Essex County Council
Adult Social Care

Making the difference everyday

Inclusive Essex



The ASC Practice Model

The vision

Everyone in Essex should have choice and control over their own lives. We will support them to do this in a sustainable way.



Citizenship



Choice



Sustainability

With the right support, everyone can achieve some independence.

We want to support people to maximise their own potential for control over their lives

MOVEMENT MATTERS

Not exercise. Not a gym plan. A bigger life.

Social Care

Every move counts

Small moments → big outcomes

10–15 minutes to rethink what ‘being active’ can mean in everyday Social care.

Inclusive Essex

Moving Social Work™

Quick question: what counts as movement?

Call it out — there are no wrong answers.



Making a cuppa

Yes — it counts.

♫

Dancing to a favourite song

Yes — it counts.



Walking to the garden

Yes — it counts.



Standing to choose clothes

Yes — it counts.

↗

Reaching for a shelf

Yes — it counts.



Going to the café

Yes — it counts.

Movement is bigger than exercise

Why does it matter?

Because movement is part of living — not an optional extra.

PREVENT

Help prevent escalation of need and deconditioning.

ENABLE

Maintain or regain skills, confidence and control.

CONNECT

Support relationships, belonging and community life.

ENJOY

Pleasure makes movement more likely to stick.

Good care is not only 'doing for' — it is creating opportunities to do, choose and join in.

The benefits that don’t fit on a blood-pressure chart

Hold your grandchild	Get to the front door	Choose your own outfit	Dance at a wedding
Make a cup of tea	Stroke the dog	Go to the pub or café	Stand for a hug
Garden again	Feel useful	Laugh with other people	Keep a familiar routine

The outcome is not ‘10 repetitions’. The outcome is a life that still feels like mine.

Care can accidentally remove movement

The fastest way to finish a task is not always the best long-term outcome.

TASK MODE	ENABLEMENT MODE
✕ Carer makes the tea	✓ Person fills the kettle / stirs
✕ Carer fetches the clothes	✓ Person chooses, reaches, dresses where possible
✕ Carer pushes the chair closer	✓ Person stands / transfers with support
✕ Carer carries everything	✓ Person carries one safe item

Ask: “What can I support you to do, rather than do for you?”

The 60-second Movement Hunt

In pairs: spot 5 movement opportunities in one ordinary care visit.

Before breakfast

Sit-to-stand, reach, pour, carry, open curtains

Personal care

Wash, dry, dress, choose, step, turn

Around the home

Post, bins, laundry, garden, pet care

Out & about

Gate, bus stop, shop, café, neighbour

Rule: meaningful + safe + chosen beats ‘exercise for exercise’s sake’.



Make it pleasurable — or it probably won't last

Instead of…

"You need to exercise."

Try…

"What do you enjoy doing?"

Then…

"How could we make a little more of that happen?"

Music | **Company** | **Outdoors** | **Choice**

Moving Social Work emphasises pleasure, person-centred planning and strengths-based conversations.

Tiny moves. Real outcomes.

Every move counts — small bouts throughout the day can matter.

Reach	Put the mug where it invites a safe reach	→ **Shoulder movement + agency**
Stand	One supported stand while choosing clothes	→ **Strength + transfer confidence**
Walk / wheel	To the window, garden, neighbour or café	→ **Mobility + connection**
Carry	A light towel, plate or post	→ **Strength + contribution**
Join in	Fold laundry, water plants, set the table	→ **Purpose + routine**

Risk: from ‘don’t’ to ‘how can we?’

Positive risk-taking is not ignoring risk — it is balancing safety with the cost of inactivity.



STOP

“They might fall.”
“They get breathless.”
“It takes too long.”

?

THINK

What matters to the person?
What is already safe?
What support / equipment is needed?

✓

ENABLE

Grade the activity.
Use OT/physio guidance.
Build confidence gradually.

Safety matters. So do autonomy, dignity, confidence and participation.

Try this language tomorrow

“What would you like to be able to do more easily?”

“What do you miss doing?”

“What makes you feel good or connected?”

“Would you like to do part of this yourself?”

“What would make moving feel safer or more enjoyable?”

Conversation first. Prescription last.

The provider challenge: one small change

Pick ONE thing your team could test this week.

CARE PLANS

Add one meaningful movement outcome.

HANDOVERS

Share what the person did — not only what staff did.

CARE CALLS

Build in one ‘do with’ moment.

TEAM CULTURE

Celebrate movement stories and small wins.

Try it → notice what changes → learn → share the story.

DON’T JUST ADD YEARS TO LIFE.

Help keep life in the years.

- Hold the grandchild
- Make the tea
- See a friend
- Dance
- Choose
- Contribute

Every move counts. Every person chooses. Every care interaction is an opportunity.

Useful links & evidence

For follow-up after the session.

Moving Social Work / Moving Social Care

Evidence-based, co-produced, person-centred training to build social care knowledge, confidence and skills.

Inclusive Essex ASC Practice Model

Choice, citizenship, sustainability; prevent escalation, enable control, invest/support where needed.

Chief Medical Officers' physical activity messages

Every move counts; small bouts across the day; include strength and balance.

Get Yourself Active / Disability Rights UK

Resources focused on accessible, enjoyable activity and removing barriers.


LETSDOTHIS