



Home Support Pack

Introduction

This pack is here to support you in making calls to Super-Ager participants and also tracking their progress.

Where possible this should be done online and the document used should be password protected. Once the twelve weeks are complete this document is then return to BCBC.

The aims of the active at home project are to:

1. Encourage, support and help older people plan to stay active at home.
2. Elicit positive behaviour change in older people reducing sedentary behaviour and promoting other healthy behaviours e.g. promoting smoking cessation, and healthy eating.
3. Develop volunteer activity mentors who will support and guide their peers.
4. Reduce feelings of isolation and loneliness by engaging regularly with older people at home.
5. Provide directly and signpost to, content that older people can use to stay active e.g. online Tai Chi classes.
6. Engage with other frontline services supporting older people during the Covid-19 pandemic across CTM such as social care, food package coordination/delivery and local community coordination to promote healthy active at home habits.
7. At the end of the one-to-one support period, we will support participant's transition to community sessions (if available and appropriate) or provide continued support via other third sector services.
8. Help us capture and evaluate behaviour change in older people via personal reflections on experiences of the lockdown/shielding period and being active at home.

Every participant on the programme will receive one-to-one support from a Super-Agers activity mentor over a 12-week period. On the following schedule:

- 1st month – contact once a week (participant registration week 1, Complete IPAQ and WEMS week 2)
- 2nd month – contact once every 2 weeks (Weekly for those who need it)
- 3rd month – contact at end of month (Fortnightly for those who need it) Complete IPAQ and WEMS at last contact. From this point, we will signpost participants to community activity or a suitable follow up support service.



Home Support Pack

Contents:

Weekly Phone Calls

- **Week One – 1st Phone Call (30-45min)**
 - Explain about the project
 - Registration form
 - Goal setting exercise

- **Week Two – 2nd Phone Call (30-45min)**
 - Activity tracker/general chat
 - Goal evaluation
 - IPAQ/WEMBS

- **Week Three – 3rd Phone Call (20-30min)**
 - Activity tracker/general chat
 - Goal evaluation

- **Week Four – 4th Phone Call (20-30min)**
 - Activity tracker/general chat
 - Goal evaluation – look back at 4 week goal.

- **Week Six – 5th Phone Call (20-30min)**
 - Activity tracker/general chat
 - Goal evaluation

- **Week Eight – 6th Phone Call (20-30min)**
 - Activity tracker/general chat
 - Goal evaluation

- **Week Ten – 7th Phone Call (20-30min)**
 - Activity tracker/general chat
 - Goal evaluation

- **Week Twelve – 8th Phone Call (30-45min)**
 - Activity tracker/general chat
 - Goal evaluation - look back at 12 week goal.
 - IPAQ/WEMBS
 - Signposting to activity sessions

- **Additional Notes**



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Week 1 – 1st Phone Call: Introduction to the project

Take time to introduce yourself and also explain the project. Here is a little queue:

Hi there I am and I'm calling for your first Super-Agers, Active at Home session. How are you today?

Can you tell me what you know about the project?

Information to include if they don't know already:

- The "Super-Agers at Home" project is 12 weeks long to begin with, however, you can join a Super-Agers group afterwards and be a Super-Ager forever!
- Our aim to help you to find ways to being active in your day-to-day life. To help you find easy ways to fit things into your schedule and find thing you enjoy
- In the first 4 weeks we will speak every week, these phone calls will help to encourage you to do the things you enjoy and find inventive ways to stay active. We will support you to make your own goals about how you can do this and then see how you are getting on each week.
- After that we will speak every two weeks, by this time you will hopefully be in the swing of being more active so won't need so much encouragement. In each call we will chat about how the two weeks have been and help you keep track of progress.
- At the end of the 12 weeks we will help link you with a local group and also do our little health quizzes again so we can help see the progress you have made.

Do you have any further questions about the project?

Ok, shall we get started?



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Week 1 – 1st Phone Call: Registration Form

Name

Gender

What is your gender?

1. Male
2. Female
3. I identify another way
4. Prefer not to say

Age group

What is your age?

1. 50-54
2. 55-59
3. 60-64
4. 65-69
5. 70-74
6. 75-79
7. 80-84
8. 85-89
9. 90-94
10. 95+
11. Prefer not to say

Ethnicity

What is your ethnic group?

(Choose one option that best describes your ethnic group or background)

1. White
2. Mixed ethnic groups
3. Asian / Asian British
4. Black / African / Caribbean / Black British
5. Arab
6. Other ethnic group
7. Prefer not to say



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Health and disability

Are your day-to-day activities limited because of a health problem or disability, which has lasted, or is expected to last, at least 12 months (include any problems related to old age)?

1. Yes, limited a lot
2. Yes, limited a little
3. No
4. Prefer not to say

Economic activity (ages 15+)

Which one of these best describes your current circumstances?

1. Full-time student
2. In paid employment or self-employment
3. Not in paid employment, looking for work
4. Not in paid employment, not looking for work
5. Retired
6. Prefer not to say

Postcode

What is the postcode of your home address?

Contact details

What is your contact telephone number?

What is your contact e-mail address?



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The points below will only inform the flow and point of discussion. The scheme should be introduced as outlined within the Super Agers Action Plan with Physical Activity being the main aspect of discussion. Should any areas of concern be identified the relevant Social Care plan should be followed.

Step 1: Where are you now?

How do you keep moving now – What have you done in the past 3 months?

How does this make you feel?

Step 2: Where would you like to be?

In an ideal world would you like to be more physically active? If so, why?

What sorts of activities would you like to try?

Step 3: How can we get there? (Agree SMARTER Goals & Normalise Relapse)

Short term goal (4 weeks): _____

Medium term goal (12 weeks): _____

Long terms goal (12 months): _____

How do you think you would feel when you achieve your goals?

Notes: (Any areas of concern and/or signposting opportunities)

** Next week – we will do Questionnaires about how you feel and what activity you do. The call may take a little longer. Be prepared as questions are about how you feel so may seem sensitive. We can always stop or do another time if better.*

Date & Time of next session: _____



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Week 2 – 2nd Phone Call: Catch up and Questionnaires.

How has your week been, what activity did you do?

Did you achieve what you hoped – what could you do next week?

Goals for the week?

Notes: (Any areas of concern and/or signposting opportunities)

**Are you still happy to carry out the questions as mentioned last week?*



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Week 1 – 1st Phone call: Questionnaires

INTERNATIONAL PHYSICAL ACTIVITY QUESTIONNAIRE

We are interested in finding out about the kinds of physical activities that people do as part of their everyday lives. The questions will ask you about the time you spent being physically active in the **last 7 days**. Please answer each question even if you do not consider yourself to be an active person. Please think about the activities you do at work, as part of your house and yard work, to get from place to place, and in your spare time for recreation, exercise or sport.

Think about all the **vigorous** activities that you did in the **last 7 days**. **Vigorous** physical activities refer to activities that take hard physical effort and make you breathe much harder than normal. Think *only* about those physical activities that you did for at least 10 minutes at a time.

1. During the **last 7 days**, on how many days did you do **vigorous** physical activities like heavy lifting, digging, aerobics, or fast bicycling?

_____ **days per week**

- No vigorous physical activities → **Skip to question 3**

2. How much time did you usually spend doing **vigorous** physical activities on one of those days?

_____ **hours per day**

_____ **minutes per day**

- Don't know/Not sure

Think about all the **moderate** activities that you did in the **last 7 days**. **Moderate** activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal. Think *only* about those physical activities that you did for at least 10 minutes at a time.

3. During the **last 7 days**, on how many days did you do **moderate** physical activities like carrying light loads, bicycling at a regular pace, or doubles tennis? Do not include walking.

_____ **days per week**

- No moderate physical activities → **Skip to question 5**

4. How much time did you usually spend doing **moderate** physical activities on one of those days?



Home Support Pack

_____ hours per day

_____ minutes per day

Don't know/Not sure

Think about the time you spent **walking** in the **last 7 days**. This includes at work and at home, walking to travel from place to place, and any other walking that you have done solely for recreation, sport, exercise, or leisure.

5. During the **last 7 days**, on how many days did you **walk** for at least 10 minutes at a time?

_____ days per week

No walking → **Skip to question 7**

6. How much time did you usually spend **walking** on one of those days?

_____ hours per day

_____ minutes per day

Don't know/Not sure

The last question is about the time you spent **sitting** on weekdays during the **last 7 days**. Include time spent at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading, or sitting or lying down to watch television.

7. During the **last 7 days**, how much time did you spend **sitting** on a **week day**?

_____ hours per day

_____ minutes per day

Don't know/Not sure

This is the end of the questionnaire.



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The Warwick-Edinburgh Mental Well-being Scale (WEMWBS)

Below are some statements about feelings and thoughts.

Please tick the box that best describes your experience of each over the last 2 weeks.

STATEMENTS	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling useful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling relaxed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling interested in other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've had energy to spare	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been dealing with problems well	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been thinking clearly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling good about myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling close to other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling confident	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been able to make up my own mind about things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling loved	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been interested in new things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling cheerful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

This is the end of the questionnaire.

General chat to close the session – remind the participant that they are quite sensitive questions and to try not to think too much into them.

Date & Time of next session: _____



Home Support Pack

Week 3 – 3rd Phone Call.

How has your week been, what activity did you do?

Did you achieve what you hoped – what could you do next week?

Goals for the week?

Notes: (Any areas of concern and/or signposting opportunities)

Date & Time of next session: _____



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Week 4 – 4th Phone Call.

How has your week been, what activity did you do?

Did you achieve what you hoped? – Review 4 week goal, did you achieve it, what can you aim for now to reach the 12 week goal?

Goals for the week?

Notes: (Any areas of concern and/or signposting opportunities)

Date & Time of next session: _____



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Week 6 – 5th Phone Call.

How has your week been, what activity did you do?

Did you achieve what you hoped? – what could you do next week?

Goals for the week?

Notes: (Any areas of concern and/or signposting opportunities)

Date & Time of next session: _____



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Week 8 – 6th Phone Call.

How has your week been, what activity did you do?

Did you achieve what you hoped – what could you do next week?

Goals for the week?

Notes: (Any areas of concern and/or signposting opportunities)

Date & Time of next session: _____



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Week 10 – 7th Phone Call.

How has your week been, what activity did you do?

Did you achieve what you hoped – what could you do next week?

Goals for the week?

Notes: (Any areas of concern and/or signposting opportunities)

Date & Time of next session: _____



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Week 12 – 8th Phone Call – Chat and also Questionnaires

How has your week been, what activity did you do?

Did you achieve what you hoped? – Review your 12 week goal. Have you achieved what you've hoped? What can you do to move towards your 12 month goal?

Goals going forward? Reflection on how the 12 weeks have been. What have you achieved, learnt, how do you feel?

Notes: (Any areas of concern and/or signposting opportunities)



Home Support Pack

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5. During the **last 7 days**, on how many days did you do **vigorous** physical activities like heavy lifting, digging, aerobics, or fast bicycling?

_____ **days per week**

- No vigorous physical activities → **Skip to question 3**

6. How much time did you usually spend doing **vigorous** physical activities on one of those days?

_____ **hours per day**

_____ **minutes per day**

- Don't know/Not sure

Think about all the **moderate** activities that you did in the **last 7 days**. **Moderate** activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal. Think *only* about those physical activities that you did for at least 10 minutes at a time.

7. During the **last 7 days**, on how many days did you do **moderate** physical activities like carrying light loads, bicycling at a regular pace, or doubles tennis? Do not include walking.

_____ **days per week**

- No moderate physical activities → **Skip to question 5**

8. How much time did you usually spend doing **moderate** physical activities on one of those days?

_____ **hours per day**



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_____ minutes per day

Don't know/Not sure

Think about the time you spent **walking** in the **last 7 days**. This includes at work and at home, walking to travel from place to place, and any other walking that you have done solely for recreation, sport, exercise, or leisure.

5. During the **last 7 days**, on how many days did you **walk** for at least 10 minutes at a time?

_____ days per week

No walking → **Skip to question 7**

8. How much time did you usually spend **walking** on one of those days?

_____ hours per day

_____ minutes per day

Don't know/Not sure

The last question is about the time you spent **sitting** on weekdays during the **last 7 days**. Include time spent at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading, or sitting or lying down to watch television.

9. During the **last 7 days**, how much time did you spend **sitting** on a **week day**?

_____ hours per day

_____ minutes per day

Don't know/Not sure

This is the end of the questionnaire.



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The Warwick-Edinburgh Mental Well-being Scale (WEMWBS)

Below are some statements about feelings and thoughts.

Please tick the box that best describes your experience of each over the last 2 weeks.

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I've been feeling useful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling relaxed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling interested in other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've had energy to spare	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been dealing with problems well	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been thinking clearly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling good about myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling close to other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling confident	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been able to make up my own mind about things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling loved	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been interested in new things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling cheerful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

This is the end of the questionnaire.

General chat to close the session – remind the participant that they are quite sensitive questions and to try not to think too much into them.

Give them a huge thank you for being involved in the project.



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Additional Notes: