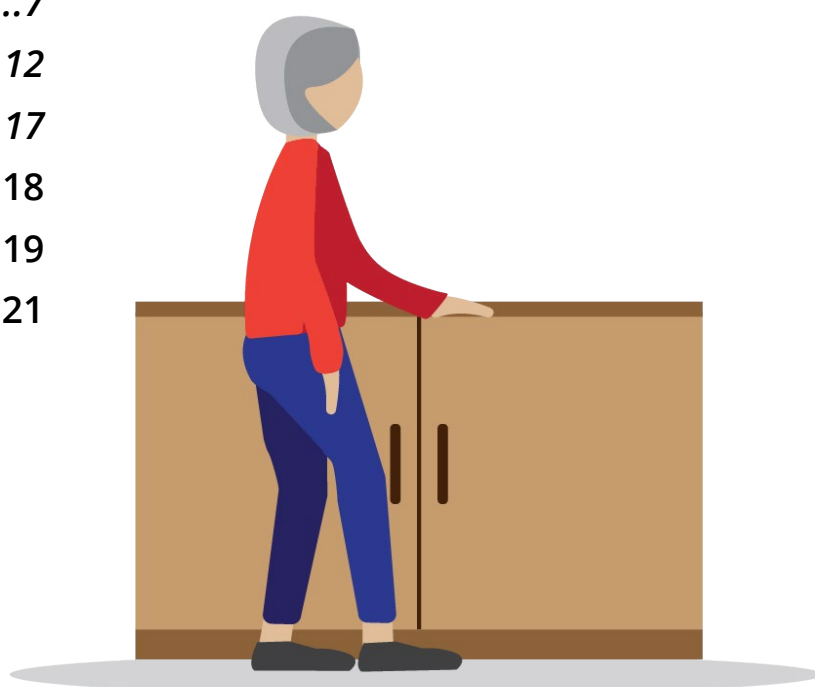
# About this booklet

This booklet gives you information and top tips to staying healthy. You will find out the importance of an active lifestyle and how to reduce falls around the home. The governments guidelines explain that we should be doing 150 minutes of exercise per week with strength exercises twice a week. The simple instructions make it easy for you to exercise at home, start the exercises slow and build up in your own time. Please make sure you have read the below checklist to make sure you are ready to exercise.

Follow a live exercise class on zoom weekly. Visit [hcapa.info/stopfalls](http://hcapa.info/stopfalls) for more information on class times!

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# Disclaimer

## Participant's Agreement for completing exercise

### Responsibility & Accountability

You will be retaining ultimate responsibility and accountability for the proposed area of practice and the performance of these exercises.

### Risk Mitigation

Consider whether you are taking adequate steps to ensure the safety effectiveness of your exercise. You will adapt and progress individual exercises in-line with your own / the person you care for abilities. If you are ever in doubt of abilities seek further advice.

### Autonomy for Healthcare Professionals

Consider how you are working autonomously i.e. are you able to make decisions without the permissions of another Healthcare professional. You may need to seek advice or guidance from another professional before delivering exercises.

*By continuing to partake in these exercises you do so at your own risk, please only participate if you are safe to do so. All content is provided as general information by HCPA. It should not be treated as a substitute for any other medical advice and you take responsibility for any exercise carried out not HCPA.*

**Before you exercise, please use this checklist to make sure you are safe to do so. If you choose to partake in these exercises please remember you are exercising at your own risk.**

- It is normal to feel some muscle soreness after exercise, if you experience persistent pain then seek advice from your GP or other health professional
- For the exercises with a chair, choose one that is stable and without wheels
- Try to attempt these exercises twice a week, start slowly and increase the repetitions over time
- If you are unsure whether you should be exercising, consult with your GP or other health professionals
- Please do not participate in exercise if you experience chest pain, dizziness or severe shortness of breath, call 111 if you experience these symptoms or 999 in an emergency
- If you are using an exercise band, please only use it if it is free from any damage
- Please have water nearby to keep yourself hydrated during and after exercise

Visit our dedicated webpage at **[hcpastopfalls.info](http://hcpastopfalls.info)** for information, videos, and support for exercise, engagement activities and wellbeing for you, your staff and the people you care for.

# The benefits of exercising

The Department of Health Physical Activity Guidelines for Older Adults (aged 65+) suggests 15 minutes of moderate exercise per week, with muscle strengthening exercises 2 days a week. Also, older adults at risk of falls should exercise their balance and coordination 2 days per week to reduce this risk.

The latest guidance reminds individuals that 'any movement is good movement'.

## Light Physical Activity Suggestions:

Beyond the exercises shared in this booklet, we've compiled some simple suggestions for you to keep healthy and moving. Make sure you're breaking up long periods of sitting or lying down with some of the following:



# The benefits of physical activity

Regular exercise benefits both mental, physical and emotional health. Here are some of the specific benefits you can expect to experience with an active and healthy lifestyle.

## Improved Mental Well-being

Regular physical activity has been scientifically proven to help reduce the risk of depression. Exercise helps release the 'feel good' endorphins in your body during challenging physical activity.



## Improved Physical Strength

Engaging in the evidence-based strength exercises in this booklet will increase your physical strength. Tasks such as walking up the stairs, getting out of the chair and opening jars will become easier.

## Improved Flexibility

Exercising regularly will help stiff and tight joints. With more practice you may find you have more freedom of movement in the ankles, shoulders and hips.



## Improved Posture

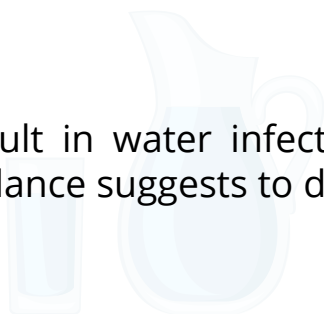
Strengthening and stretching your body will help your breathing, balance, posture and overall mood.

# Staying healthy at home

Beyond physical activity and exercise, there are many things you can think about to be healthy at home

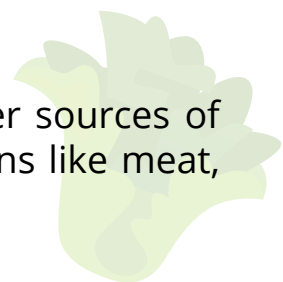
## Keeping Hydrated

Being dehydrated can result in water infections, poor skin and increase the likelihood of falls. Best guidance suggests to drink between 8-10 glasses a day to stay hydrated.



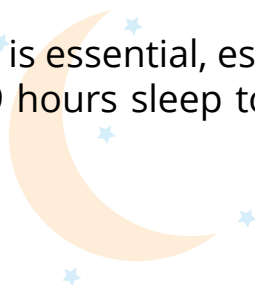
## Nutrition

Eating a variety of different foods can assist bone health. Consider sources of calcium and vitamin D to reduce the risk of bone fractures. Proteins like meat, fish and eggs are good for maintaining and repairing muscle.



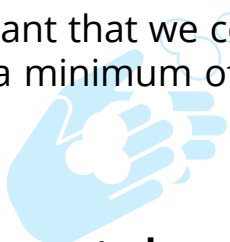
## Sleep

Getting the right amount of sleep is essential, especially if you've been exercising that day. Aim to get between 7-9 hours sleep to recover and feel energized for the day.



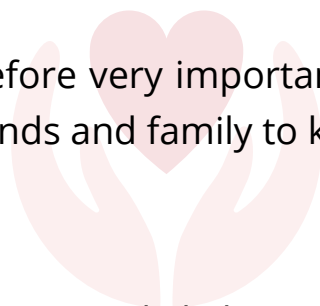
## Hygiene

It is important that we continue to practice good hygiene. Including washing the hands for a minimum of 20 seconds to prevent the spread of bacteria and self-infection.



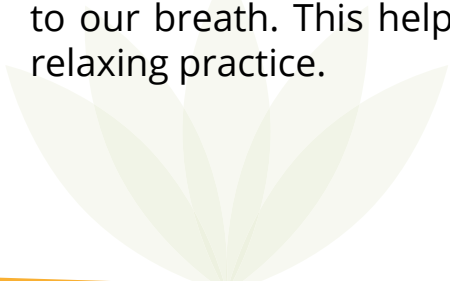
## Staying Connected

Humans are sociable by nature, it is therefore very important that we continue to practice keeping in contact with our friends and family to keep our mood up.



## Mindfulness

We all over-think, get stressed and anxious on a daily basis. It is therefore very important to take a few minutes out of our day to relax and bring our focus back to our breath. This helps bring us back to the present through a soothing and relaxing practice.



The page features several large, hollow hexagonal outlines in different colors: brown, olive green, and orange. These shapes are scattered across the page, with some partially cut off by the edges. The word "EXERCISES" is centered in a bold, dark grey font.

# **EXERCISES**

## HCPA Chair Based Exercise Guidance

These exercises are safe and effective for the majority of individuals. Only take part if the individual has been assessed as safe to take part. These exercises can be done 2-3 times per week. **Please refer to our checklist at the beginning of this brochure before beginning your exercise.**

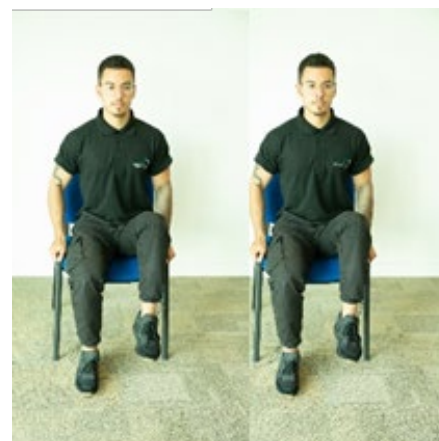


- Make sure the chair is sturdy
- Ensure the person wears supportive shoes
- If the person experiences chest pain, dizziness or severe shortness of breath, stop and call the GP or 111 or 999 in an emergency
- A slight soreness the next day is normal

### WARM UP EXERCISES

- **Leg March** - Hold onto chair if support is needed. Each leg to be lifted alternatively in a marching action using their toe and then onto their heel to avoid stomping.

*Aim to achieve 30 secs x 3 sets*



- **Arm Swings** - Swing each arm alternatively, with the movement coming from the shoulders. It is important that participants are sitting in the correct postural position to allow range of movement through the shoulder joint

*Aim to achieve 30 secs x 3 sets*

- **Tap and Clap** - Tap thighs softly, bring the hands back up towards the chest and clap. Repeat slow and controlled as this movement is repeated

*Aim to achieve 30 secs x 3 sets*



## MOBILITY EXERCISES

### Ankle Activators

This exercise loosens the ankle joint

- Place one foot in front, with the heel on the floor
- Lift the foot and place the toes where the heel originally was
- Repeat four times on each foot



### Trunk Twist

This exercise loosens the lower back

- Sit tall on a chair
- Cross the arms, and turn the upper body to the side, back to the front, then turn the other way
- Repeat this movement four times



### Shoulder Lifts

This exercise loosens the shoulder joint

- Sit tall on a chair
- Lift the shoulders upwards towards the ears, then begin to lower slowly
- Repeat this movement four times



## STRENGTH EXERCISES

*\* The following exercises are to be performed if you have a resistance band. Please make sure your band is safe to use and free from damage.*

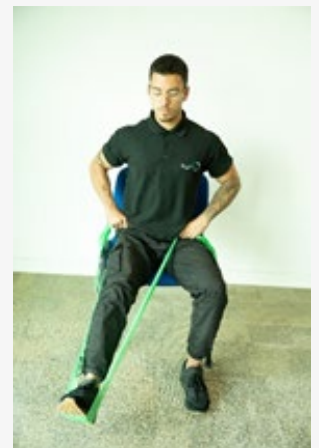
- **\*Upper Back Strengtheners** - Keeping wrists firm and straight, keep elbows to the sides of the body. Stretching the band and then slide the elbows back to draw the shoulder back together

*Aim to achieve between 8-12 repetitions with good skill and control*



- **\* Thigh Strengtheners** - Pull the band in toward the hips to create the resistance. Keep knee lift low, push down and away from the body ensuring you don't lock the knee. Sit tall and avoid leaning backwards. Slow and controlled, breathing naturally. Repeat on other leg.

*Aim to achieve between 8-12 repetitions with good skill and control*

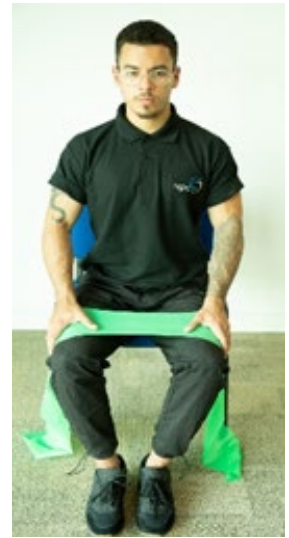


- **\* Arm Curl** - Keep the elbow against the side of the body, keep wrists firm throughout. Movement is from the elbow not the shoulder. Lift the band towards your shoulders. Repeat on the other arm.

*Aim to achieve between 8-12 repetitions with good skill and control*

- **\* Outer Thigh Strengtheners** - Keep feet flat on the floor, knees above feet. Place band over your thighs. Push your knees out to the side, then relax to starting position. Try to avoid letting the knees touch between each rep. Keep movement smooth and controlled.

*Aim to achieve between 8-12 repetitions with good skill and control*



- **\* Wrist Strengtheners** - Grip band, twist and push away from your body, then pull. Keep wrists firm throughout. After 5-6 reps swap hands over and finish your set

*Aim to achieve between 8-12 repetitions with good skill and control*

- **\* Chest Strengtheners** - Maintain straight wrists throughout, begin with elbows tucked into your side and as you straighten arms without locking the elbows. Keep an upright posture doing this with the tummy pulled in towards the spine

*Aim to achieve between 8-12 repetitions with good skill and control*



## COOL DOWN STRETCHES



### Calf Stretch

This increases the range of movement at the ankle

- Place one foot in front, with the heel on the floor
- Point the toes upwards towards the ceiling (a slight pull in the calf should be felt)
- Hold this position for up to ten seconds, then repeat on other leg

### Hamstring Stretch

This exercise increases the range of movement in the hips

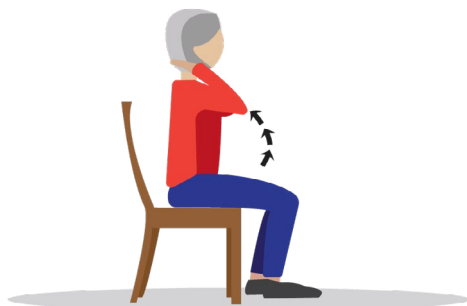
- Place one foot in front, with the leg straight and the heel on the floor
- Place the hands on the bent knee for support, 'sit tall', then lean forwards, (a slight pull on the back of the thigh should be felt)
- Hold this position for up to ten seconds, then repeat on other leg



### Upwards Side Stretch

Increases range of movement in the shoulder

- Place one hand on the shoulder of the same side and lift that elbow upwards towards the ceiling with the opposite hand
- Hold this position for up to ten seconds, then lower slowly and repeat on other arm



*Chair Based Exercises are not evidenced based for improving balance , but are suitable for those unable to take part in balance exercises.*

## HCPA Strength & Balance Guidance

These exercises are safe and effective if you feel confident in a standing position, or if you or the individual have been assessed as safe to take part. These exercises can be done 2-3 times per week. **Please refer to our checklist at the beginning of this brochure before beginning your exercise.**

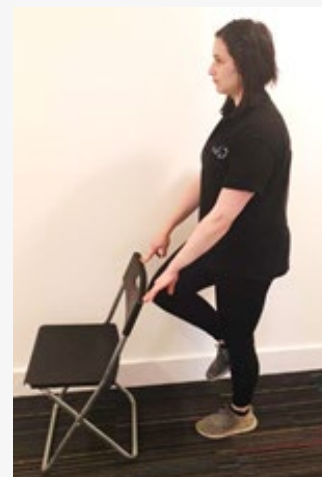


- Make sure the chair is sturdy
- Ensure residents wear supportive shoes
- If the person experiences chest pain, dizziness or severe shortness of breath, stop and call the GP or 111 or 999 in an emergency
- A slight soreness the next day is normal

### WARM UP EXERCISES

- **Marching** - Standing behind your chair, feet hip width apart with both hands on the top of the chair for support. Begin to lift one knee up towards the body, switching legs into a marching action. You may want to reduce support of the chair, if you feel confident by using your fingertips or taking one hand away

*Aim to achieve 30 seconds*



- **Arm Swings** - Start with one hand supporting you on the chair. With the other hand start to swing one arm backwards and forwards keeping your elbow close to the body. If you feel confident to then you can take both hand off the support to stand unaided.

*Aim to achieve 30 seconds on each arm swing, or simultaneously for 30 seconds.*

- **Head Movement** - Stand tall with your feet hip width apart and with your hands holding the chair for support. Turn the head slowly left and right as far as you feel comfortable. Ensure that your shoulders stay still so you are only moving the head.



*Aim for 4 turns each side*

- **Trunk Movement** - Standing tall with the feet hip width apart, fold the arms across the chest or place one hand for support on the chair. Turn the upper body each side, keeping your hips square towards the chair.

*Aim to achieve 4 turns each side*



## STRENGTH & BALANCE

- **Side Hip Strengtheners** - Stand tall with feet hip width apart holding onto the chair. Lift one leg slowly out to the side while keeping your toes forwards. Avoid leaning your body to the side. Place the weight evenly back onto both feet before you continue each repetition.

*Hold each lift of up to 5 seconds*

*Aim for 8-10 repetitions*



## Heel Raises

- Stand tall, holding the back of a chair
- Lift the heels off the floor, taking the weight onto the big toes
- Hold for three seconds, then lower with control, and repeat ten times

## Toe Raises

- Stand tall holding the chair
- Raise the toes, taking the weight onto the heels, (don't stick the bottom out)
- Hold for three seconds then lower with control, and repeat ten times



## Sit to Stand

- Sit tall near the front of the chair with the feet positioned slightly back
- Lean forwards slightly and stand up (with hands on the chair if needed)
- Step back until the legs touch the chair then sit down into the chair with control, then repeat ten times





## Heel-Toe Stand

- Stand tall with one hand on the support. Put one foot directly in front of the other to make a straight line
- Look ahead, take your hand off the support and balance for ten seconds
- Take the front foot back to the hip width apart. Then place the other foot in front and balance for ten seconds

## One-Leg Stand

- Stand close to the support and hold it with one hand
- Balance on one leg, keeping the support knee soft and posture upright
- Hold the position for ten seconds, then repeat on the other leg



## Heel-Toe Walking

- Stand tall, with one hand on a support like a kitchen cabinet
- Look ahead and walk ten steps forwards, placing one foot directly in front of the other so that the feet form a straight line
- Aim for a steady walking action. Take the feet back to hip width apart, turn around and repeat the steps in the opposite direction

## COOL DOWN STRETCHES



### Calf Stretch

This increases the range of movement at the ankle

- Place one foot in front, with the heel on the floor
- Point the toes upwards towards the ceiling (a slight pull in the calf should be felt)
- Hold this position for up to ten seconds, then repeat on other leg

### Hamstring Stretch

This exercise increases the range of movement in the hips

- Place one foot in front, with the leg straight and the heel on the floor
- Place the hands on the bent knee for support, 'sit tall', then lean forwards, ( a slight pull on the back of the thigh should be felt)
- Hold this position for up to ten seconds, then repeat on other leg



### Upwards Side Stretch

Increases range of movement in the shoulder

- Place one hand on the shoulder of the same side and lift that elbow upwards towards the ceiling with the opposite hand
- Hold this position for up to ten seconds, then lower slowly and repeat on other arm



*Chair Based Exercises are not evidenced based for improving balance , but are suitable for those unable to take part in balance exercises.*

# Exercise Log

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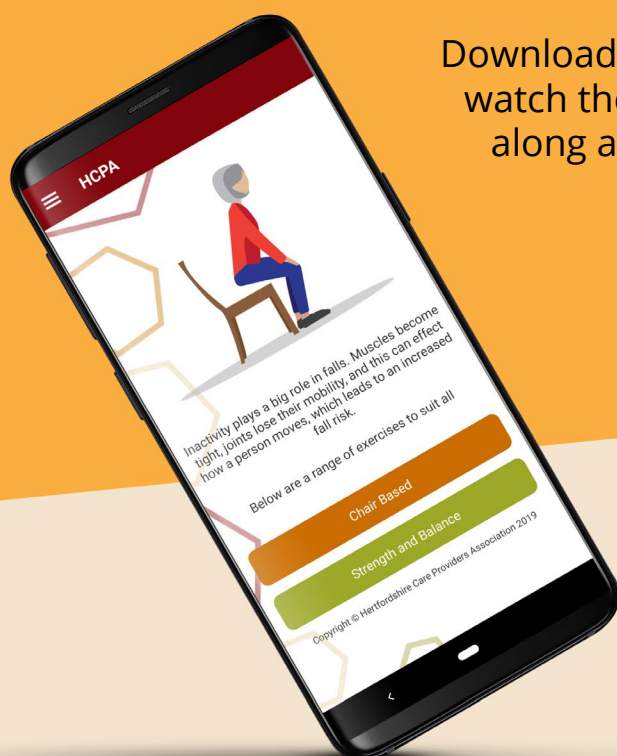
# Online Resources

Visit **hcpastopfalls.info** for further information and support for exercise, engagement activities and well-being for you, your staff and the people you care for.

- Follow video tutorials for Chair Based, Standing & Balance, Tai Chi and Exercise Circuits
- Find a downloadable version of this exercise resource
- Links to download the free StopFalls App
- Links to engagement activities online and offline for care settings
- Find information on well-being for staff and people you support
- Try meditation for stress and anxiety through a video tutorial

Visit **hcpastopfalls.info** to find our exercise videos and follow along at home.

Download the free **StopFalls App**, where you can watch these exercise videos at home and follow along as well as fall proofing your home.



Free to download! Search 'HCPA StopFalls'



# Environmental checks: Fall proof your home

## Lighting

- Avoid trailing cables from lamps
- Advise the person to consider installing two-way switches on the landing so they don't have to walk in the dark
- Suggest always using a bedside light when getting up in the night and using motion activated lighting

## Stairs

- If the person uses stairs, ensure that handrails are installed
- Ensure the stairs are clear of clutter and that a two-way light switch is installed
- Contact an Occupational Therapist to learn more about suitable handrails



## Home Hazard Assessment

Request a home hazard assessment. Your local Occupational Therapy service, local council, or fire and rescue service can help. If any of their recommendations have not been met you should report and log these with your team leader.

Home Hazard Assessment: [www.hertfordshire.gov.uk/services/fire-and-rescue/](http://www.hertfordshire.gov.uk/services/fire-and-rescue/)

## Kitchen / Bathroom

- Clear spills straightaway
- Always use a non-slip mats in the bath and shower
- Consider installing grab rails in the bathroom

## Living Areas

- Check all rugs have a non-slip underlay and consider replacing frayed carpets
- Clear away clutter, especially in the hallway and doorways
- Never store items on the stairs

## Garden

- Keep paths free of fallen leaves, as they may be slippery
- Repair any cracks or uneven pavements to avoid tripping
- Ensure doors and garages are well-lit
- Consider installing safety rails on steps



# How to help a person get up from the floor

Ensure the person lays still for a moment, whilst you keep them calm and check for injuries. If the person is not hurt and they think they can get up, encourage them to follow the steps below.

They must be able to move themselves with guidance. Follow steps from 1-9

## If a person falls on their back feels they can get themselves up:

1.



Bend a knee and lift the arm of the same side, and bring it across the body

2.



Initiate a roll over by turning the head in the opposite direction of the lifted arm

3.



Lift both knees up towards the chest and allow the body to roll over on to its side, with the hand that crossed over the body placed flat on the floor

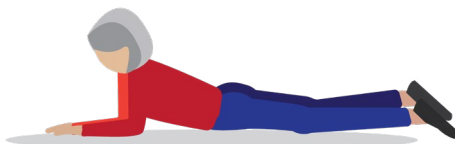
## If a person falls on their front feels they can get themselves up:

1.



Place hands shoulder width apart, palms flat to the floor with elbows out to the side

2.



Move one hand underneath the forehead, still with palms flat to the floor

3.



Allow this arm to push and roll the body over to one side, lifting the knees up towards the chest, with the other arm in a 90 degree angle, palm flat to the floor

## Next steps:

4.



With the palm flat to the floor, ensure it is level with the shoulder. Use the arm to push your body weight up, allowing the other arm to support your weight

5.



Walk the hands back towards the hips, bringing the body into a side sitting position

6.



Press both hands down into the floor whilst lifting the bottom up and carefully placing the weight onto the knees. Find a chair for the next stage if you are able to

7.



Hold the chair in front of you and slide or raise the foot of your stronger leg forwards so it is flat on the floor

8.



Use the arms and legs to push up onto both feet and slowly rise to a standing position

9.



Turn around and walk slowly so the chair can be felt on the back of the knees. Bend the knees and hinge from the hips to lower down on the chair with control.

If you have fallen and you are by yourself, you should only try and follow the steps if you are able to move yourself and feel like you can. It is important to have a phone or pendant alarm on you at all times in case of a fall to ring 999.

## For further information:

### StopFalls

stopfalls@hcpa.info  
www.hcpastopfalls.info  
01707 536 020

### Herts Help

www.hertsdirect.org/hertshelp  
0300 123 4044

Download the free **StopFalls App**, where you can watch these exercise videos at home and follow along as well as fall proofing your home.

