

## **'Teach-Back' Roleplay Activity – Physical Activity**

In pairs. One person is the **'friend/relative'** who will be giving information and advice on getting active. The other person is the **'older person'** who currently does very little physical activity.

**Context:** (both read)

**An older friend/relative tells you that they are feeling a bit bored. When talking about what they used to enjoy doing, they mention that they used to enjoy dancing and swimming when they were younger. But they do very little physical activity now.**

Play out the scenario. The 'friend/relative' should give some basic information/advice on getting more active. This should include:

- **The benefits of physical activity.** Include the physical, mental and social benefits.
- **The physical activity recommendations for older adults (65+).**  
These are:
  - Be physically active every day.
  - Do activities that improve strength, balance and flexibility on at least 2 days a week.
  - Build up to 2 and a half hours of moderate intensity activity a week.
  - Reduce time spent sitting or lying down.
- **How to get active in Staffordshire.** Mention SASSOT's Activity Finder or the 'Getting Active' section on Staffordshire Connects.
- **Use teach-back at the end to check understanding.** You could say that you've recently had some training or read some information on physical activity for older people, so it's been good to share this information with someone. Then you could say something like: "Just so I can check that I've explained it well to you, would you be able to tell me what you're going to try now and why that's important?"

Swap roles, if time.