

Social Care  
Activity Pack

Get  
Yourself  
**Active**

@GetYrselfActive

# What is the aim of this pack?



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This pack is designed for carers, support workers and personal assistants, but can also be used by carers and family members who are supporting disabled people and people with long term health conditions. This pack will develop your knowledge of physical activity, help you to have more conversations with the people you support about getting active and how to provide active support, as well as giving you ideas to build exercise into everyday activities. The pack is targeted at supporting adults, but the information can be adapted to working with children.

## How to use this pack

This pack is designed to be used as and when you need to find information about supporting people to be active. You do not have to read the whole pack at once and can move between sections depending on what information you need to find. We realise that all of this may not be relevant, as it all depends on your current knowledge and expertise.

At the end of each section, we have included some interactive worksheets that can help to solidify your learning and can help to get conversations started with the people you support.

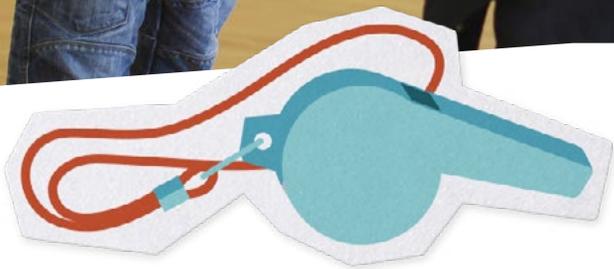


## Why have we developed this pack?

**Get Yourself Active** is a programme led by **Disability Rights UK** and funded by **Sport England** which aims to lead change in the social care, health and sport sectors to improve health and wellbeing outcomes for disabled people. As part of our work we have co-produced guidance with social workers to support with asset based approaches to discussing the opportunities and outcomes brought about by physical activity. However, we know that carers and support workers are also essential and trusted messengers about the importance of physical activity to disabled people.

If you are able to have conversations about getting active with the people you support and encourage them to be more active, it can be extremely beneficial for their overall health and wellbeing – and maybe your own too!

This pack was developed during the coronavirus pandemic, at a time when many were advised to stay at home. It is therefore more important than ever that we are able to keep active for both our mental and physical health and to build changes in behaviour for the future.



## How was this pack developed?

Having identified the scope and purpose of this work, key stakeholders with expertise in social care were then involved in a series of interviews to understand how the social care workforce could best support disabled people get active.

Interviews involved discussing challenges or barriers around supporting people to be active, as well as sharing ideas around a resource that can support. These conversations helped us to understand the experiences of care and support staff relating to physical activity promotion.

A review of the literature was also undertaken to gain insights into what past research found was useful to help support disabled people get active.

Based on this knowledge, a draft version of the pack was developed and then shared with social care experts and disability organisations.

Feedback was given and further discussions were held in order to develop the pack further and ensure it was fit for purpose.

## Further support

The following organisations provided further support and expertise to develop this comprehensive pack:



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**Durham University** – Durham University is a world top 100 university with a global reputation for excellence in research and education.

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**Sport for Confidence** – An organisation that aims to improve the provision of inclusive sporting opportunities in mainstream leisure facilities.

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**Sport England** – A public body that uses their insight, expertise, campaigns and funding to ensure that everyone feels able to take part in sport and physical activity, regardless of their age, background or level of ability.

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**Activity Alliance** – A national charity that works to challenge perceptions and change the reality of disability, inclusion and sport.

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**Sense** – A national charity that supports people who are deafblind or living with complex disabilities. They provide support to children and adults, information and advice, as well as offering a wide range of flexible services and campaigns for the rights of people with complex disabilities.

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**Community Integrated Care** – A national social care charity which provides care and support to thousands of people across England and Scotland.

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**Mind** – A mental health charity in England and Wales. Mind offers information and advice to people with mental health problems and lobbies government and local authorities on their behalf.