

PARTICIPANT GUIDE



HELPING HANDS

Having family or friends provide extra support and motivation can make a real difference to your rehabilitation and SASP would like to include them in the Move 2 Independence service. In supporting you, they receive a video or booklet to boost confidence around helping you move safely at home, along with direct communication with M2I staff who are trained in exercise and can offer additional guidance. A dedicated email address and phone number is available Monday to Thursday for quick advice and support.



Move 2 Independence can support you with getting back to living well at home, following discharge from hospital.

It has been developed by a charity called Somerset Activity and Sports Partnership (SASP) who help people find ways to move more that work for them to promote good health and happiness and are pleased to be working with hospitals across Somerset with this new service.

WHAT IS MOVE 2 INDEPENDENCE?

Regular movement is important for your overall wellbeing and has many benefits both while you're in hospital and when you return home.

Getting back to doing what you want, need and enjoy at home and in the community are the foundations of Move 2 Independence, which puts your goals at the centre of the service.

SASP offer a range of movement resources and programmes that are free and adaptable, making them suitable for a range of health conditions and symptoms. YOU are in control of how you use them to benefit your recovery but all opportunities are low impact, focus on different aspects of fitness...and may even be enjoyable?!

MOVE 2 INDEPENDENCE ACTIVATORS

If you do not have any support with your next steps after hospital discharge, an Activator employed by SASP, can work with you in your home, using exercises for improved mobility and independence.

For the best outcomes, you should be ready and willing to begin movement to improve your health, have been discharged less than 6 weeks previous and be at risk of or fearful of falling. You need to be moving independently without manual handling support but chair exercise is accommodated. Personal care will not be provided during any planned M2I visits. You lastly need to be able to communicate effectively as information is shared over the phone and through verbal and physical instruction. Capacity is also expected to do this safely.

**MOVE 2
INDEPENDENCE
WITH SASP:**



Email: move2independence@sasp.co.uk



Phone: 07305 049840



Website: www.sasp.co.uk/move2independence

WHAT CAN I DO?

CHOICE IS IMPORTANT WHEN BECOMING MORE ACTIVE AGAIN, HERE ARE SOME OPTIONS:



OUTSIDE:



SOMERSET HEALTH WALKS:

A free and local social walking scheme for different walking abilities.



PROACTIVE PHYSICAL ACTIVITY ON REFERRAL:

A leisure centre scheme offering personally tailored exercise programme to support your rehabilitation. This is paid for by you and separate to M2I. Your health professional can refer you.

HOW DO I JOIN?

Before you leave hospital, please speak to the health professional discharging you to express an interest in a Move 2 Independence referral. They will check you are in the best position to benefit from the service. SASP will make contact with you directly on receipt of the referral.

AT HOME:



LOVE TO PEDAL:

Chair cycling using a lightweight, portable pedal.



WALK YOUR WAY:

An at home or outdoor walking offer with a booklet and DVD.



MOVE MORE WITH BANDS:

Chair or standing exercises using a lightweight exercise band, keeping you strong and balanced to reduce your risk of falling.



SASP TAKE TIME VIDEOS:

Exercise videos with seated and standing options available to suit all abilities and preferences.



SCAN THIS TO ACCESS THE M2I WEBSITE:



MOVE 2 INDEPENDENCE WITH SASP:

- Email: move2independence@sasp.co.uk
- Phone: 07305 049840
- Website: www.sasp.co.uk/move2independence

