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Review Sheet		
Last Reviewed 21 Nov '22	Last Amended 21 Nov '22	Next Planned Review in 12 months, or sooner as required.
Business impact	<p>Minimal action required circulate information amongst relevant parties.</p>	
Reason for this review	Scheduled review	
Were changes made?	Yes	
Summary:	This policy details how the service will promote and empower Service Users to be as independently mobile as possible for as long as possible, through ongoing support from staff. The policy has been reviewed and minor wording updates throughout the procedural section. In addition, minor updates to 4.2 and 5.4 in particular. References also checked to ensure they remain current.	
Relevant legislation:	<ul style="list-style-type: none"> <li>• The Care Act 2014</li> <li>• Equality Act 2010</li> <li>• Equality Act 2010: Chapter 1 (Protected Characteristics) Chapter 2 (Prohibited Conduct) and Chapter 3 (Services and Public Functions)</li> <li>• The Health and Social Care Act 2008 (Regulated Activities) Regulations 2014</li> <li>• Health and Safety at Work etc. Act 1974</li> </ul>	
Underpinning knowledge - What have we used to ensure that the policy is current:	<ul style="list-style-type: none"> <li>• Author: NHS, (2019), <i>Exercise</i>. [Online] Available from: <a href="https://www.nhs.uk/live-well/exercise/easy-low-impact-exercises/">https://www.nhs.uk/live-well/exercise/easy-low-impact-exercises/</a> [Accessed: 17/11/2022]</li> <li>• Author: Age UK, (2021), <i>Falls prevention resources</i>. [Online] Available from: <a href="https://www.ageuk.org.uk/our-impact/programmes/falls-prevention-resources/">https://www.ageuk.org.uk/our-impact/programmes/falls-prevention-resources/</a> [Accessed: 17/11/2022]</li> </ul>	
Suggested action:	<ul style="list-style-type: none"> <li>• Encourage sharing the policy through the use of the QCS App</li> </ul>	
Equality Impact Assessment:	QCS have undertaken an equality analysis during the review of this policy. This statement is a written record that demonstrates that we have shown due regard to the need to eliminate unlawful discrimination, advance equality of opportunity and foster good relations with respect to the characteristics protected by equality law.	

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## 1. Purpose

1.1 To promote optimum physical health, wellbeing and independence of movement for all Service Users.

1.2 This policy dovetails with the principles of practice in the following:

- ┆ CC99 - Falls Management Policy and Procedure
- ┆ CC79 - Moving and Handling Policy and Procedure
- ┆ CC71 - Double Up Home Care Policy and Procedure

1.3 To support Master Care Ltd in meeting the following Key Lines of Enquiry:

Key Question	Key Lines of Enquiry
EFFECTIVE	E5: How are people supported to live healthier lives, have access to healthcare services and receive ongoing healthcare support?
RESPONSIVE	R1: How do people receive personalised care that is responsive to their needs?
SAFE	S2: How are risks to people assessed and their safety monitored and managed so they are supported to stay safe and their freedom is respected?
WELL-LED	W2: Does the governance framework ensure that responsibilities are clear and that quality performance, risks and regulatory requirements are understood and managed?

1.4 To meet the legal requirements of the regulated activities that {Master Care Ltd} is registered to provide:

- ┆ The Care Act 2014
- ┆ Equality Act 2010
- ┆ Equality Act 2010: Chapter 1 (Protected Characteristics) Chapter 2 (Prohibited Conduct) and Chapter 3 (Services and Public Functions)
- ┆ The Health and Social Care Act 2008 (Regulated Activities) Regulations 2014
- ┆ Health and Safety at Work etc. Act 1974



## 2. Scope

2.1 The following roles may be affected by this policy:

- ┆ All staff

2.2 The following Service Users may be affected by this policy:

- ┆ Service Users

2.3 The following stakeholders may be affected by this policy:

- ┆ Family
- ┆ Commissioners
- ┆ External health professionals
- ┆ NHS



## 3. Objectives

3.1 To raise awareness of the benefits of physical activity for Service Users.

3.2 To signpost staff to educational materials and resources that will help to promote physical activity.

3.3 To remove barriers around risk management and promote a culture of positive risk taking that encompasses Service User individuality, control and choice.

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## 4. Policy

**4.1** All Care Plans reflect the need for Service Users to be independent in movement as far as possible. Attention will be given to Care that promotes good posture and health to minimise avoidable physical and mental deterioration.

**4.2** Master Care Ltd promotes a culture of managing risk positively, which includes involving everybody working together to achieve positive and fulfilling outcomes.

**4.3** Master Care Ltd adheres to the Care Act 2014 by a means of adopting preventative approaches to promoting independence and wellbeing.

**4.4** Master Care Ltd also recognises that during times of uncertainty, such as the coronavirus pandemic, it must also adhere to the government guidelines in place.



## 5. Procedure

### 5.1 Risk Assessment

Risk assessments to support fully independent mobility, as far as possible, are in place for all Service Users. Staff can refer to the moving and handling documentation.

Assessment of physical ability to stand, transfer and move will be made by suitably qualified, trained and experienced staff.

Assessment of cognitive ability to mobilise and to use mobility equipment safely will be made by suitably qualified, trained and experienced staff.

When supporting Service Users with mobility, Care Workers ensure that dignity is maintained and assistance is provided to ensure safe support, whilst encouraging independence.

Where risks cannot be minimised or where Service Users need further input to continue to be as independent as possible, staff will refer to specialist healthcare professionals for guidance and support in a timely manner.

### 5.2 Care Plan

Care Plans show the appropriate safe management of mobility for every Service User, including positioning in bed, sitting in a chair, bathing and any transport issues.

For Service Users who can mobilise independently, Care Plans will reflect the need to maintain good levels of physical activity to promote healthy lifestyles.

For Service Users who cannot mobilise independently, Care Plans will identify where referral to other members of the multidisciplinary team have been made and any recommended actions or activities that are required.

Staff consider preferred and optimum times that the Service User is able to mobilise and ensure that any medication requirements are considered.

Regular review of Service User Care Plans will take place and any changes in mobility must be documented and communicated to the Care Workers.

### 5.3 Building Mobility into Daily Activity

The following practices will be considered to promote increased opportunities for Service Users:

- 1 Staff are referred to the available resources and can signpost the Service User to any physical activity opportunities within their local community
- 1 Staff are trained to provide Care in an enabling way that focusses on outcomes and easily achievable goals

### 5.4 Equipment

All equipment to support mobility is maintained in a clean, safe and usable condition, with regular servicing taking place where required.

All equipment is checked before each use and any signs of wear and tear or damage must be reported to . All damage to equipment is immediately reported and addressed. The equipment will not be used and will be removed until it is repaired or replaced. All equipment for individual use will be used solely for the specific Service User and not shared or adapted for others.

### 5.5 Audit and Review

Master Care Ltd will seek feedback from Service Users and/or their family members in relation to the promotion of mobility and how this can be improved. Feedback will include information about community involvement, environmental considerations, positive risk management and staff attitudes.

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Observation of care practice will form part of the suite of quality assurance measures overseen by and feedback will be provided to staff at Master Care Ltd.

### 5.6 Training and Education

All staff at Master Care Ltd, as part of their core induction, receive training to work with Service Users in a person-centred, positive outcome-focused way to promote independence programmes.

Staff are trained with safe mobilising, moving and handling practices and have access to a range of resources and guidance for supporting simple exercises and maintaining physical health.



## 6. Definitions

### 6.1 Positive Risk Taking

- Managing risk positively is weighing up the potential benefits and harms of exercising one's choice of actions over another, identifying the potential risks involved, and developing plans and actions that reflect the positive potential and stated priorities of the Service User

### 6.2 Wellbeing

- Wellbeing is a broad term but is defined by the Care Act 2014 in the following areas:
  - Personal dignity (including treatment of the individual with respect)
  - Physical and mental health and emotional wellbeing
  - Protection from abuse and neglect
  - Control by the individual over their day to day life (including over care and support provided and the way they are provided)
  - Participation in work, education, training or recreation
  - Individual contribution to society



## Key Facts - Professionals

Professionals providing this service should be aware of the following:

- Staff must provide opportunities for Service Users to increase their physical activity, recognising that even those with limited mobility can take part in activities and that there are many resources available to support them with this
- Increasing physical activity levels in the population will help prevent or manage over 20 conditions and diseases. This includes coronary heart disease, diabetes, some cancers and obesity
- Promoting activity, good posture and Service User mobility relieves pressure which reduces the risk of pressure ulcers, improves circulation and mental health
- Independence is key to ensuring happiness and quality of life. Therefore, staff have a duty to ensure independence is encouraged as much as possible, in all aspects of life and daily activity



## Key Facts - People affected by the service

People affected by this service should be aware of the following:

- Master Care Ltd will ensure that you have staff who are trained to understand the importance of promoting independence and working in an enabling way
- If you wish, Master Care Ltd will support you to access activities to promote physical activity
- You will be supported to be as independent as possible in all aspects of your daily life

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## Further Reading

As well as the information in the 'underpinning knowledge' section of the review sheet we recommend that you add to your understanding in this policy area by considering the following materials:

**NICE suite of guidance and pathways in relation to older people:**

<https://www.nice.org.uk/guidance/population-groups/older-people>

**SCIE - Movement and Exercise for People with Dementia:**

<https://www.scie.org.uk/dementia/living-with-dementia/keeping-active/movement-exercise.asp>

**Age UK - Being active:**

<https://www.ageuk.org.uk/information-advice/health-wellbeing/exercise/simple-exercises-inactive-adults/>



## Outstanding Practice

To be 'outstanding' in this policy area you could provide evidence that:

- | The wide understanding of the policy is enabled by proactive use of the QCS App
- | Master Care Ltd takes a proactive approach in national initiatives and campaigns
- | Records confirm that equipment is well maintained and staff respond in a timely manner to seeking further support and guidance from specialist healthcare professionals
- | The Care Plans and risk assessments in place promote positive risk taking



## Forms

Currently there is no form attached to this policy.