

Active at Home

(Active Lives Pathway – Tier 3)



Delivered by
Let's Get Sporty

Building strength, confidence and independence delivered at home



At a glance

Delivery partner	Let's Get Sporty The instructor will go to the persons house
Tier	Tier 3. Active Lives Physical Activity Pathway
Setting	Home-based
Duration	Up to 8 weeks
Session time	30 to 60 minutes

Why refer?

- Offers an opportunity for people not able to access mainstream provision
- Provides support to help people stay well and active at home
- Builds confidence, strength and independence at home

A referral-based programme to help people build strength, confidence and independence – **at home.**

This is a exciting new opportunity, developed in response to feedback from health and social care professionals across Dumfries and Galloway.

- Fully integrated within the Active Lives Physical Activity Pathway (Tier 3)
- Standard referral process in place and ready to use
- Built into local screening and signposting processes



Referral only – submit via:
<https://dgdoingmore.co.uk/health-professional-information/>

SCAN ME!



dgdoingmore.co.uk



What is Active at Home?

A planned, home-based support programme for people who:

- Are unable to access mainstream activity or community provision
- May never be able to attend group-based activity

Supports people to:

- Build strength
- Improve confidence
- Develop simple routines at home
- Maintain independence
- Build and sustain activity as part of everyday life

Key Points

- Not condition-specific
- Referral-only programme
- For people not ready or not able to attend classes
- Focus on practical, everyday movement at home
- Time-limited support, tailored to individual need
- Some people may progress to community activity where appropriate

Who should be referred?

People who:

- Are inactive or de-conditioned
- Have low strength or poor balance
- Lack confidence to attend groups
- Are housebound or unable to access services independently
- Need support to build strength, routine and independence at home
- Can safely engage in supported home-based activity
- People with more complex or high-risk needs may require specialist clinical support

Note: Not suitable for people requiring specialist clinical input, including high-risk falls management

What does it involve?

- 1:1 support in the home
- Simple activity plans (chair-based, strength and balance, walking)
- Focus on everyday movement
- Activities using little or no equipment
- Goal setting and encouragement
- Option to involve family/carers

What difference does it make?

- Improved strength and balance
- Increased confidence to be active
- Better motivation and routine
- Supports independence and quality of life