

Be Able is available at different locations across the City of Edinburgh. To find out more, email be.able@edinburgh.gov.uk or to refer, please contact Social Care Direct on 0131 200 2324 or email socialcaredirect@edinburgh.gov.uk

Live well in later life

Stay active with **Be Able**



HAPPY TO TRANSLATE

You can get this document in Braille, large print and various computer formats if you ask us. Please contact Interpretation and Translation Services (ITS) on 0131 242 8181 and quote reference number 14-0646. ITS can also give information on community language translations.

Working together for a caring,
healthier, safer Edinburgh

Be Able is for you if you are an older person

If you would like to:

- improve your mobility both indoors and outdoors
- regain/increase your confidence and motivation to manage daily living tasks
- begin to take part in social activities again
- remain as independent as possible for as long as possible.

Be Able offers you an opportunity, over a period of 14 to 16 weeks, to practice regaining your skills with the help of trained staff including occupational therapists.



Be Able is for you if you are an older person and have long term health problems, but particularly if you are over 80 and if you are affected by **one** of the following:

- you're not as steady on your feet as you would like to be
- you have recently had a fall or are worried about falling
- you're worried about changes in your memory
- you're not as confident as you would like to be
- you're concerned about going out on your own
- you have difficulty using public transport
- you want to make a difference to your life but need some support to do this.

We will support you to create a tailored programme that will help you achieve your goals and we will review your progress over the programme period.

I don't think I would have been this far on if I hadn't been coming here

A lady who was able to use public transport again

I can walk to the shops now

Exercise participant

Liked the discussions

Memory group participant

Be Able offers:

- exercise programmes which have been proven to improve your strength and balance, your stamina and energy levels, and increase confidence and independence
- a memory programme to help stimulate, improve and maintain your memory if you're having problems
- a comprehensive check to help you reduce your risk of falling, including a home assessment and advice.

We offer you the opportunity to work on goals you would like to achieve, for example:

- gaining more confidence walking indoors and outdoors/ climbing stairs/negotiating kerbs
- supporting you to get on and off buses
- accessing local clubs, libraries and other community resources.

We can provide transport if you need it.

Depending on the goals that we agree with you, you will be able to attend for all or part of the day.