



Aberdeenshire
Health & Social Care
Partnership

Keeping active and independent

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Topics

- Keeping active
- Emotional wellbeing and staying connected
- Keeping mentally active
- Barriers to leading a healthy lifestyle
- Falls prevention and management
- Accepting help and planning ahead



Falls prevention and bone health information



Keeping physically active



Safer community environment

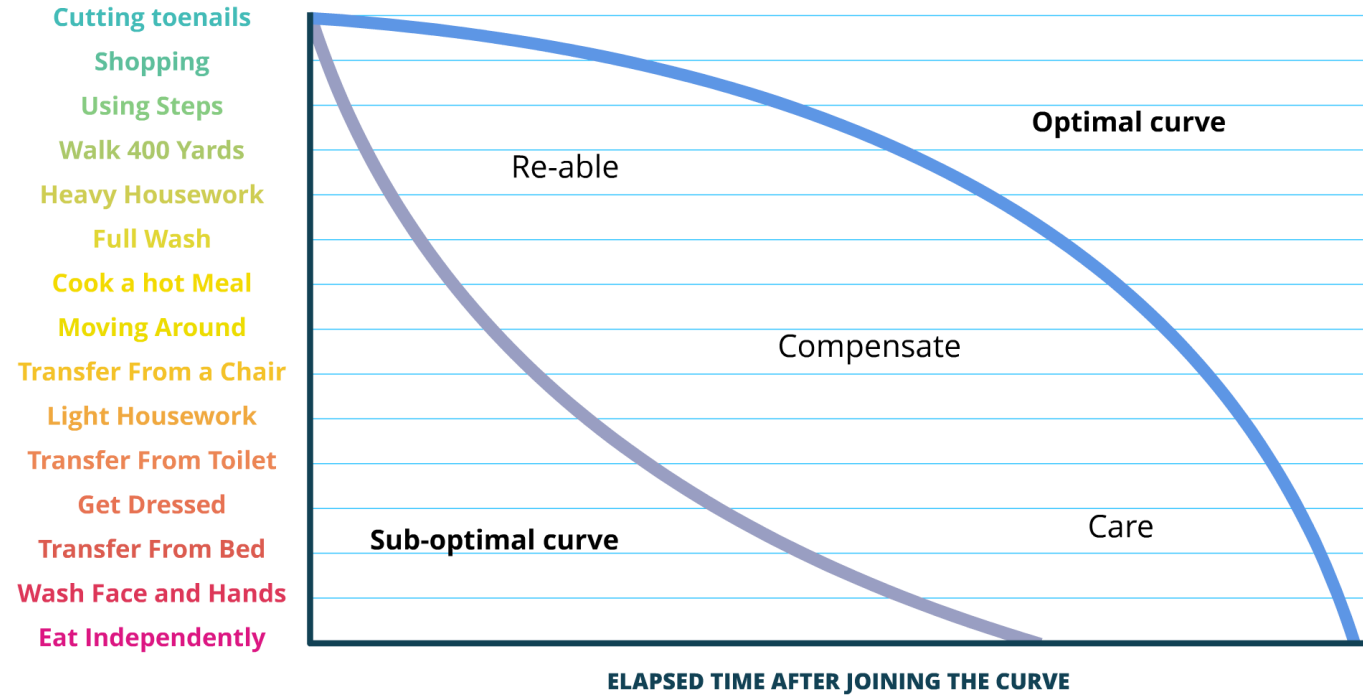


Keeping well



Safe home environment

*Based on continuing research carried out at the Newcastle University Institute for Ageing



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Lifecurve



Emotional wellbeing



Keeping connected

- Go along to social groups
- Join local walking groups
- Ask for a befriender
- Volunteer
- Plan ahead – put things in the diary or calendar to give yourself a structure and something to look forward to
- Ask someone to come with you



Barriers to eating well

- Prescription medications and illnesses
- Loneliness and depression
- A change in circumstance such as bereavement or divorce
- Cost
- Difficulty getting to the shops
- Physical and cognitive difficulties



Reducing the risk of urine infections

- Avoid caffeine and alcohol
- Drink plenty of fluids during the day
- Move furniture so there is less distance to walk
- Use a bottle or commode
- Wear loose fitting clothing
- OT assessment for equipment or grab rails



Medication

- Blister packs
- Telecare
- Carers



Sight and hearing changes

- Visual impairment team
- Hearing loss service



Suitable footwear

- A high back or collar to support the ankle
- A hard, slip-resistant sole
- A low wide heel
- A strong fastening – lace, Velcro or strap & buckle
- A wide opening



Keeping mentally active

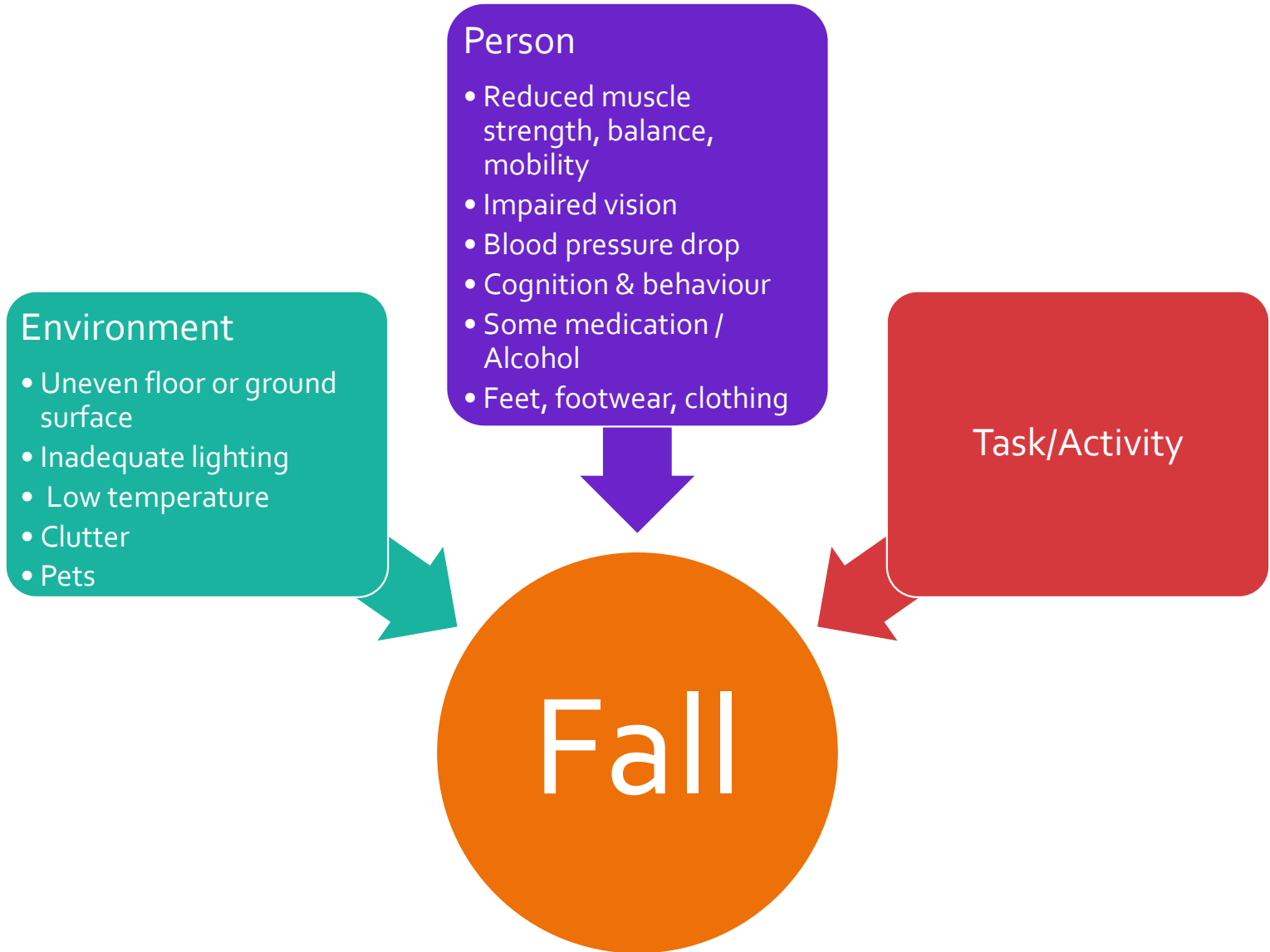
- Puzzles and crosswords
- Opt for mental arithmetic rather than use the calculator
- Read papers and magazines
- Play mind-stretching games
- Stay socially active
- Take up a new interest
- Meet up with a friend
- Voluntary work

- 1
Use a diary
- 2
Use a notebook
- 3
Have one place for commonly used items
- 4
Use a noticeboard to keep useful information together
- 5
Use kitchen timers when meals are cooking in the oven
- 6
Organise information into chunks 24-74-24 instead of 247424
- 7
Use sticky notes or fridge magnets
- 8
Avoid distractions

Memory strategies



Falls



Falls advice

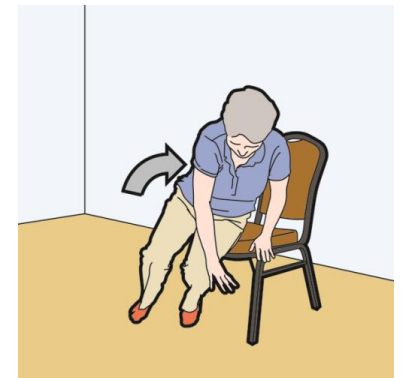


<https://cele.coventry.ac.uk/fallcheck/>

What to do if you fall

Lie still for a minute, stay calm and check for injuries

If you are unhurt and think you can get up:



What to do if you fall

If you know you have hurt yourself and can't get up:

- Call for help
- Press your pendant alarm
- Use the telephone if you can
- Get comfortable
- Find something to put under your head
- Keep warm by covering yourself up
- Try to keep moving



Accepting help and planning ahead



Driving self-assessment checklist

- Eyesight
- Physical mobility
- Tiredness
- Making decisions
- Medical
- Driving history

<http://www.olderdrivers.org.uk/driver-assessment/self-assessment/>



OLDER DRIVERS



Self-Assessment Checklist

This short checklist can help you to consider whether your driving is changing. You could also ask someone who knows how you drive, such as a family member, to fill it in and compare their answers with yours.

Eyesight	Y/N
Do you find it harder to read road signs than you used to?	
Do you suffer from glare from oncoming headlights?	
Do you have trouble seeing pedestrians or pedal cyclists?	
Do you find it difficult to change your visual focus when looking ahead in the distance and then close-up at the instrument displays on your dashboard, and back again?	
Do you have more trouble than you used to in judging how far away another vehicle or road user is, or how fast they are moving?	
Do you find driving in the dark more difficult than you used to?	
Has it been more than 2 years since your last eyesight test at an opticians?	
Has your optician or doctor said your eyesight is getting worse?	

Physical Mobility	Y/N
Do you find it more difficult to turn your head to see over your shoulder than you used to?	
Do you find it more difficult to turn the steering wheel fully than you used to?	
Do you find it more difficult to use the foot pedals, gears or other controls than you used to?	
Do you find it more difficult to control your car than you used to?	
Do you find it more difficult to get in and out of your car than you used to?	
Do you suffer from aches and pains when driving?	

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1

Avoid situations that can be stressful

2

Avoid driving at night or in bad weather

3

Allow extra time

4

Plan your route

5

Apply for a blue badge

Safe driving

1

Free bus service

2

Walk and keep active

3

Offer family or friends petrol money

4

Walking aids, scooters or wheelchairs

5

Apply for taxi card

6

Shop mobility in Union Square

Alternatives to driving

Telecare



Control unit



Alarm button



Fall detector



Gas detector



Door exit sensor



Temperature sensor



Flood detector



Bed or chair occupancy sensor



Smoke detector/alarm



Pressure mat



Alarm pill dispenser



Pull cord alarm

Thank you &
any questions