

Online Resources

Exercise - Creative - Music - Reminisce - Games

Physical Exercise

Name	Description	Link
Sport England	Tips, advice and guidance on how to keep or get active in and around your home. Join the Movement and share how you're getting active during this time.	https://www.sportengland.org/news/how-stay-active-while-youre-home
Later Life Training	A series of 10 minute exercises, 3 times a day to encourage movement	https://www.youtube.com/watch?v=PjUqXg3Ky6s&list=PLeePVUq4FvWu9uSwUK8YMwZIVjx1CKp8q.. These sessions are also live on their Facebook page https://www.facebook.com/groups/13853
Ballet Excercises for over 50s	Ballet for over 50s	http://www.balletbasedmovement.com/?page_id=950
Beginners Tai Chi	This gentle exercise video combines Tai Chi and Qi Gong with a variety of adaptations to help make the routine safe and comfortable for you	https://www.youtube.com/user/HowardGibbon?inf_contact_key=ffcc4dab541bd62902204d9fdccbeda680f8914173f9191b1c0223e68310bb1
Yoga	A series of 30 day gentle yoga practice	https://www.youtube.com/results?search_query=30+day+yoga+with+adriene
Paths for All	Strength and Balance exercises. A set of 10 simple exercises to help you keep strong and balanced.	https://www.pathsforall.org.uk/resources/resource/strength--balance-exercises-leaflet
Active at Home	The attached booklet was co-produced by partners across Sheffield. It is part of Sport England's Join the Movement campaign and gives ideas and credible advice on how to stay active and healthy during lockdown.	https://www.movemoresheffield.com/active-at-home/booklet
NHS	Fitness ideas from the NHS	https://www.nhs.uk/live-well/exercise/free-fitness-ideas/
Park Power - Strength & Balance excersizes for when you're walking	Strength and balance are forgotten aspects of our fitness. There are 9 strength and balance exercises for you to follow in this link. They were originally designed for signs in a park . But you could easily adapt them to do in your own house!	https://www.ed.ac.uk/education/rke/centres-groups/pahrc/resources

<p>We are Undefeatable</p>	<p>"We Are Undefeatable" is a movement supporting people with a range of long term health conditions, developed by 15 leading health and social care charities. Their purpose is to support and encourage finding ways to be active that work with each person's conditions, not against them. @Undefeatable have listed some great low-intensity exercises, suitable for older people.</p>	<p>https://weareundefeatable.co.uk/ways-to-move/get-moving-around-the-home</p>
<p>Dementia Together</p>	<p>There is a close relationship between physical health & emotional & cognitive health. Building in some form of physical activity in our everyday routines can support wellbeing, offering a good source of exercise and a way to channel energy in a positive way</p>	<p>https://dementiatogether.online/home/physical-activity</p>
<p>Move it or Lose it</p>	<p>For older adults who are well but socially isolating, @MoveItOrLoseIt1 have started free Facebook Live home workout sessions. They kick off at 2:30pm every weekday. If you can't join them Live, not to worry as you can watch all the sessions back via this link:</p>	<p>https://www.facebook.com/MoveItOrLoseIt1/videos/</p>
<p>Later Life Training</p>	<p>Make Movement Your Mission is a Facebook group that has been set up, for anyone to join, to help older adults move more. This group provides 10 minute activity snacks 3 x p/day (8am, 12pm and 4pm). If you can't join the videos, not to worry as you can watch all the sessions on YouTube via this link:</p>	<p>https://www.youtube.com/watch?v=PjUqXg3Ky6s&list=PLeePVUq4FvWu9uSwUK8YMwZIVjx1CKp8q&fbclid=IwAR2_vBcAB_nSXxxZ4Nwm2LdjHc_OCNjiVh0dvpNQf0SMPCArIrUnni4GOS8</p>

Paracise	Paracise™ is ideal for those who find regular fitness classes too demanding, or who haven't exercised for a long time, or who are coming back from injury. It may be accessible to those with a wide range of health conditions too. There are free low-impact exercise videos you can do from the comfort of your home on their website above. Paracise™ Community is a Facebook group that has been set up for anyone to join. It offers an entry point to the millions of people who would benefit physically and mentally from lower intensity exercise. The group provides around 10 minute videos for anyone to join in around 10am	https://www.facebook.com/groups/Paracisecommunity/
Safe Exercise at Home	The Safe Exercise at Home website has been developed by physiotherapists from around Australia with clinical and academic expertise in exercise and other forms of physical activity for older people and people with mobility limitations.	https://www.safeexerciseathome.org.au/

Creative Activities

Name	Description	Link
Luminate@Home	An online programme of creative activities. The activities are designed to be done at home or in a care home. They are led by professional artists, and feature different artforms including crafts, poetry, music and dance.	https://www.luminatescotland.org/luminateathome
National Galleries	Join artists from the National Galleries of Scotland's regular Gallery Social programme as they invite you into their homes to relax, enjoy a cuppa and explore some art together.	https://www.nationalgalleries.org/art-and-artists/features/gallery-social-anyone-affected-dementia

Music		
Name	Description	Link
BBC Music Memories	Reconnect with powerful memories through music. Create a playlist and take part in the survey to help discover the nation's favourite music memories	https://musicmemories.bbcrewind.co.uk/
Singing for the Brain	Singing for the Brain brings people affected by dementia together to sing a variety of songs they know and love, in a fun and friendly environment. We also do fun vocal exercises that help improve brain activity and well-being.	https://www.alzheimers.org.uk/get-support/your-support-services/singing-for-the-brain
Playlist for Life	Connect through music during isolation and build your loved ones' personal playlist	https://www.playlistforlife.org.uk/connectthroughmusic/
National Galleries Music Concerts	The National Galleries of Scotland are delighted	https://www.nationalgalleries.org/art-and-artists/features/live-music-now
M4D Radio	A group of 5 themed radio stations available 24 hours a day, 365 days a year playing music that evokes memories. Choose your era, listen and enjoy	https://m4dradio.com/
Reminiscing		
Name	Description	Link
Scotland's Photos	The National Galleries of Scotland and the National Library of Scotland are in the process of cataloguing a fascinating collection of 14,000 photos depicting Scottish life, called the MacKinnon Collection. Can you help us identify people or places in the photos, or share any other information that could help us?	https://www.nationalgalleries.org/art-and-artists/features/mackinnon-collection-can-you-help-identify-these-images

My House of Memories	The app has pictures of objects from across the decades, which are brought to life with sound, music and descriptions, and provide an easy-to-use way to help people living with dementia explore things that resonate with them. You can browse the objects, which include everyday things such as cinema tickets, a Singer sewing machine and a 10 shilling note. You can save your favourite objects to a digital memory tree, digital memory box or timeline.	https://www.houseofmemories.co.uk/things-to-do/my-house-of-memories-app/
BBC Reminiscence Archive	Select a theme or decade to take you to sounds, images and videos to spark conversation and memories.	https://remarc.bbcrewind.co.uk/
BFI (British Film Institute) Archive	A free collection of short film and TV clips from years past	https://player.bfi.org.uk/free/collections

Online Games & Apps

Name	Description	Link
Jigdi	Online puzzles. Option to personalise	https://www.jigidi.com/
The Color	Colouring in	https://www.thecolor.com/
Memory lane therapy	Games & Crafts	https://memorylanetherapy.com/free-activities-for-seniors/
Pocket Pond	Downloadable app - feed and catch fish, and customise nature effects.	Download Pocket Pond in your app store
Flower Garden	Downloadable app - build a virtual garden by planting seeds and create flower bouquets .	Download Flower Garden in your app store
Clever Mind	Has speech recognition, large buttons and fonts, games and quizzes	Download Clever Mind in your app store
AcTo Dementia	AcTo Dementia provides recommendations and guidance on accessible touchscreen apps for people living with dementia. This website is an ideal resource for anyone with a diagnosis of dementia, or anyone looking to support a person with a diagnosis, to find and use apps on a tablet computer for entertainment.	https://www.actodementia.com/