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**Mobility**

Mobility is what is meant by how you get around, the ability to move or be moved.

Your ability to move can depend on several things.

Long term illness

An acute injury

physical and mental health and by improving on these your activity will improve

 this includes how you walk around your home and how you walk outside within the community.

It includes how you

Staying as active as you can will help to keep you mobile and keep your joints stronger.

Carrying out a few exercises every day will also help if you are unable to walk. This will also help to maintain weight control as extra weight on your joints can increase pain.

If you have been given walking aids please ensure you use these and they are in good working order. Check the rubber feet regular (ferrals) if these are worn please contact.

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Always make sure your pathway is clear and free from hazards, de clutter any loose mats or rugs and tidy up loose wires.

Good lighting will help especially on the stairs

Consider extra bannister rail to increase your safety

Foot wear should also be worn and be well fitted

Have you had a recent eye test? Visual problems can create difficulties

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Here are a few exercises to help you at home:

(Exercises and pictures of walking aids)

**Eating and drinking**

**Introduction**

Eating and drinking is something we take for granted and it is a means for survival. In this section we look at problem solving ideas to maintain you to be able to eat and drink to keep healthy, maintain your hydration as this is vital to keep you alert, keep your bowels moving and prevent urine infections.

Consider alternative cups if you have difficulty in lifting your usual cup. Do you need a lighter cup or one with two handles.? Lighter cups are usually stocked at camping / caravan places.

If you find you have a tremor, try a heavier cup and do not fill it to the top.

Using a straw could also be beneficial, however consider the environment and use paper ones.

A table which can be heightened / lowered and be positioned close by can be purchased (Picture of this, cost )

Try not to over reach into high or low cupboards.

Are you able to carry items safety, this can be difficult when using walking aids so consider having a trolley. These are not walking aids but can be very useful for taking hot drinks and meals to your chair.

Cutlery – there are many type of knives and forks out there, these range from ones with easier grip handles, larger handles or ones that are shaped to help people with deviation of their hands due to arthritis.

Do you take a while to eat meals, a stay warm plate can be purchased. These are designed to keep your meals hotter for longer.

Some plates have a lip on the side to prevent foods from spilling over the side.

**Meal prep**

If lifting a kettle is a concern you could try a one pot kettle device, you can fill these with cold water and it boils one cup at a time.

If standing to make foods is something you are concerned about, try sitting whilst food is cooking and have regular rests between preparing your meals

Use kitchen gadgets like slow cookers, steamers and maybe freeze left overs to use on day when you’re not feeling 100%. You can buy electrical items such as tin openers, hand blenders, and other items that do some of the work for you

Always make sure you have good lighting in the kitchen, worktops are clutter free and you have the things you use the most at hand.

But ready chopped or frozen vegetables so you don’t have to spend time chopping and preparing, these are usually cheaper and no waste

If lifting pans is something you avoid due to the hot water, try and use a chip basket in the pan to lift out your vegetables, the pan then won’t be so heavy.

Opening jars / tins and gripping a problem? Try some grip mat. This is a simple item bought on a roll and be cut to size to help with opening things and to increase your grip. It can also be placed on the worktop to prevent things from moving.

Hot meals can be delivered from a variety of care homes within the area;

Age UK Tel No

Moorlands Tel No

Ventress Tel No

Ready prepared meals that just need to be microwaved can be purchased and delivered to your home

Wiltshire farm foods

Oak house farm