



Dementia Toolkit – Stay active

Exercise at home



Dementia Toolkit
Living your life with hope



Stay active

Exercise at home

Some people we spoke to struggled to find ways to stay active during the pandemic.

It isn't always possible to get out for activity, but there are plenty of options for exercising at home. In this booklet we make you aware of five of the many options you have for exercising at home.



I'm less physically active. I have problems walking sometimes as I'm not exercising. Being in lockdown I can't get any exercise.

A person with dementia explaining the difficulties of staying active to our researchers



As with any new activity, listen to your body and ask your doctor for advice if you're not sure whether something is right for you.



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I have a weekly zoom exercise class which is good for my back.

A person with dementia telling our researchers about how they continued to exercise

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Love to Move from British Gymnastics

The British Gymnastics Foundation have created the Love to Move Programme. This is ‘an age and dementia friendly seated gymnastics programme which is transforming the lives of people living with dementia’.

On their website you will find four videoed sessions so that you can do the programme from the comfort of your own home. There is also an exercise booklet you can download.

Visit: <https://britishgymnasticsfoundation.org/lovetomove/>

Chartered Society of Physiotherapy – Stay active at home

The Chartered Society of Physiotherapy have put together a simple set of 6 exercises to help with strength and balance. On their webpage you'll find an explainer animation, pictures of the different exercises and a really handy downloadable poster that you can print out.

Visit: <https://bit.ly/CSPActiveAtHome>



Five in Five from We Are Undefeatable

We Are Undefeatable is a movement which supports people with a range of long-term health conditions. They offer lots of ideas on ways to stay active which work for you.

Five in Five is a customisable mini-workout. You choose 5 activities from the selection and do each exercise for 1 minute each. There is a downloadable booklet of activities to choose from so you can plan your 'Five in Five'.

Visit: <https://weareundefeatable.co.uk/ways-to-move/five-in-five>

10 Today

This exercise programme from Sport England and Demos is designed for older people. On the website there are 10 episodes of different routines for you to try at home. Each one is about 12 minutes long.

Visit: <https://www.bbc.co.uk/programmes/p087wddm>

Slow and gentle yoga

One of the internet stars to come out of lockdown was Adrienne of 'Yoga with Adrienne'. Yoga is a great form of exercise if you want something which relaxes you while you exercise.

We have selected the 'Slow and Gentle Yoga' session, but there are many more videos by Adrienne if you like yoga. Pick the ones which work for you.

Visit: <https://bit.ly/SlowGentleYoga>



This resource is on the internet. Use the camera on your phone or tablet to scan the QR code below to visit the webpage.



Contact us

We would love to know what you think of the toolkit. We want to improve it based on your feedback.

Please get in touch with us by emailing
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