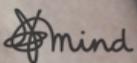


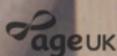
UNDEFEATABLE TOGETHER.

**EMPOWERING CARERS AND THE
PEOPLE THEY CARE FOR TO BE ACTIVE**



BREAST
CANCER
NOW

ASTHMA+
LUNG UK



PARKINSON'S^{UK}



ROYAL
VOLUNTARY
SERVICE



British Heart
Foundation

VERSUS
ARTHRITIS

BritishRedCross

MACMILLAN
CANCER SUPPORT

Alzheimer's
Society

Stroke
Association

MS Society

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.



INTRODUCTION

We Are Undefeatable has joined forces with Carers UK to empower family, friends and carers to support the people they care for to be active, and to encourage them to move more too.

**WE ARE
UNDEFEATABLE**

 **carersUK**

THIS GUIDE AIMS TO PROVIDE:

Section 1:

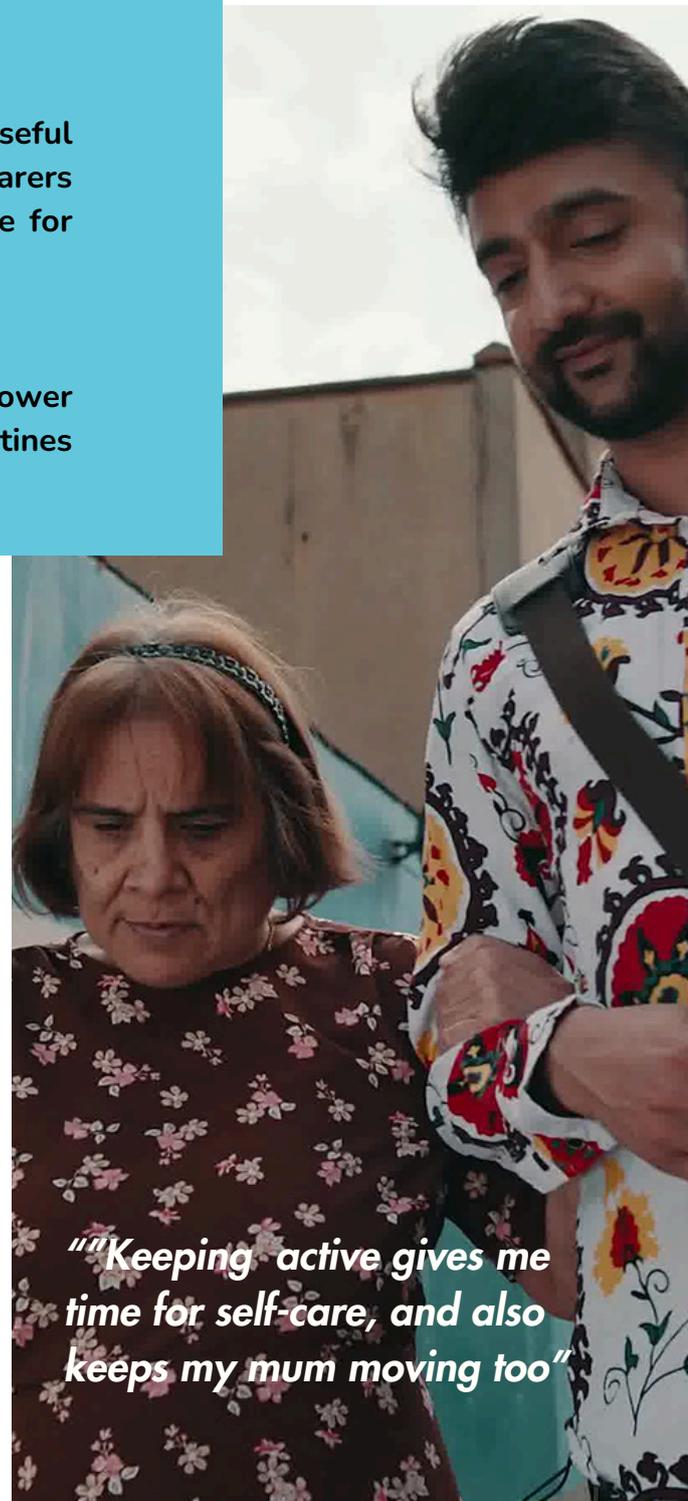
- Dedicated guidance, tools, and useful links to help family, friends, and carers better support the people they care for to get active

Section 2:

- Hints, tips, and resources to empower carers to build activity into their routines in a way that works for them

We Are Undefeatable is a movement supporting people with a range of long term health conditions to be active, developed by 15 leading health and social care charities, and is backed by Sport England through National Lottery funding. The campaign provides inspiration through real-life stories of people living with one or multiple long term health conditions, finding their way to move.

Carers UK's Carers Active campaign was a Sport England and National Lottery funded programme of work. Carers Active aims to improve the physical and mental health of unpaid carers by helping carers become more physically active, and by influencing wider system change that enables carers to be supported to improve their wellbeing and social connectedness.



“Keeping active gives me time for self-care, and also keeps my mum moving too”

SECTION 1

GUIDANCE FOR CARERS TO SUPPORT PEOPLE THEY CARE FOR TO BE ACTIVE

The We Are Undefeatable 'Bridging The Gap' report found that many family members, friends and carers lack confidence in knowing how best to support people with health conditions to be active.

Only 14% of family, friends and carers were 'very' confident, and this increased further for those involved in the care of people living with dementia, Parkinson's disease, heart conditions and stroke survivors. These conditions are likely to occur alongside other conditions, which can make it harder to navigate what might suit someone best when looking for ways to get active. **So these feelings of nervousness are common and you are not alone.**

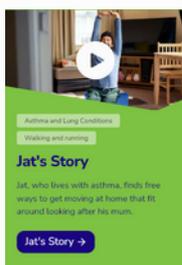
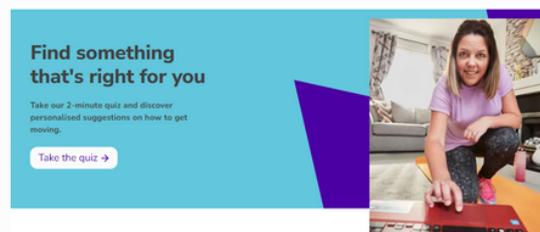
It was important to us that we spoke to professionals and carers to share ideas on how to build confidence in this area. **Family, friends and carers highlighted a need for advice on appropriate physical activity, with some comments suggesting a deeply rooted fear of 'making things worse.'** They also shared a need to better understand how to motivate people to be active and information and resources from trusted specialists.

With the support of wider organisations, we want to equip family, friends and carers with reassurance as well as practical, tailored advice, so you can feel more confident supporting those you care for to be active.



4 WAYS TO ENCOURAGE THE PEOPLE YOU CARE FOR TO BE ACTIVE

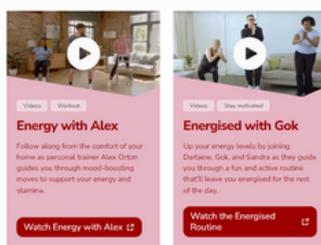
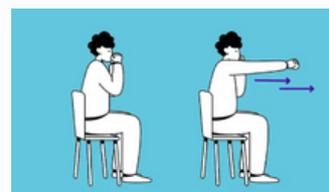
1 Explore the [We Are Undefeatable](#) website, to find ideas on ways that the person you care for can get started on their physical activity journey. If they're new to physical activity, our '[getting started](#)' page features lots of ideas and support on ways to move for beginners.



Discover stories of people living with health conditions and how they've found ways to move that work for them by watching our [campaign stories](#) together. [Jat](#), a carer who lives with asthma, is active with his mum, and he also finds free ways to get moving at home that fit around his caring responsibilities.

2

3 Encourage the person you care for to try building easy movements into their daily routine with [Five in Five](#). This resource is suitable for beginners and encourages people to do a customisable 5-minute workout that they can do at home.



Be active together with our follow-along movement routines. We've designed short, simple, and fun videos that you can do with the person you care for. There's 5-minute routines with Bill Bailey and Gok Wan, '[Freedom To Move](#)' and '[Move To Your Mood](#).' And there's also 15-minute '[Make Your Move](#)' videos too and you can do as much or little as suits.

4

FURTHER SUPPORT

If you're worried about making long term conditions worse by being active, health professionals are agreed that if your conditions are under control and stable, there are **more benefits than risks to activity**.

For [condition-specific information and advice](#), visit our '[your health condition](#)' page, or visit our [charity partner webpages](#) who have specialist knowledge and are trusted sources of information on these conditions.

Research and find any local carers organisations in your area, as many deliver physical activity opportunities for carers and the person they care for.

For local physical activity support, information and guidance **get in touch with your local Active Partnership** who work to transform the lives of local people through movement, physical activity and sport.

SECTION 2

EMPOWERING FAMILY, FRIENDS, AND CARERS TO MOVE MORE

It's important to encourage carers to support the person they care for to be active, but it's just as important to encourage you as carers to be active for your own health and wellbeing too, especially if you are living with a long term health condition too.

We know that there are lots of challenges facing unpaid carers, and it is not surprising that Carers UK research showed they are likely to be less active than non-carers. **51% of carers are inactive, compared to 27% of people without caring responsibilities**, but we know that many carers would like to include more physical activity in their lives.

Carers UK and We Are Undefeatable want to support more family, friends and carers, like you, to be active, through inspiring real-life stories of other carers moving more, and by highlighting useful resources that can encourage you to move more when you're limited on time.

CARERS ACTIVE: YOUR STORIES

Carers UK has created a series of [blogs](#) and [videos](#) which shares the experiences of carers who get active alongside their caring responsibilities, from Bollywood dance, to walking football, to being active at home. Take inspiration from other carers who have found their way to move more in a way that works for them.

Bollywood dance provides a way to move more for Mariyam, Rehana and Sheri. They share their experiences of being active through the Asian Carers Group at Blackburn with Darwen Carers Service.

The activity and social interaction provides them with an important break from caring and the chance to have some fun! They explain that dancing makes them feel more energetic, fitter, and happier, which helps them a lot when caring for their loved ones. Find out more about their story [here](#).



MARIYAM.



STUART.

Stuart cares for both his 90-year-old mother and his stepson, who has complex needs. He's also a volunteer and participant with Age UK Devon's Walking Football group in Newton Abbot, which helps him get active regularly while improving his mental health and wellbeing and reducing isolation - something which many carers experience.

Find out more about Stuart's story [here](#), and explore walking football opportunities with [Age UK](#).

RESOURCE TO HELP YOU MOVE MORE

- Visit Carers UK's '[Carers Active Hub](#)', for a wide range of free accessible resources, activity ideas, expert advice and much more.
- Watch Carers UK's online [physical activity and wellbeing videos](#). These short videos are designed to fit into your busy day and the day of the person you care for – why not have a go at following the video sessions together!
- Explore [We Are Undefeatable's resources](#). You can find ideas on ways to move, access follow-along activity videos, create your own mini-workouts at home, and be inspired by other people living with long term health conditions such as [Linda](#), who lives with arthritis and cares for her husband.
- Try our fun [2-minute Quiz](#) on the website to discover activities that could suit you and get some inspiration.
- The [Royal Voluntary Service's Virtual Village Hall](#) offers free live activity sessions every week, and has an extensive archive of sessions to view on demand. Activities include gentle exercise and dance classes, yoga and meditation, cooking, crafts, and more. The Virtual Village Hall is available for both carers and the people they care for.



WIDER RESOURCES

We Are Undefeatable's charity partners have information and advice to support carers when caring for people living with long term health conditions, including broader condition-specific advice and support too.

- Alzheimer's Society - [Carers: looking after yourself](#) and [caring for a person with dementia](#)
- Breast Cancer Now - [My partner has breast cancer](#) and [caring for someone with secondary breast cancer](#) webpages.
- Parkinson's UK – [How do you look after yourself if you look after someone with Parkinson's?](#) webpage.
- MS Society – ['Taking care of yourself: supporting family, friends and carers'](#) webpage
- Versus Arthritis – ['Living with arthritis – advice for carers'](#) and [resources and guidance on living with arthritis](#).

