

Activity support for people living with a long-term condition or disability

Through All Move in Erewash, the aim is **to develop a collective understanding of how to create a fairer experience of, and access to, moving every day for all our residents with a limiting illness, long-term condition or disability that live independently.**

There's a need to improve health and wellbeing and reduce inequalities. We know that people with a disability or long-term health condition are twice as likely to be inactive as those without. In Erewash, 27,000 adults experience being inactive and almost 10,000 of these people have a limiting illness, long-term condition and/or disability.

Through a series of workshops, we have gained a greater understanding of the different influences of physical activity behaviour, and heard from individuals about their personal experiences of living with different long-term health conditions, and how this can affect their ability to move more. One of the needs we've heard so far, is for signposting to available resources for those supporting people with a long-term condition or disability. We hope this document will provide a useful starting point for professionals and individuals..

The benefits of physical activity far outweigh the risks

The benefits of physical activity for people living with long-term conditions are well established. However, the fear of increasing symptoms or worsening long-term problems commonly stops people from moving more. Many healthcare professionals also feel unsure about what advice they should give to people living with symptomatic medical conditions.

To help address concerns around risk, Moving Medicine led the development of a consensus statement to support healthcare professionals giving advice to people in clinical practice. This can be found [here](#) along with information on symptom specific considerations.



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.



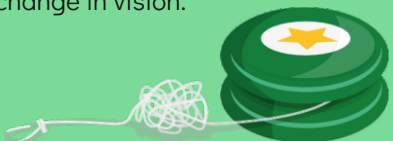
4. Everyone has their own starting point

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.



Chief Medical Officers' physical activity guidelines

The UK Chief Medical Officers' physical activity guidelines for disabled adults say that for substantial health gains, people should aim for at least 150 minutes of moderate intensity activity each week. However any movement is good, and gradually increasing the time or intensity of being active will benefit physical and mental health, so start at your own pace and keep going.

Find out more [here](#).

If you are supporting someone who is living with a long-term condition or disability, you may find some of the following resources useful: [click the blocks to visit each resource](#).

This document was produced in June 2023.

For updates click [here](#)

Local

Healthy Chats

Training that helps social prescribers and community/care/social workers to have healthy chats about physical activity

Local

Live Life Better Derbyshire

Referral forms, useful tools and access to weekly online classes

Local

Strictly No Falling / Age UK Derbyshire

Strictly No Falling class details and useful resources.

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National

Active 10 App

Allows people to track how much and how fast they have walked. To keep things interesting, it sets goals to work towards and rewards progress.

National

Activity Alliance

National charity and leading voice for disabled people in sport and activity. Find advice and resources on how to get active.

National

Get Yourself Active

A programme run by user-led pan-disability charity Disability Rights UK. Available resources include toolkits, webinars and videos about getting active.

National

Every Body Moves

A new way to discover inclusive local opportunities to become more active.

National

Mind Toolkit

Sport and physical activity for people with mental health problems: a toolkit for the sports sector

National

Moving Healthcare Professionals

Support to increase knowledge and skills, to incorporate physical activity within routine care for quality improvement and better patient outcomes.

National

Moving Medicine

Online resource to help healthcare professionals integrate physical activity conversations into routine clinical care. Includes Activity Finder/Active Hospitals Toolkit.

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National

Richmond Group of Charities

Supporting people with long term health conditions to be physically active. Resource pack for **health and care organisations**.

National

Richmond Group of Charities

Supporting people with long term health conditions to be physically active. Resource pack for the **health and care workforce**.

National

Royal Voluntary Service

Access to a 'Virtual Village Hall' with online activities designed to help people stay physically and mentally active.

National

Sense Active

Resources to help sports practitioners, coaches, teachers and support staff provide sensory experiences for people who are deafblind or disabled.

National

We Are Undefeatable

Campaign - supporting people with long-term health conditions to find ways to be active that work for them and their health condition. Tips, stories and a series of online routines.

National

We Are Undefeatable

Ways to Move - When managing a health condition, being active is about finding what works for them. This can include ways to move that many people don't realise count.

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Specialist

Alheimers

Ideas for staying active with dementia

Specialist

Amputees/Limb differences

Information on what activity is available, advice on overcoming barriers, and news of events.

Specialist

Arthritis

Targeted exercises for eight areas of the body, along with hints and tips for getting active with arthritis.

Specialist

Blind/Partially sighted

Provides access to an Activity Finder to search for VI-friendly activities and suggests ways to be active at home.

Specialist

Breast Cancer

Information on exercise during and after breast cancer, advice on how to get started and building activity into everyday lives.

Specialist

Cancer

Information to support people to fit movement into their everyday routine.

Specialist

Cerebral Palsy

Explore sports and activities to suit a variety of interests.

Specialist

Deaf and Hearing Impaired

Access to a deaf sports directory and accessible online activities.

Specialist

Diabetes

Advice and ideas to support people to move more at home.

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Specialist

Dwarfism

Opportunities to take part in a variety of organised sport, physical activity and leisure activities along with activity sheets and exercise videos.

Specialist

Falls

Hints and tips to support people to be active as they get older, activity search and activity videos to use at home.

Specialist

Heart/Circulatory Disease

Find condition specific information and advice about exercise.

Specialist

Intellectual/Learning Disabilities

Support to find a club, sport, event or participation programme.

Specialist

Multiple Sclerosis

Support to move more and stay healthy with advice, online videos and an activity group finder.

Specialist

Musculoskeletal (MSK)

Classes and programmes for those experiencing muscle and joint pain or symptoms of arthritis.

Specialist

Parkinsons

A guide to being active with Parkinsons.

Specialist

Stroke

Getting moving after a stroke - advice and access to online fitness classes.

Specialist

Wheelchair Users

National Charity for wheelchair sport providing links to stories, resources and finding activities in the community and online.

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