



Healthy ageing toolkit

for facilitators, volunteers
and community



International Federation
of Red Cross and Red Crescent Societies
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P.O. Box 303
CH-1211 Geneva 19
Switzerland
Telephone: +41 22 730 4222
Telefax: +41 22 733 0395
E-mail: secretariat@ifrc.org
Web site: www.ifrc.org

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Healthy ageing

toolkit

The International Federation of Red Cross and Red Crescent Societies (IFRC) is the world's largest volunteer-based humanitarian network, reaching 150 million people each year through our 189 member National Societies. Together, we act before, during and after disasters and health emergencies to meet the needs and improve the lives of vulnerable people. We do so with impartiality as to nationality, race, gender, religious beliefs, class and political opinions.

Guided by *Strategy 2020* – our collective plan of action to tackle the major humanitarian and development challenges of this decade – we are committed to "saving lives and changing minds".

Our strength lies in our volunteer network, our community-based expertise and our independence and neutrality. We work to improve humanitarian standards, as partners in development and in response to disasters. We persuade decision-makers to act at all times in the interests of vulnerable people. The result: we enable healthy and safe communities, reduce vulnerabilities, strengthen resilience and foster a culture of peace around the world.

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Sylvia Perel-Levin

Author, Behaviour change and instructional design:
Nancy Claxton, Ed.D.

Editor:
Vivienne Seabright

Graphic design:
Marcel Claxton

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Foreword

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By 2050, the number of individuals aged 60 years or above will have tripled from 600 million in 2000 to two billion; 80 per cent of them will live in low- or middle-income countries. While these statistics highlight the scale of the challenge society faces, an ageing population provides countless opportunities. Older people are, and will continue to be, vital assets to their families, friends and communities.

The International Federation of Red Cross and Red Crescent Societies (IFRC) continues to call for the eradication of all forms of ageism that deny older people dignity, decrease access to care and the right to a just quality of life. The Federation therefore endorses and aligns its work in the area of healthy ageing to the World Health Organization's (WHO) *Global strategy and action plan on ageing and health*¹, which focuses on five strategic objectives:

1. commitment to action on healthy ageing in every country
2. developing age-friendly environments
3. aligning health systems to the needs of older populations
4. developing sustainable and equitable systems for providing long-term care (home, communities, institutions)
5. improving measurement, monitoring and research on healthy ageing

The IFRC, in partnership with Pfizer, has worked on a joint initiative which aims to use the expertise and resources of both organizations to develop and test evidence-based tools to support healthy and active ageing at the community level. Both organizations continue to advocate for healthy and active ageing.

The materials within this toolkit were developed with subject matter expertise in the life course approach, healthy ageing determinants and evidence-based behaviour change theories. The toolkit includes content about noncommunicable diseases, risk factors such as falls and social isolation, as well as tools which provide guidance and activities to help people pursue healthier lives and enable active ageing with dignity and a better quality of life.

¹ www.who.int/ageing/global-strategy/en/

Importantly, the healthy ageing materials align with the existing Healthy Lifestyles Community – a highly successful learning and online community – which is used by a number of National Societies within their community-based health programmes. Healthy ageing is a notable component in a number of programmes run by Red Cross Red Crescent National Societies across the world. We hope that this new toolkit will support National Societies in the important and valuable work they are doing in their communities.



Julie Lyn Hall, M.D., MPH, MBE

Director of Health and Care

International Federation of Red Cross and Red Crescent Societies (IFRC)

Geneva, Switzerland

Introduction

The International Federation of Red Cross and Red Crescent Societies' (IFRC) community-based healthy ageing programming is designed to empower community members to make the best choices to live longer, healthier and more active lives. The healthy ageing programme includes benefits to older adults such as:

- improved quality of life
- increased or maintained independence, positive health behaviours and/or mobility
- reduced disability (fewer falls, later onset or fewer years of disability, etc.)
- increased social inclusion and improved mental health
- contributing one's experience to the community

The benefits to people of all ages along the life course include:

- an appreciation of how making healthy choices every day contributes to a longer, healthier life
- an awareness of how every person can be a change agent, with an emphasis on youth leading change
- an understanding of how to prevent and combat ageism and stigma associated with age
- an appreciation of how ageing adults can meaningfully contribute to the community
- being empowered to live your best life

With the support of Pfizer, IFRC has developed this package of tools for use globally to address health promotion through topics such as noncommunicable disease (NCD) risk and prevention, social inclusion and mental health with an ageing focus. These materials embrace a life course approach to bridge the generational gap by teaching both younger populations about healthy choices affecting their quality of life and older populations about managing to live healthier and happier lives.

Using the module and toolkit

The healthy ageing module and toolkit include:

Getting started guide

This guide, contained within the facilitator guide, gives an overview of the process and tools for facilitators teaching volunteers and for volunteers working with community members on healthy ageing. The getting started guide provides the intended learning objectives and outlines of session timing for ease of planning healthy ageing sessions.

Healthy ageing facilitator guide

This guide is designed for staff or trainers of trainers to conduct a training of trainers (ToT) or preparation course for staff and volunteers who will work directly with community members. The facilitator guide is comprised of nine topics which we advise teaching in sequential order to allow volunteers to see the full range of materials available. The tools, talking points and activities included allow volunteers to teach communities in an interactive way. The assessment topic allows volunteers to assess community needs and develop a healthy ageing programme for each community based on its unique needs. The assessment determines which topics will be taught and the priority of each topic at any given time in the programme. All topics allow participants to learn and practise key knowledge and skills to coach community members through social and behaviour change techniques and to set a supportive environment for healthy ageing at the community level.

Healthy ageing volunteer guide

This guide is designed for community volunteers who work directly with community members. The guide contains key information and discussion points to work with community members in understanding how to stay healthy throughout the life course. The volunteer guide is comprised of nine topics which include knowledge, tools, talking points and activities for teaching communities in an interactive way. The first three topics: functional ability - life course, assessment, and behaviour change should be taught to all communities. The assessment topic allows volunteers to assess community needs and develop a healthy ageing programme for each community based on its unique needs. The assessment determines which topics will be taught and the priority of each topic at any given time in the programme. Topics include: preventing NCDs, preventing falls, preventing social isolation, healthy eating, physical activity and lifelong learning. All topics promote social and behaviour change techniques and tailored activities to set a supportive environment for healthy ageing at the community level.

Healthy ageing toolkit

The toolkit is intended to be used with the healthy ageing guides. The toolkit features full-colour imagery, interactive formats and games material to teach all audiences according to the methodology suggested in the guides. All materials can be printed in colour or black/white and are of high resolution for those National Societies wishing to enlarge and print posters and banners for other uses in their healthy ageing activities.

Audience

The healthy ageing module and toolkit contains nine topics for use by Red Cross Red Crescent volunteers to teach about a life course approach to community members of all ages. While the materials are specifically tailored to an ageing audience, all materials can be adapted or taught as they are to any adult audience. The activities included allow volunteers and their community members to learn about what healthy ageing is and how to pursue a healthy life course. Community members can also explore the critical components for healthy ageing and assess their personal development along the various components on a regular basis. They can become familiar with, and comfortable in, identifying areas where they may need extra attention and support, as well as empowering themselves to eat more healthily and move more freely, helping to prevent NCDs, falls and social isolation and, in the process, becoming life-long learners. These outcomes can be achieved with the highly interactive and learner-friendly tools included in this toolkit.

Healthy ageing topics

Mandatory topics:

1. Functional ability – life course
2. Assessment
3. Behaviour change

Primary prevention topics:

4. Preventing NCDs
5. Preventing falls
6. Preventing social isolation

Topics for improving our life at any age:

7. Healthy eating
8. Physical activity
9. Lifelong learning

Mandatory topics

Topic 1: Functional ability - life course	Topic 2: Assessment	Topic 3: Behaviour change
Facilitator guide		
Volunteer guide		
Toolkit with:		
Healthy life course game kit (game board, die, first roll cards, game money and game cards)	Video guide for completing and scoring assessment cards for Red Cross Red Crescent reference	Five stages of behaviour change poster
Layering puzzle	Assessment and answer cards	Behaviour stages game kit including game board, guidance, game cards and answer sheets
Action plan template for week one (appendix A)	Prioritizing and planning sheet (guidelines and example)	Behaviour change matching cards
	Action plan template for follow-up (appendix B)	Action plan template for follow-up (appendix B)

Primary prevention

Preventing NCDs topic	Preventing falls topic	Preventing social isolation topic
Facilitator guide		
Volunteer guide		
Toolkit with:		
Effects of... posters (quitting tobacco, drinking less alcohol, healthy diet and physical activity)	Balance cards (9)	Blissful meditation audio file and script
Emergency posters (cardiac arrest, stroke and diabetic)	Frequency table (appendix C)	Social activities sheet
NCDs diagram	Action plan template for follow-up (appendix B)	Action plan template for follow-up (appendix B)
NCD risk assessment card (double-sided) with guidelines		
Measuring strip (in two parts)		
Body Mass Index (BMI) chart		
Action plan template for follow-up (appendix B)		

Improving our life at any age

Healthy eating topic	Physical activity topic	Lifelong learning topic
Facilitator guide		
Volunteer guide		
Toolkit with:		
Effects of an unhealthy diet	Effects of physical inactivity poster	Lifelong learning poster
Healthy eating guide poster	Stretch cards (8)	Activity graphics (3)
Fruit and vegetable serving sizes poster	Strength cards (7)	Let's learn ASL video
Action plan template for follow-up (appendix B)	Frequency table (appendix C)	Action plan template for follow-up (appendix B)
	Action plan template for follow-up (appendix B)	

Healthy ageing module

1 Functional ability - life course

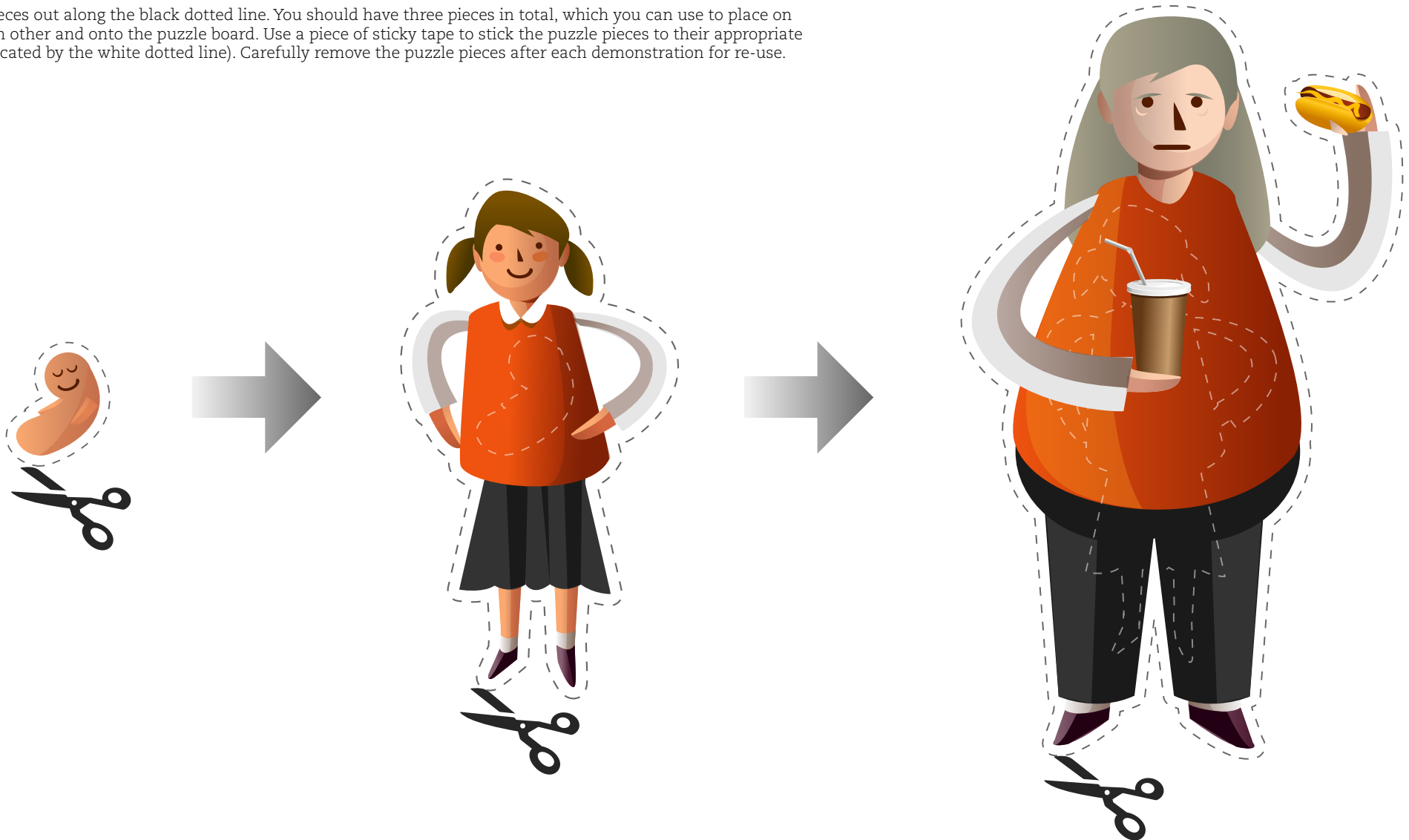


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Layering puzzle pieces

Cut the pieces out along the black dotted line. You should have three pieces in total, which you can use to place on top of each other and onto the puzzle board. Use a piece of sticky tape to stick the puzzle pieces to their appropriate spots (indicated by the white dotted line). Carefully remove the puzzle pieces after each demonstration for re-use.



Layering puzzle board



Layering puzzle

All content in **bold** are prompts you can use when speaking or teaching the content. Let's get started.

1. Hold up foetus.

2. Say:

The foetus represents who we are before we are born. Our genes can be influenced by experiences while we are still growing in our mothers, as well as by any kind of exposure and behaviours from the environment where our mother lived while we were growing inside her.

3. Now place the foetus on top of the cutout of the little girl. Place the little girl on top of the board for the layering puzzle. Show how her environment will make it difficult for her to be healthy. Point out the candy store, the fast food restaurant, community members who are smokers or obese and advertisements for unhealthy food. Place the shape of the foetus within the dotted line where it should fit.

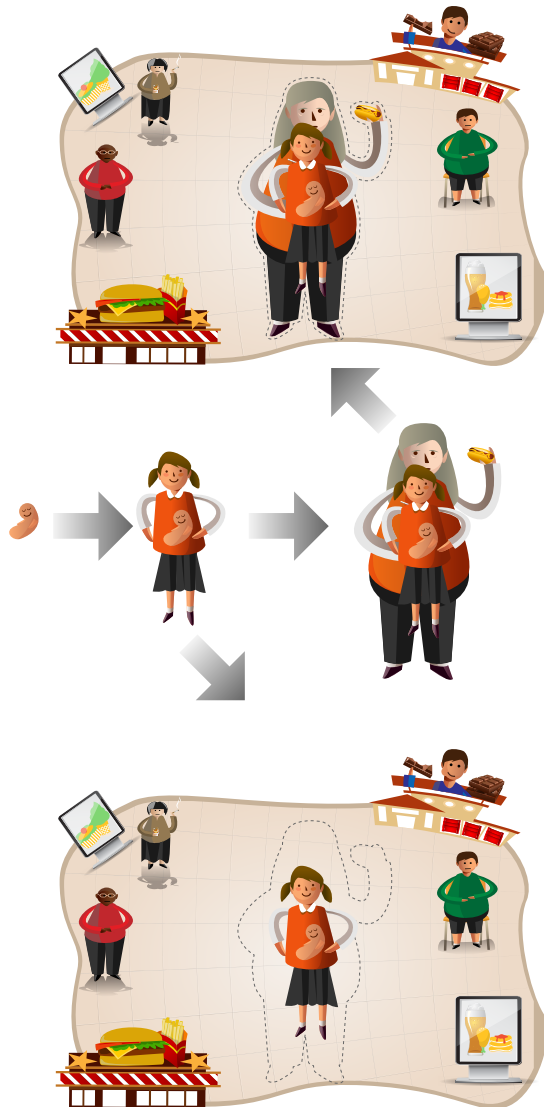
4. Say:

This little girl is a result of all the influences on her as a baby and in her everyday life since being born. All the biological factors, plus all the behaviours she and her family practise and whether her environment is healthy or unhealthy have an impact on this little girl every single day. Her behaviours can still be modified but it gets more difficult the longer she continues unhealthy behaviours.

5. Now place the foetus and the little girl on top of the cutout of the woman. Point out that the woman is overweight, is still eating unhealthy food and is still part of that unhealthy environment.

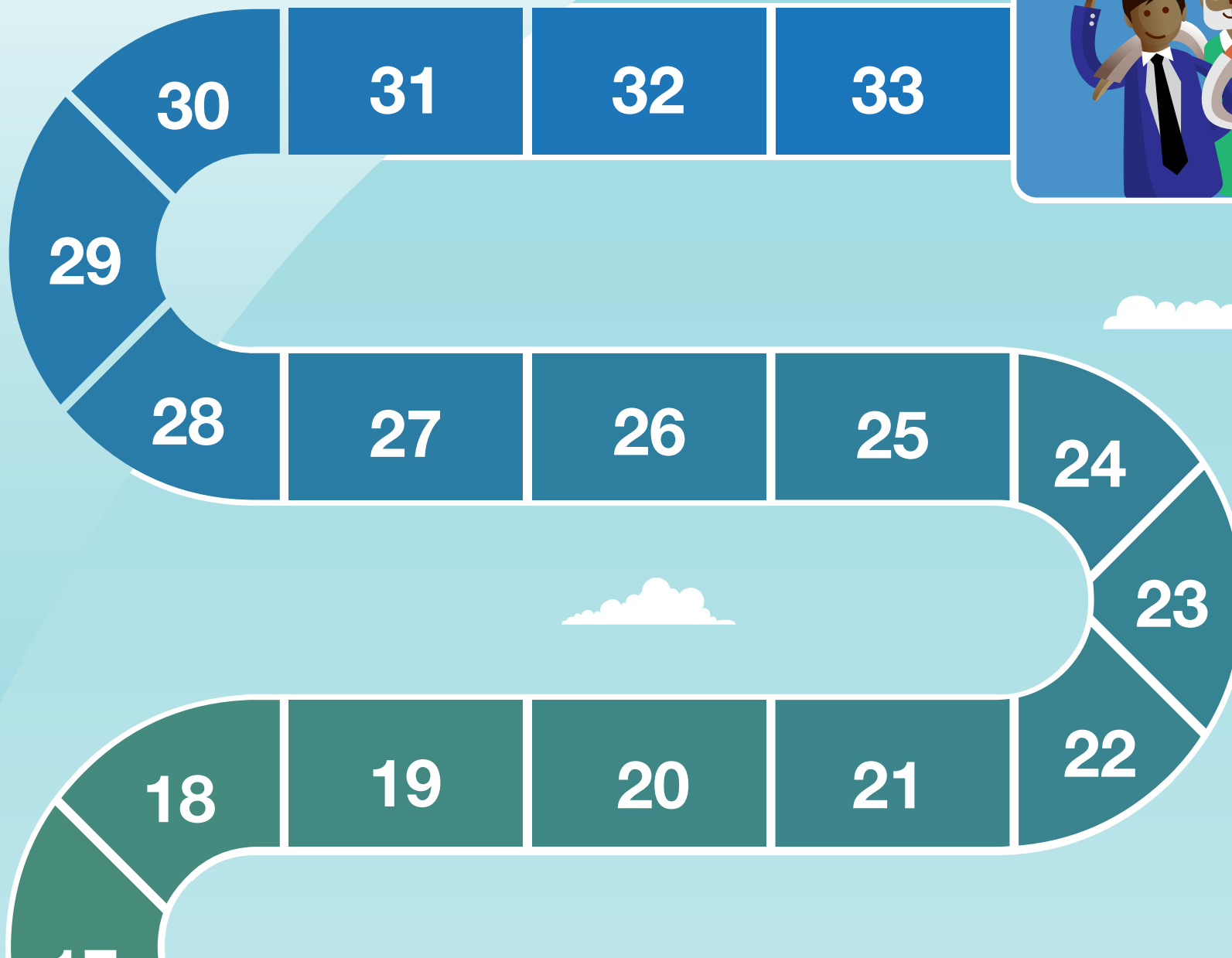
6. Say:

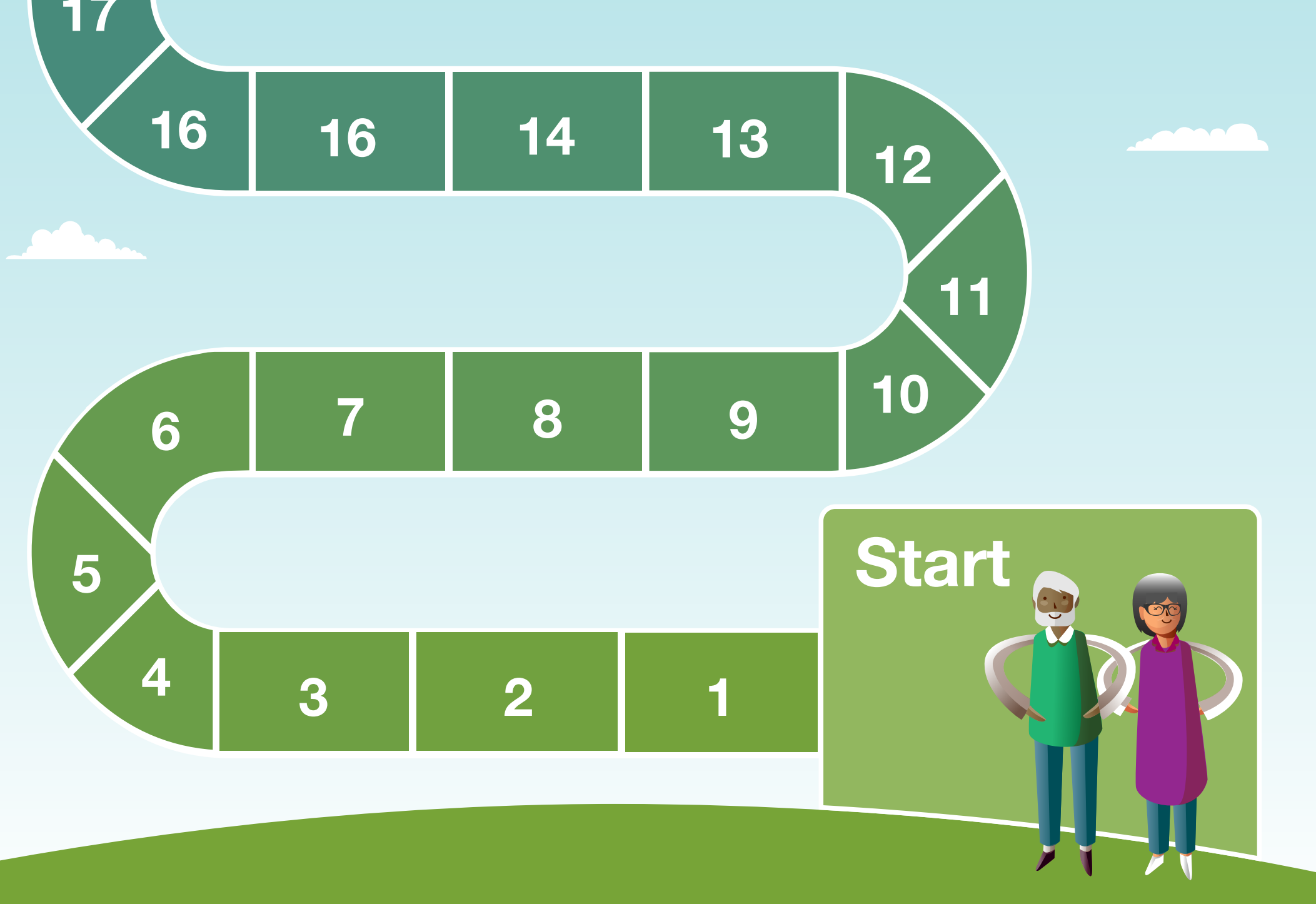
This woman is a result of all the repeated influences on her behaviour from before she was even born. She is a result of the influences on her as a baby and as a little girl. Her health is a result of her behaviours and her personal risk factors—some of them can be improved by just making healthier choices. This is also a result of personal elements of her body and mind that are often not as changeable. These might be her gender, her ethnicity, her education level, her job or how much money she has. All of these elements plus the physical, social or cultural settings where she works, lives and plays all have a strong impact on her health and well-being. This is why we consider healthy lifestyles or the life course approach as something that should be considered throughout one's life.



Healthy life course game

Finish





Healthy life course game die

Cut the shape out on the dotted lines. Fold each square with a number and picture so the die forms a cube with the numbers and pictures on the outside. Tape the edges to make a solid die.



Healthy life course game first roll cards

Cut the first roll cards out along the dotted lines.















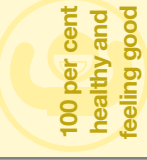
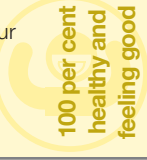
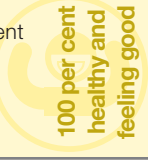
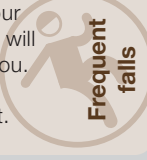


Healthy life course game money

Copy this sheet as many times as needed and cut the notes of game money out along the dotted lines.



Healthy life course game cards

Cut the three cards out along the dotted lines. Do NOT cut out each colour strip, but make sure that there are six different colour strips on EACH card.

<p>You choose fruit over candy. Move forward 1 space.</p> 	<p>You forget your medicine. Go back 1 space.</p> 	<p>Your friend is diagnosed with NCD. To be proactive, you go to the Red Cross Red Crescent for a clinical NCD assessment. Move forward 2 spaces.</p> 
<p>You walk to the market and say hello to four people. Move forward 1 space.</p> 	<p>You call an old friend today. Move forward 1 space.</p> 	<p>Your sister dies. You meet other family members to grieve together. Move forward 1 space.</p> 
<p>You only smoke half the number of cigarettes than usual. You feel better. Move forward 1 space.</p> 	<p>You did some yoga today and feel a bit better. Move forward 2 spaces.</p> 	<p>You are feeling depressed so you eat an entire chocolate cake. You feel even worse. Go back 2 spaces.</p> 
<p>You only had one small drink. Move forward 1 space.</p> 	<p>Your sister is diagnosed with cardiovascular disease. You decide to get an assisted assessment. Move forward 1 space.</p> 	<p>Your eyesight becomes blurred from diabetes. Your doctor says you need an operation. Pay 5 HH points.</p> 
<p>You went for a walk today. Smile at the other players.</p> 	<p>You don't snore like your obese sister. Your husband is happy. Hug another player.</p> 	<p>Your doctor tells you that you are in excellent health. Move forward 1 space.</p> 
<p>You are afraid to go outside and watch your grandchildren play in the snow, for fear you will fall. Your grandchildren are pleading with you. Pay 2 HH points for their disappointment.</p> 	<p>You feel dizzy several times this week. You do not ignore it but make an appointment to see your doctor. Move forward 1 space.</p> 	<p>You buy a cane to allow you to move with more confidence. Your activity increases. Move forward 1 space.</p> 



Healthy life course game cards

Cut the three cards out along the dotted lines. Do NOT cut out each colour strip, but make sure that there are six different colour strips on EACH card.

<p>Your skin has suddenly begun to itch and is painful. You do not wait - you make a doctor's appointment immediately.</p> <p>Move forward 2 spaces.</p> <p>Communicable disease</p>	<p>You have a cough, fever and chills. You make some chicken soup and refuse to see a doctor.</p> <p>Pay 4 HH points when later you have to be rushed to the hospital.</p> <p>Communicable disease</p>	<p>You are experiencing lots of diarrhoea since taking your new medicine. You contact your nurse at the clinic immediately.</p> <p>Move forward 2 spaces.</p> <p>Communicable disease</p>
<p>You walk to the market and say hello to four people.</p> <p>Get 3 HH points from the bank.</p> <p>Loneliness</p>	<p>You went to the church/temple/mosque just to be around other people. You talked with three people.</p> <p>Move forward 2 spaces.</p> <p>Loneliness</p>	<p>You sign up to volunteer at your local Red Cross Red Crescent branch. You are nervous but excited.</p> <p>Move forward 3 spaces.</p> <p>Loneliness</p>
<p>You eat 10 bags of potato crisps in bed with a bottle of soda. You haven't left the bed in days.</p> <p>Pay 2 HH points.</p> <p>Depression</p>	<p>You drink too much alcohol with your medication and have to go to hospital.</p> <p>Pay 3 HH points.</p> <p>Depression</p>	<p>Your spouse tells you that she has chronic lung disease from breathing your second-hand smoke.</p> <p>Pay 8 HH points.</p> <p>Depression</p>
<p>You eat 5 servings of fruit and vegetables today. You feel good.</p> <p>Move forward 1 space.</p> <p>NCD</p>	<p>You eat 5 candy bars.</p> <p>Pay 1 HH point.</p> <p>NCD</p>	<p>You need medicine to fight your NCD. Your grandson needs money for school fees. If you choose the medicine, go back 3 spaces. If you choose the school fees, go back 2 spaces.</p> <p>NCD</p>
<p>You walk for 30 minutes every day. You save money by not taking a taxi for your errands.</p> <p>Get 1 HH point from the bank.</p> <p>100 per cent healthy and feeling good</p>	<p>You have not missed a day of volunteering in three years because of your good health. Your supervisor tells everyone what a great volunteer you are.</p> <p>Get 4 HH points from the bank.</p> <p>100 per cent healthy and feeling good</p>	<p>You can keep up with your grandchildren when they play. Laugh out loud and get the other players to laugh with you.</p> <p>Get 1 HH point from the bank for each other player that you can get to laugh.</p> <p>100 per cent healthy and feeling good</p>
<p>You feel too weak to do basic activity. As well, you don't do basic activities because you are afraid to fall.</p> <p>Lose your next turn.</p> <p>Frequent falls</p>	<p>You drink too much wine for dinner and you become even less stable. You fall and lie on the ground until your daughter finds you.</p> <p>Pay 3 HH points for emergency care.</p> <p>Frequent falls</p>	<p>Your son installs lights in the dark places in your home, making it easy for you to see where you are walking.</p> <p>Get 2 HH points from the bank.</p> <p>Frequent falls</p>



Healthy life course game cards

Cut the three cards out along the dotted lines. Do NOT cut out each colour strip, but make sure that there are six different colour strips on EACH card.

<p>You miss work because you don't feel well.</p> <p>Pay 1 HH point for a missed day of work.</p> <p>Communicable disease</p>	<p>You are having a difficult time focusing your eyes. You are tired of doctors and simply take to your bed.</p> <p>Go back 2 spaces.</p> <p>Communicable disease</p>	<p>Your feet are tingling and you are scared.</p> <p>Pay 2 HH points for the doctor's visit.</p> <p>Communicable disease</p>
<p>You have pain in your chest and don't want to go to the doctor.</p> <p>Pay 2 HH points for lost sleep.</p> <p>Loneliness</p>	<p>You sit at home and look out of the window, wondering why life is so hard. You cry for an hour.</p> <p>Pay 2 HH points.</p> <p>Loneliness</p>	<p>You wake up unable to breathe easily.</p> <p>Pay 3 HH points for transport and a doctor's visit.</p> <p>Loneliness</p>
<p>You can't get yourself out of bed.</p> <p>Pay 1 HH point for missed work.</p> <p>Depression</p>	<p>You eat 5 servings of fruit and vegetables today. You feel good.</p> <p>Move forward 2 spaces.</p> <p>Depression</p>	<p>You go for a walk and you feel good.</p> <p>Move forward 1 space.</p> <p>Depression</p>
<p>You feel terrible and are having trouble breathing. You wish you had stopped smoking 50 years ago.</p> <p>Pay 3 HH points for a new oxygen tank.</p> <p>NCD</p>	<p>You chose fruit over candy.</p> <p>Move forward 1 space.</p> <p>NCD</p>	<p>You must get chemotherapy once a week.</p> <p>Pay 3 HH points.</p> <p>NCD</p>
<p>You feel great today.</p> <p>Get 2 HH points from the bank.</p> <p>100 per cent healthy and feeling good</p>	<p>Your spouse tells you that you are beautiful.</p> <p>Get 1 HH point from the bank.</p> <p>100 per cent healthy and feeling good</p>	<p>Your obese sister was just diagnosed with diabetes. You show her how to prepare healthier meals.</p> <p>Move forward 1 space.</p> <p>100 per cent healthy and feeling good</p>
<p>You are afraid to leave the house for fear of falling. You stay home and feel lonely.</p> <p>Pay 2 HH points.</p> <p>Frequent falls</p>	<p>You do basic balance exercises every day. You feel stronger and more agile.</p> <p>Move forward 2 spaces.</p> <p>Frequent falls</p>	<p>Trying to clean up around the house without asking for help from your family, you fall and injure your leg.</p> <p>Go back 2 spaces.</p> <p>Frequent falls</p>



Healthy life course game cards

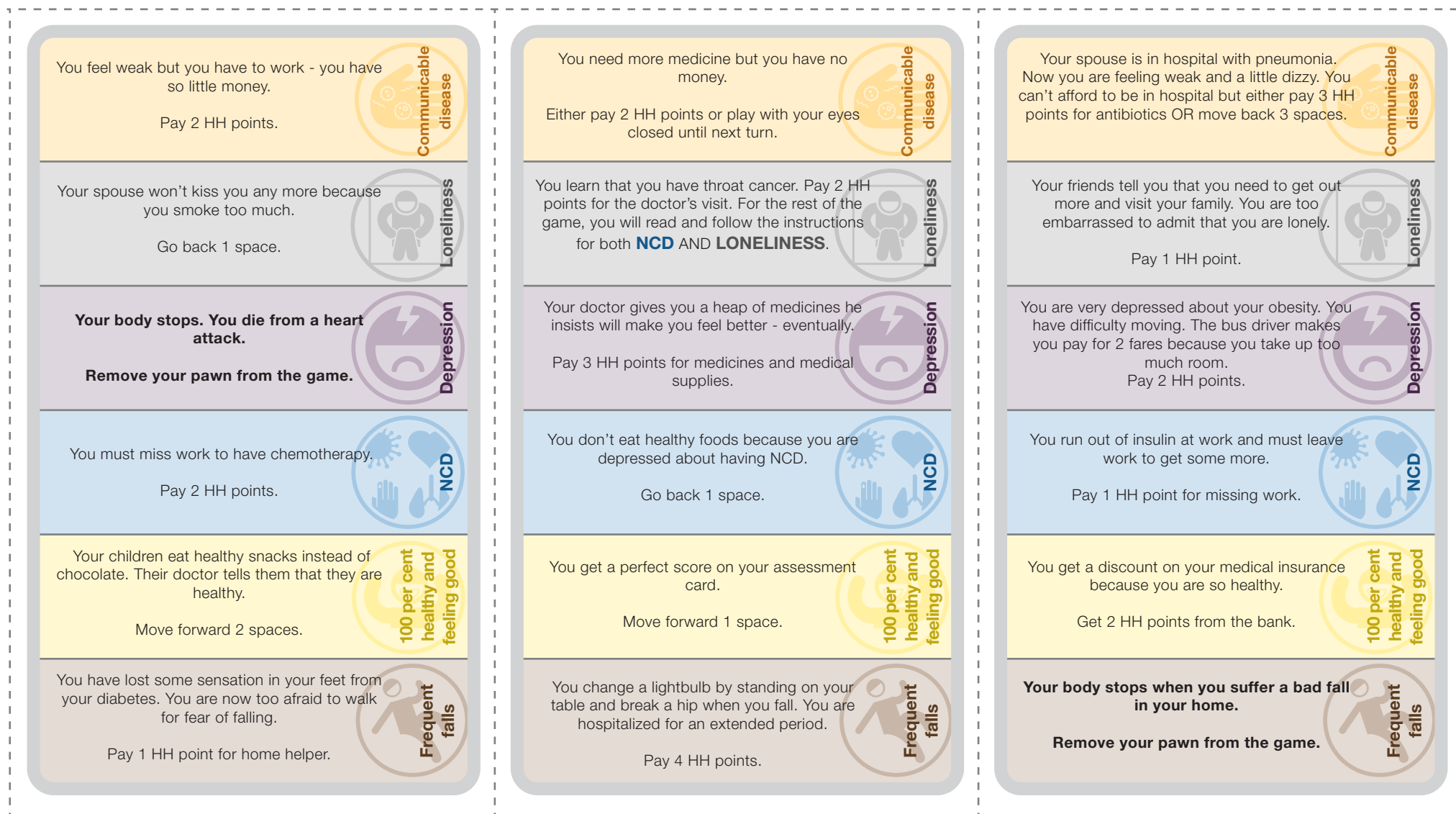
Cut the three cards out along the dotted lines. Do NOT cut out each colour strip, but make sure that there are six different colour strips on EACH card.

<p>You can't breathe easily and you get scared.</p> <p>Pay 2 HH points for an emergency visit.</p> <p>Communicable disease</p>	<p>Your son is diagnosed with diabetes. You become depressed and forget to take your medication.</p> <p>Pay 2 HH points.</p> <p>Communicable disease</p>	<p>Your body stops. You die from COMMUNICABLE DISEASE.</p> <p>Remove your pawn from the game.</p> <p>Communicable disease</p>
<p>Your children tell you that you need to get out more and meet some of your friends. You are too embarrassed to admit that you are lonely.</p> <p>Go back 2 spaces.</p> <p>Loneliness</p>	<p>You are so tired - you sleep all day and miss your Red Cross Red Crescent support meeting.</p> <p>Move back 1 space.</p> <p>Loneliness</p>	<p>You attend the exercise class at the centre near you. You meet new people and feel so good!</p> <p>Get 1 HH point from the bank.</p> <p>Loneliness</p>
<p>You have a terrible headache all day and start to feel so sorry for yourself.</p> <p>Lose your next turn.</p> <p>Depression</p>	<p>You are in a terrible depression all day. You miss your doctor's appointment.</p> <p>Move back 2 spaces.</p> <p>Depression</p>	<p>You cry uncontrollably and miss work.</p> <p>Pay 1 HH point for a missed day of work.</p> <p>Depression</p>
<p>You must have surgery.</p> <p>Pay 4 HH points.</p> <p>NCD</p>	<p>You feel pain in your arm and chest. You call an ambulance.</p> <p>Pay 3 HH points for the ambulance and doctor's visit.</p> <p>NCD</p>	<p>Pay 2 HH points for your spouse to stay home from work this week to care for you.</p> <p>NCD</p>
<p>Your mother just died of NCD. You are worried. You go for an assessment at your health clinic and are told you are at low risk because of your healthy lifestyle.</p> <p>Move forward 2 spaces.</p> <p>100 per cent healthy and feeling good</p>	<p>Your body measurements are considered healthy. You look 10 years younger than your younger sister.</p> <p>Move forward 2 spaces.</p> <p>100 per cent healthy and feeling good</p>	<p>You have money in savings - enough to go on that holiday you have always wanted.</p> <p>Move forward 3 spaces.</p> <p>100 per cent healthy and feeling good</p>
<p>A stranger offers you help to cross a busy street and up the steps of a building.</p> <p>Move forward 1 space.</p> <p>Frequent falls</p>	<p>Feeling dizzy and having learned from falls in the past you quickly sit down and wait patiently until the dizziness passes.</p> <p>Get 1 HH point from the bank.</p> <p>Frequent falls</p>	<p>You have not been doing your balance exercises and fall down the stairs when dizziness overtakes you.</p> <p>Lose your next turn.</p> <p>Frequent falls</p>



Healthy life course game cards

Cut the three cards out along the dotted lines. Do NOT cut out each colour strip, but make sure that there are six different colour strips on EACH card.



Healthy life course game cards

Cut the three cards out along the dotted lines. Do NOT cut out each colour strip, but make sure that there are six different colour strips on EACH card.

<p>You drink 4 glasses of alcohol every day because you think it will kill any bad germs.</p> <p>Go back 2 spaces.</p> <p>Communicable disease</p>	<p>You get bronchitis and must miss work.</p> <p>Pay 1 HH point for missing work and 2 HH points for the hospital visit.</p> <p>Communicable disease</p>	<p>You attend an HIV support group meeting at the Red Cross Red Crescent branch office. You feel supported and meet new people.</p> <p>Move forward 2 spaces.</p> <p>Communicable disease</p>
<p>Your body stops. You die from unknown causes.</p> <p>Remove your pawn from the game.</p> <p>Loneliness</p>	<p>You have tried to stop smoking but you have no one to support you. You smoke three cigarettes in defeat.</p> <p>Go back 3 spaces and pay 3 HH points.</p> <p>Loneliness</p>	<p>A stranger at the store told you that you looked beautiful today. You feel great.</p> <p>Move forward 1 space.</p> <p>Loneliness</p>
<p>You feel weak.</p> <p>Pay 1 HH point for a missed day of work.</p> <p>Depression</p>	<p>You need medicine for your depression. Your daughter needs medicine for her pregnancy. You do not have enough for both medicines. If you choose your medicine, pay 3 HH points. If you choose your daughter's medicine, move back 3 spaces.</p> <p>Depression</p>	<p>You stopped smoking 1 week ago. You miss cigarettes but you refuse to smoke again.</p> <p>Move forward 2 spaces.</p> <p>Depression</p>
<p>Your daughter stops smoking in the house. You breathe easier.</p> <p>Thank your daughter and move forward 1 space.</p> <p>NCD</p>	<p>Your cancer has spread. The doctor said you must eat more healthily and get some exercise if you can.</p> <p>Pay 2 HH points and go back 1 space.</p> <p>NCD</p>	<p>Your blood pressure is high because your smoking makes your blood work too hard.</p> <p>Pay 2 HH points for medicine.</p> <p>NCD</p>
<p>You play games with your grandchildren and can move easily.</p> <p>Move forward 2 spaces.</p> <p>100 per cent healthy and feeling good</p>	<p>Your neighbour who has diabetes has no money to pay the doctor. She feels bad, causing her to only eat more sugar.</p> <p>Give her a hug.</p> <p>100 per cent healthy and feeling good</p>	<p>At the health clinic, your blood pressure is healthy.</p> <p>Get 2 HH points from the bank.</p> <p>100 per cent healthy and feeling good</p>
<p>You start to lift small weights and do exercise to build your strength. You feel good and more confident in your movements.</p> <p>Get 2 HH points.</p> <p>Frequent falls</p>	<p>You have just been diagnosed with rheumatoid arthritis and you feel even more anxious about a fall.</p> <p>Pay 2 HH points for a doctor's visit.</p> <p>Frequent falls</p>	<p>You save newspapers in stacks on your floor at home. You trip over a stack of newspapers and break a bone.</p> <p>Pay 3 HH points for hospital fees.</p> <p>Frequent falls</p>



Healthy life course game cards

Cut the three cards out along the dotted lines. Do NOT cut out each colour strip, but make sure that there are six different colour strips on EACH card.

<p>You need more medication. Your grandchild needs money for a school uniform. You cannot afford both. If you choose the medicine, move back 3 spaces. If you choose the school uniform, lose your next turn.</p> <p>Communicable disease</p>	<p>You take all of your medications at the appropriate times today.</p> <p>Move forward 1 space.</p> <p>Communicable disease</p>	<p>You lose your job.</p> <p>Try to borrow 4 HH points from another player. If they do not agree, go back 4 spaces.</p> <p>Communicable disease</p>
<p>You go to a pub just to be around people. You don't normally drink but you start drinking too much every day to please your new "friends".</p> <p>Pay 3 HH points.</p> <p>Loneliness</p>	<p>Your husband tells you that you look so old.</p> <p>Go back 1 space.</p> <p>Loneliness</p>	<p>You need medicine for your depression. Your spouse needs insulin. You do not have enough for both medicines. If you choose your medicine, pay 4 HH points. If you choose insulin, go back 4 spaces.</p> <p>Loneliness</p>
<p>You stop drinking at home alone and go for a walk outside instead.</p> <p>Move forward 1 space.</p> <p>Depression</p>	<p>You eat a salad instead of a burger. You feel a little better.</p> <p>Move forward 1 space.</p> <p>Depression</p>	<p>You eat bags of candy in bed when no one can see and cry yourself to sleep.</p> <p>Go back 2 spaces.</p> <p>Depression</p>
<p>You recover from heart surgery.</p> <p>Pay 1 HH point for a missed day of work.</p> <p>NCD</p>	<p>Your body stops. You die from NCD.</p> <p>Remove your pawn from the game.</p> <p>NCD</p>	<p>You eat healthier food and find you feel a little better.</p> <p>Move forward 1 space and get 1 HH point.</p> <p>NCD</p>
<p>You take your sister to the clinic for her cholesterol test. She has high cholesterol. You get your cholesterol tested too and your levels are excellent.</p> <p>Move forward 2 spaces.</p> <p>100 per cent healthy and feeling good</p>	<p>You visit your brother who smokes heavily. You breathe in a lot of secondhand smoke and you don't feel well.</p> <p>Pay 1 HH point.</p> <p>100 per cent healthy and feeling good</p>	<p>Your spouse gets sick. You have to take a day off work to care for him.</p> <p>Pay 1 HH point.</p> <p>100 per cent healthy and feeling good</p>
<p>You suffered a stroke and you still do not have full mobility. You stay at home and cry, wondering why this is happening to you. You are afraid now of falling when you walk.</p> <p>Go back 2 spaces.</p> <p>Frequent falls</p>	<p>Your spouse installed a grab bar in the shower to help you get in and out with ease. You feel much more independent and enjoy showers even more.</p> <p>Get 2 HH points from bank.</p> <p>Frequent falls</p>	<p>Your hip aches from your recent fall. You keep up the exercises that the doctor gave you and it feels a little better every day.</p> <p>Get 1 HH point.</p> <p>Frequent falls</p>



Healthy life course game cards

Cut the three cards out along the dotted lines. Do NOT cut out each colour strip, but make sure that there are six different colour strips on EACH card.

<p>You suddenly get confused more easily and have been having trouble with urine leaks.</p> <p>You pay 2 HH points for antibiotics for a urinary tract infection.</p> <p>Communicable disease</p>	<p>You hate needles so you refuse a flu vaccine.</p> <p>Pay 3 HH points for hospitalization for influenza infection.</p> <p>Communicable disease</p>	<p>You go for a walk to the market to buy fresh vegetables.</p> <p>Move forward 2 spaces.</p> <p>Communicable disease</p>
<p>Your heart literally feels sad. You turn on the radio all day just to hear human voices. You stay home and feel sorry for yourself.</p> <p>Pay 2 HH points.</p> <p>Loneliness</p>	<p>You sign up to volunteer at your local Red Cross Red Crescent branch.</p> <p>You are nervous but excited. Move ahead 3 spaces.</p> <p>Loneliness</p>	<p>Your doctor tells you that people who are lonely are more likely to have poor health behaviours like poor diet, lack of physical activity, and smoking. You go home and smoke a whole pack of cigarettes. Pay 3 HH points and go back 1 space.</p> <p>Loneliness</p>
<p>You decide to meditate daily for a whole week. At the end of the week, you admit you feel better.</p> <p>Get 2 HH points.</p> <p>Depression</p>	<p>You don't want to fall asleep each night because you dread the morning. You don't get enough sleep and feel worse.</p> <p>Go back 2 spaces.</p> <p>Depression</p>	<p>You don't do exercise because you don't feel like it.</p> <p>Go back 1 space.</p> <p>Depression</p>
<p>You are always nervous and anxious when you want a cigarette. You learn how to knit to keep your hands busy.</p> <p>Get 1 HH point and move forward 1 space.</p> <p>NCD</p>	<p>You go for 2 walks every day for 15 minutes each. You always feel better and sleep better afterwards.</p> <p>Move forward 1 space.</p> <p>NCD</p>	<p>You drink too much because drinking makes you forget you have cancer. You get arrested for drink driving.</p> <p>Pay 5 HH points.</p> <p>NCD</p>
<p>Your family has a history of cardiovascular disease. You monitor your cholesterol, your weight and have a busy social life.</p> <p>Move forward 3 spaces.</p> <p>100 per cent healthy and feeling good</p>	<p>Your doctor tells you that social support can help people eat well, exercise and live healthy lifestyles. He tells you that you are doing well.</p> <p>Get 2 HH points.</p> <p>100 per cent healthy and feeling good</p>	<p>You maintain a healthy body weight and do not eat too much sugar, fat or salt. You have worn the same size since secondary school.</p> <p>Get 1 HH point from the bank.</p> <p>100 per cent healthy and feeling good</p>
<p>You take water exercise classes where you can move your body and not fear falling. You make new friends.</p> <p>Get 2 HH points.</p> <p>Frequent falls</p>	<p>Your home nurse does everything for you so that you never have to leave your chair. Your body grows weaker and more frail.</p> <p>Pay 2 HH points.</p> <p>Frequent falls</p>	<p>Your daughter tells you that she cannot lift you into the bed or bath anymore. She says that you have to live in a nursing home unless you exercise and grow strong enough to be more independent.</p> <p>Go back 3 spaces and pay 3 HH points.</p> <p>Frequent falls</p>



Healthy ageing module

2

Assessment

2 Assessment

Healthy ageing assessment card

Put your response on the answer card.

Stretch and strength

During the past two weeks how much time did you spend on stretching and strengthening exercises?
Mark only one oval

<input type="radio"/>	More than 60 minutes per week
<input type="radio"/>	46 - 60 minutes per week
<input type="radio"/>	31 - 45 minutes per week
<input type="radio"/>	16 - 30 minutes per week

Align the answer card to the right of this page.

2 Assessment

Answer card

Align the column to the right of the assessment card with the matching sign.

Every two weeks complete this assessment to see how you are doing. Your results can help you see your progress.

Name:

Date:

International Federation of Red Cross and Red Crescent Societies
www.ifrc.org/healthy-ageing-module



International Federation
of Red Cross and Red Crescent Societies

www.ifrc.org Saving lives, changing minds.

Healthy ageing assessment

1. Hold up the assessment cards and the answer card as shown below.
2. Slide the answer card underneath the assessment card far enough so the column with the matching sign is against the border.
3. Read the question(s) on the assessment card and colour the matching oval(s) on the answer card. Do not write on the assessment card.
4. Once all questions on the assessment card have been answered, take the next assessment card and repeat steps 2 to 4.

Healthy ageing assessment card
Put your response on the answer card.

Stretch and strength

During the past two weeks how much time did you spend on stretching and strengthening exercises?
Mark only one oval.

a		More than 60 minutes per week
b		46 - 60 minutes per week
c		31 - 45 minutes per week
d		16 - 30 minutes per week
e		0 - 15 minutes per week

Align the answer card to the right of this page.

Answer card

Align the column to the right of the assessment card with the matching sign.

Every two weeks complete this assessment to see how you are doing. Your results can help you see your progress.

Name:

Date:

International Federation of Red Cross and Red Crescent Societies
www.ifrc.org Saving lives, changing minds.

Answer card

Align the column to the right of the assessment card with the matching sign.

Every two weeks complete this assessment to see how you are doing. Your results can help you see your progress.

Name:

Date:

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Healthy ageing assessment card

Put your responses on the answer card.



Self

1

Where do you live?
Mark only one oval

- ☐ a In my home
- ☐ b In a family member's home
- ☐ c In a care facility or hospital

2

What is your age group?
Mark only one oval

- ☐ a 18 - 35
- ☐ b 36 - 52
- ☐ c 53 - 62
- ☐ d 63 -79
- ☐ e 80+

3

With whom do you live?
Mark only one oval

- ☐ a With my spouse or partner
- ☐ b With my spouse or partner and other family members
- ☐ c With friends or acquaintances
- ☐ d No-one. I live alone

Align the answer card to the right of this page.

Healthy ageing assessment card

Put your response on the answer card.

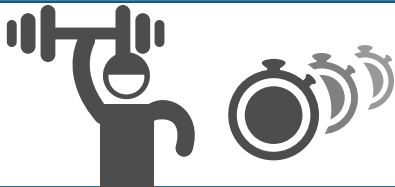


Stretch and strength

During the past two weeks how much time did you spend on stretching and strengthening exercises?

Mark only one oval

a



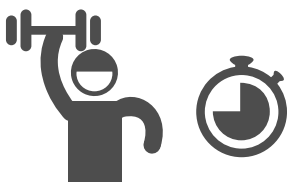
More than 60 minutes per week

b



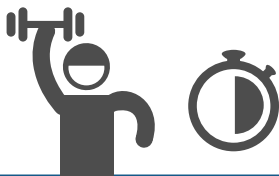
46 - 60 minutes per week

c



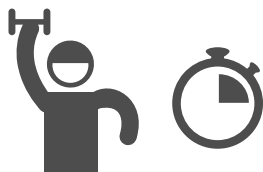
31 - 45 minutes per week

d



16 - 30 minutes per week

e



0 - 15 minutes per week

Align the answer card to the right of this page.

Healthy ageing assessment card

Put your response on the answer card.



Healthy eating

During the past two weeks, on average, how many servings of fruit and vegetables have you eaten every day?

Mark only one oval

a



5 portions or more

b



4 portions

c



3 portions

d



1 - 2 portions

e

0 portions

Align the answer card to the right of this page.

Healthy ageing assessment card

Put your response on the answer card.



Feelings

During the past two weeks how much have you been bothered by emotional problems, such as feeling anxious, depressed, irritable or downhearted and blue?

Mark only one oval

a



Not at all

b



Slightly

c



Moderately

d



Quite a bit

e



Extremely

Align the answer card to the right of this page.

Healthy ageing assessment card

Put your response on the answer card.



Daily activities

In the last two weeks, how much difficulty have you had doing your usual activities or tasks, both inside and outside the house, because of your physical and emotional health?

Mark only one oval

a



No difficulty at all

b



A little bit of difficulty

c



Some difficulty

d



Much difficulty

e



Could not do at all

Align the answer card to the right of this page.

Healthy ageing assessment card

Put your response on the answer card.



Social activities and new initiatives

During the past two weeks how many times have you engaged in social activities with family and friends, and/or spent time learning new things?

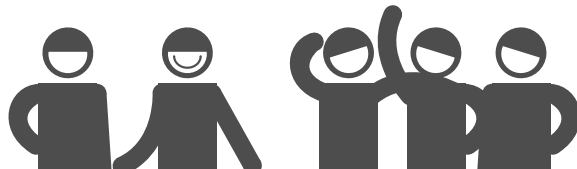
Mark only one oval

a



A lot

b



Quite a bit

c



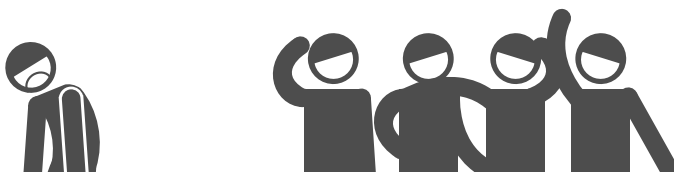
Moderately

d



A little

e

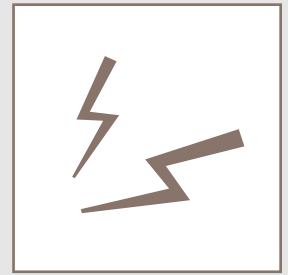


Not at all

Align the answer card to the right of this page.

Healthy ageing assessment card

Put your response on the answer card.



Pain

During the past two weeks how much bodily pain have you generally had?
Mark only one oval

a



No pain

b



Very mild pain

c



Mild pain

d



Moderate pain

e



Severe pain

Align the answer card to the right of this page.

Healthy ageing assessment card

Put your response on the answer card.



Desire in personal interests

In the last two weeks, how would you rate your overall desire to pursue your personal interests?

Mark only one oval

a



I do many personal interests

b



I would like to do more

c



I do some / enough

d



I don't do much at all

e

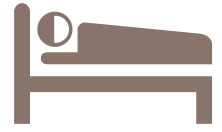


I don't do any

Align the answer card to the right of this page.

Healthy ageing assessment card

Put your response on the answer card.

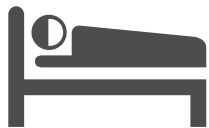


Amount of sleep

During the past two weeks, on average, how much sleep do you get each day/night?

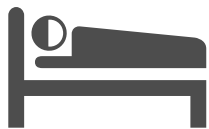
Mark only one oval

a



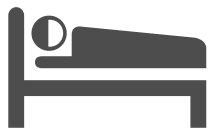
7 - 8 hours

b



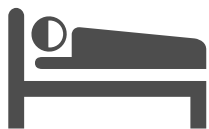
6 hours

c



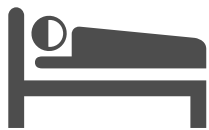
5 hours

d



4 hours

e



Less than 4 hours

Align the answer card to the right of this page.

Healthy ageing assessment card

Put your response on the answer card.



Social support

During the past two weeks was someone able to help you if you needed and wanted help, like when you felt lonely, sick or needed care?

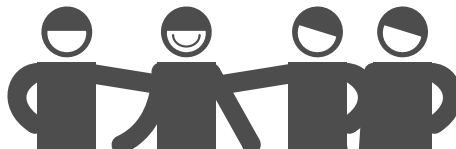
Mark only one oval

a



Yes, as much as I wanted

b



Yes, quite a bit

c



Yes, some

d



Yes, a little

e



No, not at all

Align the answer card to the right of this page.

Healthy ageing assessment card

Put your response on the answer card.



Quality of life

How have things been going for you during the past two weeks?
Mark only one oval

a



Very well: could hardly be better!

b



Pretty good

c



Good and bad parts: about equal

d



Pretty bad

e



Very bad: could hardly be worse!

Align the answer card to the right of this page.



Self

1

a

b

c

2

a

b

c

d

e

3

a

b

c

d



Stretch and strength

a

b

c

d

e



Healthy eating

a

b

c

d

e



Feelings

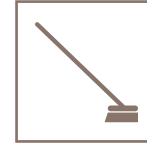
a

b

c

d

e



Daily activities

a

b

c

d

e

SIGNS

2

Assessment

Answer card

Align the column to the right of the assessment card with the matching sign.

Every two weeks complete this assessment to see how you are doing. Your results can help you see your progress.

Name:

Date:



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Social activities and
new initiatives

a

b

c

d

e



Pain

a

b

c

d

e



Desire in
personal interests

a

b

c

d

e



Amount of sleep

a

b

c

d

e



Social support

a

b

c

d

e



Quality of life

a

b

c

d

e

2

Assessment

Answer card

(continued)



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Prioritizing and planning (participant)











1. Check your answer card. If a sign (for example 'Healthy eating') was answered with a "d" or "e" then check off all ovals in the same column on the prioritizing and planning sheet.
2. Do that for each sign on the answer card (with the exception of "Self")
3. Count all checked ovals in a row on the prioritizing and planning sheet and write the total for that row in the box at the end. Do that for all rows.
4. The highest totals are the Red Cross Red Crescent topics you should focus on first.

RED CROSS RED CRESCENT TOPICS	Stretch and strength	Healthy eating	Feelings	Daily activities	Social activities and new initiatives	Pain	Desire in personal interests	Amount of sleep	Social support	Quality of life	Total
Preventing NCDs	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	3
Preventing falls	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	2
Physical activity	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	3
Healthy eating	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	2
Preventing social isolation	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	4
Lifelong learning	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	4
See a doctor	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	1

Prioritizing and planning

1. Check off **all** ovals under each sign you answered with **“d” or “e”** on the answer card.

RED CROSS RED CRESCENT TOPICS

 Stretch and strength	 Healthy eating	 Feelings	 Daily activities	 Social activities and new initiatives	 Pain	 Desire in personal interests	 Amount of sleep	 Social support	 Quality of life
↓	↓	↓	↓	↓	↓	↓	↓	↓	↓

2. Total each row. Pick the highest scoring Red Cross Red Crescent topics for your focus.

Total











Preventing NCDs	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>
Preventing falls	<input type="checkbox"/>			<input type="checkbox"/>					<input type="checkbox"/>	<input type="checkbox"/>
Physical activity	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
Healthy eating		<input type="checkbox"/>							<input type="checkbox"/>	<input type="checkbox"/>
Preventing social isolation			<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lifelong learning			<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
See a doctor					<input type="checkbox"/>				<input type="checkbox"/>	<input type="checkbox"/>



Prioritizing and planning (example)

1. Check off **all** ovals under each sign you answered with **“d”** or **“e”** on the answer card.

RED CROSS RED CRESCENT TOPICS

									
Stretch and strength	Healthy eating	Feelings	Daily activities	Social activities and new initiatives	Pain	Desire in personal interests	Amount of sleep	Social support	Quality of life
↓	↓	↓	↓	↓	↓	↓	↓	↓	↓

2. Total each row. Pick the highest scoring Red Cross Red Crescent topics for your focus.

Total

Preventing NCDs	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	3
Preventing falls	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	2
Physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	3
Healthy eating	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	2
Preventing social isolation	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	4
Lifelong learning	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	4
See a doctor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	1

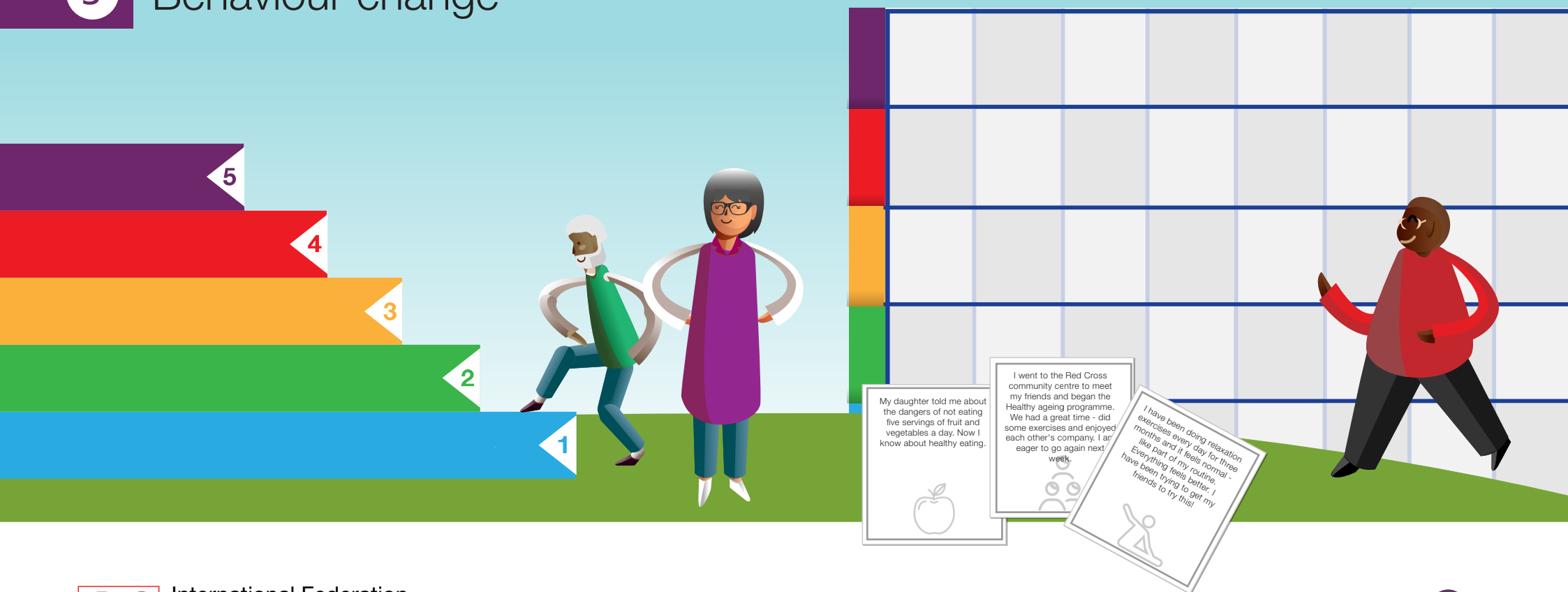
highest
priority



Healthy ageing module

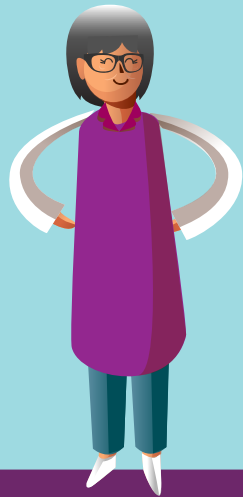
3

Behaviour change



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**Advocacy****5****Practice****4****Intention****3****Approval****2****Knowledge****1**

Five stages of behaviour change

There are four conditions for success in changing a personal behaviour:

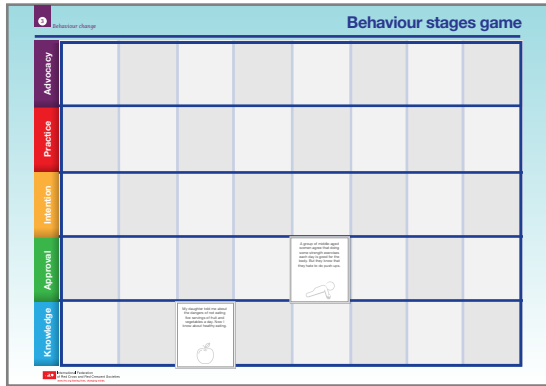
1. Defining a clear and simple goal.
2. Gathering sufficient and accurate knowledge to make a clear plan.
3. Having lots of personal motivation to follow through.
4. Having and relying on a supportive environment.



Advocacy				
Practice				
Intention				
Approval				
Knowledge				

[illegible]

Behaviour stages game guidance


















1. Display the behaviour stages poster.
2. Hold up a complete copy of the behaviour stages game kit.
3. Explain that they will work in groups of four to five people to read each of the cards in their game kit. Together they will discuss each card and place the card on the matching behaviour stage row.
4. Read one or two cards from the behaviour stages game and state where you would place each on the behaviour stages game board and explain why you did so.
5. Now ask them to work in their small groups and allow them to discuss and place all of the cards. They should take approximately 15 minutes to place all cards, but allow as much time as necessary.
6. When each group finishes give them a copy of the answer sheets. They can self-check their own work.
7. When all groups have finished, ask them which cards they may have placed incorrectly and discuss each to clarify in which stage the card should have been placed.
8. Hold a short meeting with questions that may include:
 - What were the general clues to know if someone was in the knowledge stage?
 - What were the general clues to know that someone was in the approval stage?
 - What were the general clues to know that someone was in the intention stage?
 - What were the general clues to know that someone was in the practice stage?
 - What were the general clues to know that someone was in the advocacy stage?
 - How is knowing the stages important to changing your behaviour?
 - How is knowing the stages important to supporting community members undergoing behaviour change?

Behaviour stages game cards

Knowledge

Cut the game cards out along the dotted lines.

<p>My daughter told me about the dangers of not eating five servings of fruit and vegetables a day. Now I know about healthy eating.</p> 	<p>My family and I watched a video on the internet that shows how tar in cigarettes blocks my husband's lungs when he smokes and makes it hard for him to breathe. Now we all know why tobacco is bad for his health and our health.</p> 	<p>A Red Cross volunteer works with our community to talk about the dangers of drinking too much. Thanks to her help, we know about the dangers of too much alcohol.</p> 	<p>I saw a programme on the television that said that my body will stop working very well if I don't do some physical activity every day. I have some more information about physical activity.</p> 
<p>My friend lost thirty pounds just by eating more fruit and vegetables. He told me that I am too fat and should lose some weight too. I have some information about how eating fruits and vegetables can help me be healthy.</p> 	<p>My daughter and her family attended a Red Cross community health session and learned about how ageism hurts older people. They now know a few things about how to treat older people better.</p> 	<p>A doctor from the clinic has been telling his patients about how depression can be a preventable condition. Many of my friends heard the information but do not know what to do about it.</p> 	<p>I read a book that said that sitting in one spot for too long makes your muscles weaken. I learned some new information.</p> 
<p>I think cooking meals with more vegetables is a great idea because vegetables are cheap to buy and tasty to eat.</p> 	<p>My daughter-in-law and I talked and we think it is a good idea for people to stretch their muscles every day. While I would like to do some yoga, I don't think I can do it.</p> 	<p>I think I should start to move my body more frequently. I have been starting to feel very frail and my body is feeling tired and not well. I think it is a good idea to move more but I am afraid I will fall.</p> 	<p>A group of middle-aged women agree that doing some strength exercises each day is good for the body. But they know that they hate to do push-ups.</p> 
<p>My grandchild and I agree that I should get out of my house and meet up with my friends more often since I am lonely, but my friends live too far away to walk there.</p> 	<p>I would like to learn a language to try and exercise my brain but I think I might be the oldest one in the class.</p> 	<p>A group of friends all think that socializing more together is a good idea, but each person is too embarrassed to admit that they are lonely.</p> 	<p>I would like to try to meditate but I am afraid I will look silly.</p> 











Approval

Behaviour stages game cards

Intention

Cut the game cards out along the dotted lines.

<p>My husband and I really should eat more fruits and vegetables. I commit to buying some at the market this week.</p> 	<p>I am tired of all this coughing. I will cut down to one cigarette a day for a week and then cut down to one cigarette a week. I will start Sunday morning.</p> 	<p>I want to see my grandchildren more often because they make me happy. I will make a regular day of the week to go and spend time with them starting tonight.</p> 	<p>A group of men know that they need to better manage their diabetes. But they all agree that it will get easier if they do it together and that it will help them feel better. They agree to meet once a week.</p> 
<p>I will allow myself 15 minutes of watching my favourite soap opera each day after which I'll do some strengthening or stretching exercises. I have my yoga mat ready. I will start tomorrow!</p> 	<p>My sister and I are worried about dementia. We know that we can help prevent it by losing weight. We think it will be hard but we will cut out our daily dessert starting tomorrow.</p> 	<p>I know I need to go to bed earlier to get some sleep. The Red Cross tells me that plenty of sleep keeps me healthy and I want to live a long time. I will try going to bed by 9 o'clock tonight.</p> 	<p>My doctor says that moving my body every day throughout the day will help me feel better. Starting tomorrow, I will set my kitchen timer to go off every 60 minutes to remind me to get up and move.</p> 
<p>My daughter served me five servings of fruit and vegetables yesterday and I already ate two servings at breakfast today. I didn't even want my morning snack of crisps since I was still full. This feels good!</p> 	<p>I went to the Red Cross community centre to meet my friends and began the healthy ageing programme. We had a great time - did some exercises and enjoyed each other's company. I am eager to go again next week.</p> 	<p>I haven't had more than one glass of alcohol a day for the past three days and I feel okay. Every day, I wanted a second glass but I remembered that too much alcohol increases my risk of dementia, so I stopped.</p> 	<p>I walked to and from my friend's house every day for the last week. My legs were tired but I felt so much better when I got home.</p> 
<p>A group of women met at the health clinic to discuss how they are doing at serving five servings of fruits and vegetables every day to their families and eating a meal together. They had a great time.</p> 	<p>My brother and I stopped smoking last night. We both really wanted a cigarette this morning but thought of our lungs trying to get better and the feeling went away for a while. Neither of us has lit a cigarette and we are proud of ourselves.</p> 	<p>I feel so alone sometimes and I don't want to bother anyone so I sit home and feel sad. Red Cross said that my friends are probably feeling just as down, so I called a friend last night and made plans to have lunch together today. I am glad I called - we had a great time.</p> 	<p>I have been doing some of the simple strength exercises I learned at Red Crescent last week. My muscles were a little sore but that just means they are working.</p> 



Practice

Behaviour stages game cards

Cut the game cards out along the dotted lines.

<p>My son's family has been eating vegetables at every meal and eating only fruit for dessert for five months now. They feel great and my granddaughter's skin problems have cleared up while my son lost 20 kilos.</p> 	<p>I have been tobacco free for three months now. My daughter still smokes which makes it difficult for me when she visits. I try to tell her how much better she will feel if she gives it up but she is stubborn. I have been telling everyone how good I feel and trying to get them to quit too!</p> 	<p>A group of men agreed to limit their alcohol use and have not had more than two servings of alcohol a week for the last three months. One serving on Tuesday and Thursday nights is enough. They support each other if someone else tries to make them drink more. Other friends are asking to join their group so they can cut back too!</p> 	<p>I have been walking to and from the store every day for the last three months. I feel good, I can buy fresh foods and it is now part of my routine. Everyone asks me my secret for looking healthier! I tell them!</p> 
<p>I have been doing relaxation exercises every day for three months and it feels normal - like part of my routine. Everything feels better. I have been trying to get my friends to try this!</p> 	<p>My friend and I have been meditating for four months now. I sometimes can't sit still but I feel more calm, more relaxed. My friend said she forgot how nice it is to not worry so much. We want to tell everyone how to feel this good!</p> 	<p>I have not had any vodka for the last six months. I have lost weight in my stomach and I have saved a lot of money. I am trying to talk my friends into coming walking with me instead of drinking! I think it's working!</p> 	<p>A group of older women have been walking together to and from the temple every day for the last five months. They feel good but they worry about the upcoming monsoon season. They agree to start an indoor exercise group and will invite others to join them!</p> 



Behaviour stages game answer sheet

Only give this to a group to review their answers when their group finishes the game. **Do not cut out this sheet!**

Knowledge

My daughter told me about the dangers of not eating five servings of fruit and vegetables a day. Now I know about healthy eating.



My family and I watched a video on the internet that shows how tar in cigarettes blocks my husband's lungs when he smokes and makes it hard for him to breathe. Now we all know why tobacco is bad for his health and our health.



A Red Cross volunteer works with our community to talk about the dangers of drinking too much. Thanks to her help, we know about the dangers of too much alcohol.



I saw a programme on the television that said that my body will stop working very well if I don't do some physical activity every day. I have some more information about physical activity.



My friend lost thirty pounds just by eating more fruit and vegetables. He told me that I am too fat and should lose some weight too. I have some information about how eating fruits and vegetables can help me be healthy.



My daughter and her family attended a Red Cross community health session and learned about how ageism hurts older people. They now know a few things about how to treat older people better.



A doctor from the clinic has been telling his patients about how depression can be a preventable condition. Many of my friends heard the information but do not know what to do about it.



I read a book that said that sitting in one spot for too long makes your muscles start to get weak. I learned some new information.



Approval

I think cooking meals with more vegetables is a great idea because vegetables are cheap to buy and tasty to eat.



My daughter-in-law and I talked and we think it is a good idea for people to stretch their muscles every day. While I would like to do some yoga, I don't think I can do it.



I think I should start to move my body more frequently. I have been starting to feel very frail and my body is feeling tired and not well. I think it is a good idea to move more but I am afraid I will fall.



A group of middle-aged women agree that doing some strength exercises each day is good for the body. But they know that they hate to do push-ups.



My grandchild and I agree that I should get out of my house and meet up with my friends more often since I am lonely, but my friends live too far away to walk there.



I would like to learn a language to try and exercise my brain but I think I might be the oldest one in the class.



A group of friends all think that socializing more together is a good idea, but each person is too embarrassed to admit that they are lonely.



I would like to try to meditate but I am afraid I will look silly.



Behaviour stages game answer sheet

Only give this to a group to review their answers when their group finishes the game. **Do not cut out this sheet!**

Intention

My husband and I really should eat more fruit and vegetables. I commit to buying some at the market this week.



I am tired of all this coughing. I will cut down to one cigarette a day for a week and then cut down to one cigarette a week. I will start Sunday morning.



I want to see my grandchildren more often because they make me happy. I will make a regular day of the week to go and spend time with them starting tonight.



A group of men know that they need to better manage their diabetes. But they all agree that it will get easier if they do it together and that it will help them feel better. They agree to meet once a week.



I will allow myself 15 minutes of watching my favourite soap opera each day after which I'll do some strengthening or stretching exercises. I have my yoga mat ready. I will start tomorrow!



My sister and I are worried about dementia. We know that we can help prevent it by losing weight. We think it will be hard but we will cut out our daily dessert starting tomorrow.



I know I need to go to bed earlier to get some sleep. The Red Cross tells me that plenty of sleep keeps me healthy and I want to live a long time. I will try going to bed by 9 o'clock tonight.



My doctor says that moving my body every day throughout the day will help me feel better. Starting tomorrow, I will set my kitchen timer to go off every 60 minutes to remind me to get up and move.



Practice

My daughter served me five servings of fruit and vegetables yesterday and I already ate two servings at breakfast today. I didn't even want my morning snack of crisps since I was still full. This feels good!



I went to the Red Cross community centre to meet my friends and began the healthy ageing programme. We had a great time - did some exercises and enjoyed each other's company. I am eager to go again next week.



I haven't had more than one glass of alcohol a day for the past three days and I feel okay. Every day, I wanted a second glass but I remembered that too much alcohol increases my risk of dementia, so I stopped.



I walked to and from my friend's house every day for the last week. My legs were tired but I felt so much better when I got home.



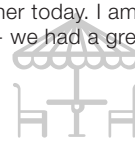
A group of women met at the health clinic to discuss how they are doing at serving five servings of fruits and vegetables every day to their families and eating a meal together. They had a great time.



My brother and I stopped smoking last night. We both really wanted a cigarette this morning but thought of our lungs trying to get better and the feeling went away for a while. Neither of us has lit a cigarette and we are proud of ourselves.



I feel so alone sometimes and I don't want to bother anyone so I sit home and feel sad. Red Cross said that my friends are probably feeling just as down, so I called a friend last night and made plans to have lunch together today. I am glad I called - we had a great time.



I have been doing some of the simple strength exercises I learned at Red Crescent last week. My muscles were a little sore but that just means they are working.



Behaviour stages game answer sheet

Only give this to a group to review their answers when their group finishes the game. **Do not cut out this sheet!**

Advocacy

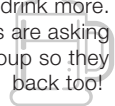
My son's family has been eating vegetables at every meal and eating only fruit for dessert for five months now. They feel great and my granddaughter's skin problems have cleared up while my son lost 20 kilos.



I have been tobacco free for three months now. My daughter still smokes which makes it difficult for me when she visits. I try to tell her how much better she will feel if she gives it up but she is stubborn. I have been telling everyone how good I feel and trying to get them to quit too!



A group of men agreed to limit their alcohol use and have not had more than two servings of alcohol a week for the last three months. One serving on Tuesday and Thursday nights is enough. They support each other if someone else tries to make them drink more. Other friends are asking to join their group so they can cut back too!



I have been walking to and from the store every day for the last three months. I feel good, I can buy fresh foods and it is now part of my routine. Everyone asks me my secret for looking healthier! I tell them!



I have been doing relaxation exercises every day for three months and it feels normal - like part of my routine. Everything feels better. I have been trying to get my friends to try this!



My friend and I have been meditating for four months now. I sometimes can't sit still but I feel more calm, more relaxed. My friend said she forgot how nice it is to not worry so much. We want to tell everyone how to feel this good!



I have not had any vodka for the last six months. I have lost weight in my stomach and I have saved a lot of money. I am trying to talk my friends into coming walking with me instead of drinking! I think it's working!



A group of older women have been walking together to and from the temple every day for the last five months. They feel good but they worry about the upcoming monsoon season. They agree to start an indoor exercise group and will invite others to join them!



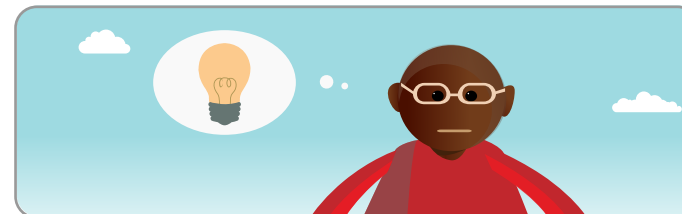
Behaviour change matching cards

Cut the cards out along the black dotted line. You should have 10 cards in total. Print sets of 10 cards for every pair of players.

Knowledge

Knowledge is the first stage and it is basically information about why a behaviour should be changed. It can include data and statistics about the consequences associated with continuing an existing behaviour.

Knowledge by itself is rarely enough. Knowledge is an important first step, but it is not enough to actually get people to change.



Alexander attends a healthy ageing session and learns all about noncommunicable diseases – otherwise called NCDs. He learns that NCDs are not diseases you catch from someone else or get from a mosquito bite, but what he might have if he stays on the couch every day watching television shows. Alexander never really understood why people said that he should get up and move his body and he never understood why just sitting could hurt him. Now he understands that inactivity makes his body forget how to move – something his body needs to stay healthy and to fight off sickness.

Approval

Approval is the second stage when a person has learned the new knowledge and agrees that it is a good idea, but makes no plans to apply the information personally. The person only agrees that they understand the knowledge.



Alexander agrees that too much sitting on the couch and watching TV is very bad for his health. But he really likes watching TV and sitting on the couch. Besides he doesn't feel old – he has plenty of time to change.



Behaviour change matching cards

Cut the cards out along the black dotted line. You should have 10 cards in total. Print sets of 10 cards for every pair of players.

Intention

Intention is the third stage. Without intention, behaviour change is not possible. This stage is where a person takes their knowledge and personally decides that they want to apply it to their lives and that they will try to change their poor behaviour.

During this stage, people identify their goal and their own motivation to adopt a healthier behaviour. Motivation is one of the most powerful elements for making behaviour changes.

Alexander does not want to get sick. His brother was very sick with diabetes and died last year. Alexander knows that he is at high risk for an NCD as he is overweight and inactive. He decides he will walk to see his friend Alvin every day, starting next Monday. His goal is to lose some kilos and see his friends more since he is also lonely. And if it is raining, he will take an umbrella. He also decides to watch TV only after he has walked for at least 10 minutes each day. He comes up with a plan for how to keep his motivation – he will pinch his belly fat every time he really does not want to go for his walk to remind himself that walking is good for his health. Alexander's motivation is to not die painfully like his brother did – leaving his family in debt. Alvin agrees to support him and a volunteer agrees to ask him each week how he is doing, to encourage his efforts, and help him stay on track.



Practice

Practice is the fourth stage and involves the person actually applying the behaviour. They actually DO the behaviours that they committed themselves to doing. This is the most important step. The four conditions for a person to succeed in changing a personal behaviour include:

1. Defining a clear and simple goal.
2. Gathering sufficient and accurate knowledge to make a clear plan.
3. Having lots of personal motivation to follow through.
4. Having and relying on a supportive environment.



On Monday morning, Alexander wakes up and remembers that this is the day he is walking to Alvin's. He immediately wants to sleep a little later, but he sticks to his plan. He gets dressed and goes out the door. His feet hurt a little but when he thinks about turning back, he pinches his belly fat. He realizes how hard this may be to keep up, but he is reminded of his motivation – to live a healthier life, unlike his brother. He remembers what the Red Cross volunteer said about his muscles and his body and how they are already starting to get stronger after just one day of activity. When he gets home, his daughter makes his favourite healthy dinner and tells him that she is proud of him. Alexander feels encouraged despite how hard it is. He is proud that he did what he promised himself he would.



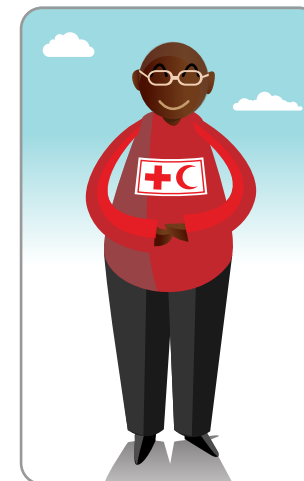
Behaviour change matching cards

Cut the cards out along the black dotted line. You should have 10 cards in total. Print sets of 10 cards for every pair of players.

Advocacy

Advocacy is the fifth stage and is home to people who have reached their goal and who share their success with others trying to reach the same goal. People in the advocacy stage guide people in the other four stages to success with motivation, inspiration and support. Red Cross Red Crescent volunteers can be seen as advocates. If the volunteer has not reached the advocacy stage personally for a behaviour change, they are still able to lead a community group but will take more of a facilitator role rather than a teacher role in leading sessions. When a person has been successful in their practice of a new behaviour after three months, they can be at the advocacy stage. This does not mean that everyone is at the advocacy stage after three months but that this is the minimum amount of time that a person needs to successfully practise their new behaviours before they might be advocates. Each person and situation is unique.

Alexander has been active for one year. The first three months of moving his body more were the hardest and every day he was so tired. But he made it through. He lost weight and he now walks everywhere. He is meeting his goal and feels so much better about himself. He spends time with Alvin and they have a great time together. Alexander now volunteers for the Red Cross Red Crescent. He helps people to make a clear goal and to define their personal motivation for making a difficult change. He agrees to support them as they go through the difficult first few months.



Healthy ageing module



Preventing NCDs



International Federation
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www.ifrc.org Saving lives, changing minds.



Effects of quitting tobacco

Brain

Within five years of quitting, the risk of stroke is half that of smokers.

Mouth and teeth

Within five years of quitting, the risk of contracting mouth cancer is half that of smokers.

Throat

Within five years of quitting, the risk of contracting throat and oesophagus cancer is half that of smokers.

Within ten years, the risk of larynx cancer is reduced.

Lungs

Within two weeks of quitting, lung function improves.

Within nine weeks of quitting, the cilia in the lungs are better able to prevent smoker's cough and clean the lungs to reduce the risk of infections.

Within ten years, the risk of death by lung cancer is half that of smokers.

Muscles and joints

Muscles are getting more oxygen through the blood.

Heart and blood

Within twenty minutes of quitting, your heart rate and blood pressure drop back to normal levels.

Within twelve hours of quitting, the level of carbon monoxide in the blood drops to normal.

Within one year of quitting, the risk of cardiovascular disease is half that of smokers.

The risk of cardiovascular disease is the same as non-smokers.

Skin

Reduces wrinkles and improves elasticity.

Reproductive organs

Within five years of quitting, women's risk of contracting cervical cancer is half that of smokers.

Other organs

Within ten years, the risk of pancreatic cancer is reduced.



Effects of quitting tobacco

- A few weeks after you quit smoking, your circulation has improved and your lungs have begun to function better. Walking and exercising become much easier. Within the first few months, your phlegm production has decreased and you will find yourself not coughing or wheezing as much.
- Other benefits include:
 - a. Your bad breath is gone.
 - b. The tobacco stains on your teeth, fingers and fingernails start to fade.
 - c. The smoke smell starts to fade from your hair, clothes, car and home.
 - d. You have more overall energy and are better able to enjoy life.
- Within one to nine months your lungs start working better. You will have less coughing and congestion and you will not lose your breath so easily.

The long-term benefits of quitting tobacco are even more pronounced:

- Within one year: you have lowered your risk of cardiovascular disease by half. You have lowered your risk of chronic respiratory disease, diabetes and cancer.
- Within two years: you have significantly lowered your risk of NCDs, provided you are practising other healthy behaviours.
- Within ten years: your risk of lung cancer is now half that of people who keep smoking. You also have an even lower risk for ulcers and other cancers, including cancer of the mouth, throat, oesophagus, pancreas, kidneys and bladder.
- Within fifteen years: your risk of coronary heart disease is now comparable to that of people who have never smoked a single cigarette. Your risk of dying is also nearly back to the same level as that of non-smokers.

2. Ask:

- How many people used to use tobacco?
- Has anyone here tried to stop using tobacco?
- How do you feel? How can you make sure that you will not use tobacco any more?
- What is your specific behaviour goal?
- Would anyone like to share their motivation for making this behaviour change?
- Would anyone like to share their behaviour change plan that helps you continue the behaviour change?
- Who or what is your support network?
- How many people here have already successfully stopped using tobacco? How do you feel? How do you say no to smoking, especially when you would really like a cigarette?
- Can you share any tips with the people just starting their behaviour change, such as chewing gum, spending time with other friends who are trying to quit and keeping your hands busy, for example with knitting?

3. Let's look at the poster to see how the entire body is affected.



Effects of drinking less alcohol

Brain

You will be able to think more clearly and feel more alert, more aware of what is happening around you.

Your attention span may improve and you can focus longer on people and tasks.

More restful, continuous sleep.



Heart and blood

Blood sugar level normalizes which means less stress on the heart.



Other organs

Your liver starts to recover and heal.

Blood sugar normalizes which means less stress on the pancreas.

Reduced risk of breast cancer.



Mouth and teeth

Reduced risk of cancer of the mouth.



Throat

Oesophagus begins to heal.

Reduced risk of throat and oesophagus cancer.





1. Say:

When you reduce your drinking to no more than one alcoholic drink a day, your body may not feel well initially depending on how much you drank before. The discomfort will make behaviour change more difficult, but it means that your body is trying to heal itself. If you continue to drink no more than one drink per day, your body will soon respond positively.

After you continue to monitor your drinking:

- You will be able to think more clearly and feel more alert, more aware of what is happening around you.
- When you stop drinking, the damage stops and the body begins to heal.
- While the first few weeks will make you more irritable or easily annoyed, you will eventually feel a sense of well-being and happiness with your achievement. You will feel better about yourself and proud of your accomplishment.
- You will save yourself a lot of money that you otherwise would have spent on alcohol.
- If you were a heavy drinker, your liver takes a bit longer to recover because it has been working overtime for so many years and it is tired.
- You are better able to retain fluids as alcohol makes you lose water from your body. You are less likely to be dehydrated.
- Your attention span may improve and you can focus longer on people and tasks.



Preventing NCDs

Effects of drinking less alcohol

2. Ask:

- How many people used to drink more than one alcoholic drink per day?
- Has anyone here tried to limit their drinking to one alcoholic drink per day?
- How do you feel? How can you make sure that you do not drink more than one alcoholic drink per day?
- What is your specific behaviour goal?
- Would anyone like to share their motivation for making this behaviour change?
- Would anyone like to share their behaviour change plan that helps you to continue the behaviour change?
- Who or what is your support network?
- How many people here have already successfully limited their alcoholic drinks to no more than one per day? How do you feel? How do you say no to more than one drink, especially when you would rather keep drinking?
- Can you share any tips with the people just starting their behaviour change?

For those who are heavy drinkers there could be some withdrawal symptoms that can be self managed or can be discussed with a physician. However, if you begin to experience any symptoms please seek the advice of a physician.

3. Let's look at the poster to see how the entire body is affected.



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Effects of a healthy diet



Brain

You feel energized physically and mentally.
Better sleep.
Promotes and heals damaged cells in the brain and nervous system.
Significantly improves learning capacity.
Effective antidepressant.



Stomach and intestines

Your body normally processes sugar first.
Now that you are restricting your sugar your body begins to burn fat in your body and organs helping you to lose weight and normalize your blood sugar levels.
Your intestines are working more effectively and it will be easy to defecate normally every day, and not have diarrhoea.



Heart and blood

The linings of your blood vessels begin to stretch a bit and increase the flow of blood to your body's tissues and organs.
The fatty material in your blood vessels is being removed continuously meaning your heart and blood vessels do not have to work so hard.
Your cholesterol, blood pressure, blood sugar, triglycerides, glucose and insulin levels slowly normalize.
Strengthens the muscles in the heart.



Other organs

Your liver is healing as it no longer has to work so hard to filter the bad foods from your bloodstream.
Lowers body weight, lowers total fat mass.
Preserves vision — can prevent or delay all age-related eye problems like macular degeneration, cataract, myopia, dryness and infections.





Effects of a healthy diet

- After one week: your intestines are working more effectively and it will be easy to defecate normally every day and not have diarrhoea. Cholesterol, the bad material in your blood vessels, is slowly being removed.
- After two weeks: if your body was heavy, you may have lost some unhealthy fat.
- After one month: the fatty material in your blood vessels is being removed continuously meaning your heart and blood vessels do not have to work so hard. Your liver is healing as it no longer has to work so hard to filter the bad foods from your bloodstream.
- After twelve weeks: your cholesterol, blood pressure, blood sugar, triglycerides, glucose and insulin levels – all important to be normal to be at a low NCD risk – will normalize.
- After six months: you probably have lost a lot of weight and feel very good. Your body is getting and using all the vitamins and minerals it needs to work its best. Your blood sugar and insulin production has normalized. Your energy levels have increased dramatically.

1. Say:

Eating a healthy diet means eating five servings of fruit and vegetables every day and limiting the salt, sugar and fat in your diet. A healthy diet positively affects all four NCDs, as a healthy diet means your body always has all that energy it needs to work as well as it can do so with great efficiency. A healthy and well-fed body allows you to fight disease.

- Immediately after starting a healthy diet behaviour change, your body begins to feel the effects.
- After fifteen minutes: you feel energized physically and mentally.
- After three hours: the linings of your blood vessels begin to stretch a bit and increase the flow of blood to your body's tissues and organs.
- After six hours: the good cholesterol in your blood begins to remove the fatty material in your blood vessels.
- After twelve hours: your body normally processes sugar first. Now that you are restricting your sugar your body begins to burn fat in your body and organs helping you to lose weight and normalize your blood sugar levels.
- After 16 hours: your body feels good and you will sleep well since your body received what it needs.
- After 24 hours: your body has started the process of eliminating excess water and toxins from your system.
- After three days: you will start to lose weight if you are heavy. Your blood pressure improves, your cholesterol becomes lower and your blood sugar is now normal.

2. Ask:

- How many people once ate an unhealthy diet?
- Why do you think it was unhealthy? What did you eat?
- Has anyone here tried to stop eating an unhealthy diet?
- Why was it difficult to stop eating an unhealthy diet?
- How can you make sure that you do not eat unhealthy foods?
- What is your specific behaviour goal?
- Would anyone like to share their motivation for making this behaviour change?
- Would anyone like to share their behaviour change plan that helps you continue the positive behaviour change?
- Who or what is your support network?
- How many people here have already successfully changed their diet to a healthy diet? How do you feel? How do you say no to unhealthy foods, especially when you really want foods that are bad for your health?
- What are the types of healthy foods that you eat that make it easier for you to continue your healthy behaviours? Why do you like them?
- Can you share any tips with the people just starting their behaviour change?

- Let's look at the poster to see how the entire body is affected.

Limiting salt means:

Adults should eat no more than about one full teaspoon of salt a day. Children should eat less. You can start by avoiding adding any salt when you cook or when you are at the table. You can also cut back on soy sauce and other salty sauces.

Limiting sugar means:

Limit for women is about six teaspoons of sugar a day. For men, it is about nine teaspoons. In general, avoid or limit sweets, cakes, biscuits, chocolate, fizzy drinks and some juice drinks.

Limiting fat means:

The limit for adults is about five tablespoons. Grill, bake, poach or steam food instead of frying. Trim fat and take skin off meat before cooking.



Effects of physical activity



Brain

Calming effect on brain.
Recovers from stress quickly.
More energy.
Increased alertness.
Better sleep.



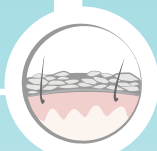
Lungs

Your lungs and muscles that help you to breathe in and out become stronger.



Skin

Improved skin tone.



Muscles and joints

Increased flow of oxygen to muscles.
Your muscles and the tissues holding your muscles to your bones get stronger.
Your joints become more stable.
Your joints will become more flexible and less likely to be injured.



Heart and blood

Heart muscle gets stronger.
Your heart does not have to work as hard to pump blood to your organs.
Body enjoys increased blood flow throughout.

Stomach and intestines

Less constipation.



Bones

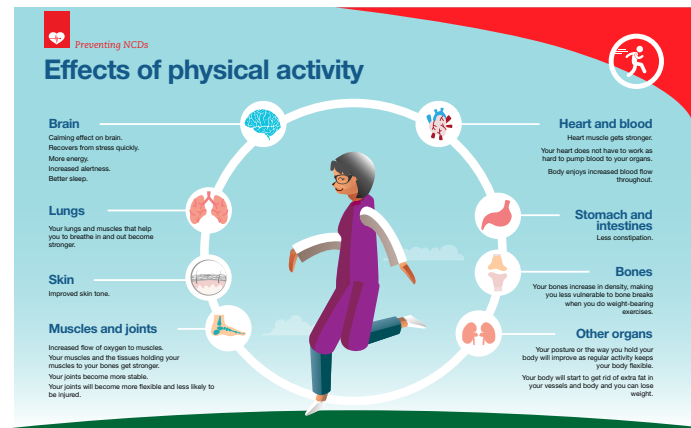
Your bones increase in density, making you less vulnerable to bone breaks when you do weight-bearing exercises.



Other organs

Your posture or the way you hold your body will improve as regular activity keeps your body flexible.
Your body will start to get rid of extra fat in your vessels and body and you can lose weight.





1. Say:

The effects on the body after physical activity are many. While it may feel uncomfortable at first, the body is reacting to a new activity and will quickly adjust. When you are active, your body will enjoy increased blood flow and oxygen delivery to the muscles as your muscle temperature rises and your heart rate increases, making the heart stronger.

As you continue to keep active:

- Your bones increase in width and density, making you less vulnerable to bone breaks.
- Your muscles and the tissues holding your muscles to your bones get stronger.
- Your joints become more stable.
- Your joints will become more flexible and less likely to be injured.
- Your muscles get stronger.
- You are able to do physical activity and move more easily and for longer without getting tired.
- Your heart muscle gets stronger and larger.
- Your heart does not have to work as hard to pump blood to your organs.
- Your body recovers more quickly from stress.
- You have more blood that carries more nutrients and oxygen to your body and pumps bad air out, making your body more efficient.
- You are at a lower risk for cardiovascular disease.



Preventing NCDs

Effects of physical activity

- Your lungs and muscles that help you to breathe in and out become stronger.
- Your stress levels will decrease, making you calmer and less tense.
- Your posture or the way you hold your body will improve as regular activity keeps your body flexible.
- Your body will start to get rid of extra fat in your vessels and body and you can lose weight.

2. Ask:

- How many people have started becoming physically active? How does it feel? How can you make sure that you keep active?
- What is your specific behaviour goal?
- Would anyone like to share their motivation for making this behaviour change?
- Would anyone like to share their behaviour change plan that helps you continue the behaviour change?
- Who or what is your support network?
- How many people here are already physically active for at least thirty minutes a day? How does it feel? How do you stay active, especially when you would rather just sit or lie down?
- Can you share any tips with people who are trying to become more physically active?

3. Let's look at the poster to see how the entire body is affected.



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Preventing NCDs

Cardiac arrest emergency

What does it look like?



	Pain / discomfort in centre of chest	Pain / discomfort in arms	Pain / discomfort in left shoulder or elbows	Shortness of breath	Feeling nauseous or vomiting	Back or jaw pain
woman						
man						
	Pain / discomfort in centre of chest	Pain / discomfort in elbows, arms, left shoulder or back	Jaw discomfort or pain	Feeling light-headed, faint, pale or breaking into a cold sweat	Trouble breathing, with or without chest discomfort	Feeling nauseous or vomiting

If any of these symptoms occur:









- Call emergency services or get the person to a doctor or health clinic immediately.
- Get the person to calm down and relax.
- Put the person in a comfortable position.
- Let them take medication if they ask – do not give it on your own.
- Monitor their breathing and consciousness.



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Cardiac arrest emergency

Cardiac arrest emergency
What does it look like?

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- Get the person to calm down and relax.
- Put the person in a comfortable position.
- Let them take medication if they ask – do not give it on your own.
- Monitor their breathing and consciousness.

Cardiac arrest is when blood cannot reach the heart because of a blockage in your blood vessels, causing your heart to stop.

What does it look like?

Symptoms can vary, but most people suffering a heart attack have an unpleasant feeling like pressure or pain in the middle of the chest. Additionally, a person suffering from a heart attack can:

- Feel pain in other areas of the upper body.
- Have shortness of breath.
- May have cold sweats, nausea or dizziness.

If any of these symptoms occur:

- Call emergency services or get the person to a doctor or health clinic immediately.
- Get the person to calm down and relax.
- Put the person in a comfortable position.
- Let them take medication if they ask – do not give it on your own.
- Monitor their breathing and consciousness.



Preventing NCDs

Stroke emergency

What does it look like?



Face

Face look uneven?



Arm

One arm hanging down?



Speech

Say a sentence.
Slurred speech?



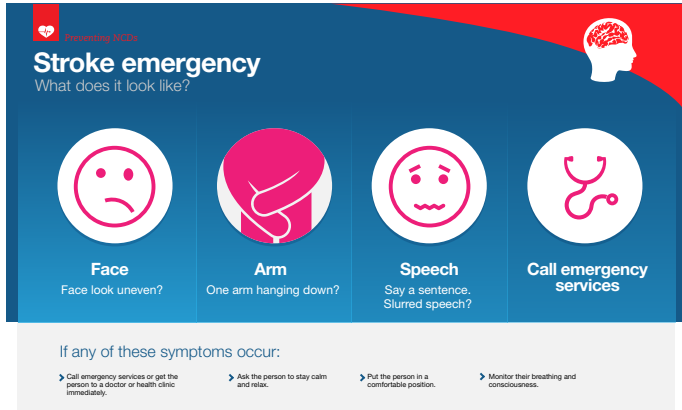
Call emergency services

If any of these symptoms occur:

- Call emergency services or get the person to a doctor or health clinic immediately.
- Ask the person to stay calm and relax.
- Put the person in a comfortable position.
- Monitor their breathing and consciousness.



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Stroke emergency

A stroke is when oxygen cannot reach the brain because of a blockage in the vessels.

What does it look like?

Symptoms occur suddenly and depend on the location and size of the part of the brain affected. Each case is different, but some of the symptoms that can occur include:

- Sudden numbness or weakness in the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no apparent cause.

If any of these symptoms occur:

- Call emergency services or get the person to a doctor or health clinic immediately.
- Ask the person to stay calm and relax.
- Put the person in a comfortable position.
- Monitor their breathing and consciousness.



Preventing NCDs

Diabetic emergency

What does it look like?



Mood changes



Trembling



Paleness



Sweating



Dizziness



Blurred vision



Headaches



Extreme tiredness



Increase/decrease
in hunger

If any of these symptoms occur:

- Find out if the person has diabetes.
- If they are capable, ask the person to measure their blood sugar level.
- If they are capable, help them to treat themselves with sugar or glucose as needed.
- If the person is unconscious, does not respond to treatment or is not behaving safely, call emergency services or get the person to a doctor or health clinic immediately.




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Preventing NCDs

Diabetic emergency

 Preventing NCDs

Diabetic emergency

What does it look like?



If any of these symptoms occur:

- Find out if the person has diabetes.
- If they are capable, ask the person to measure their blood sugar level.
- If they are capable, help them to treat themselves with sugar or glucose as needed.
- If the person is unconscious, does not respond to treatment or is not behaving safely, call emergency services or get the person to a doctor or health clinic immediately.

A diabetic emergency is when a person's blood sugar levels are too low or too high and the body is unable to regulate the levels.

What does it look like?

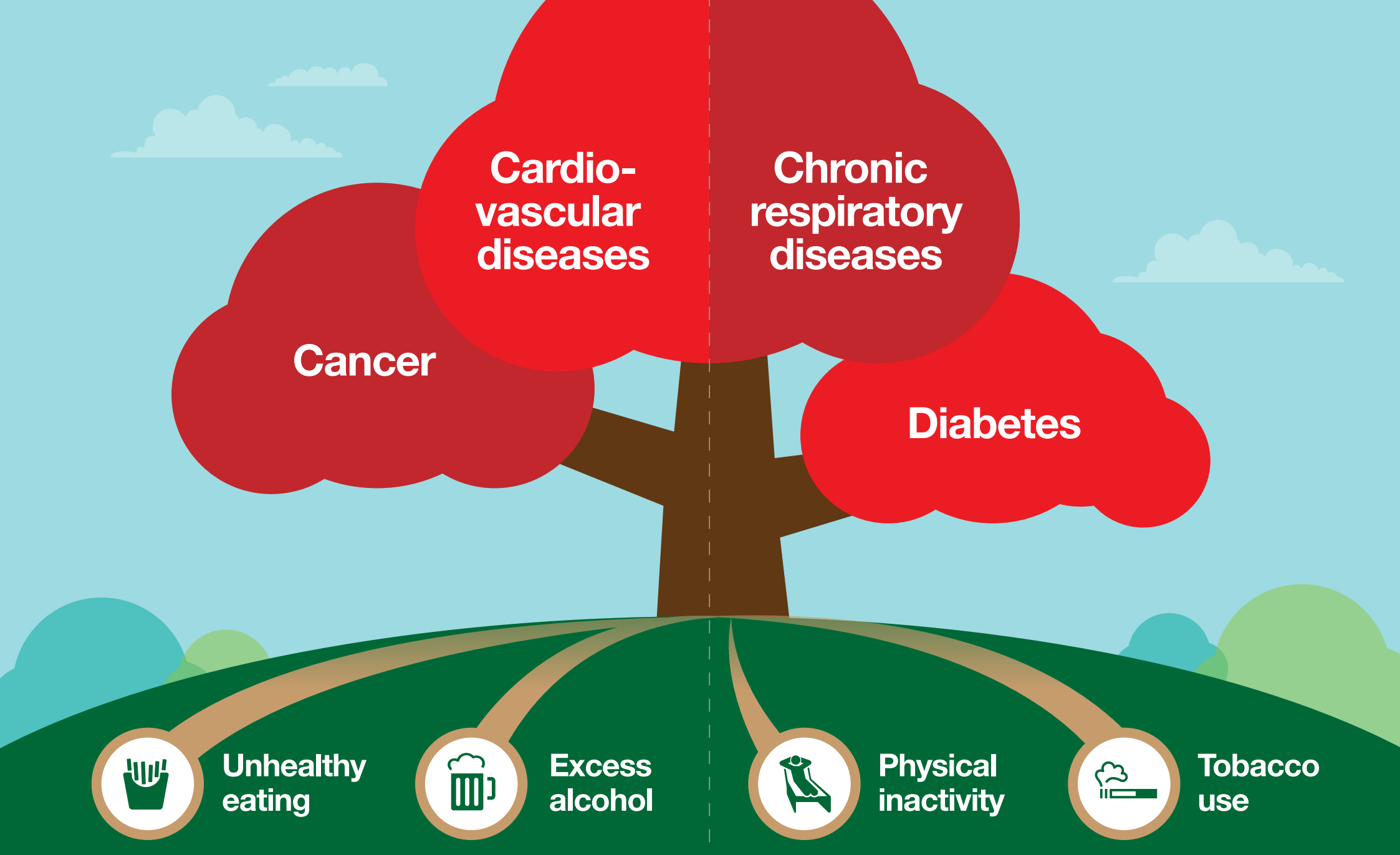
Symptoms can vary, but most people suffering a diabetic emergency suffer the following symptoms in this sequence:

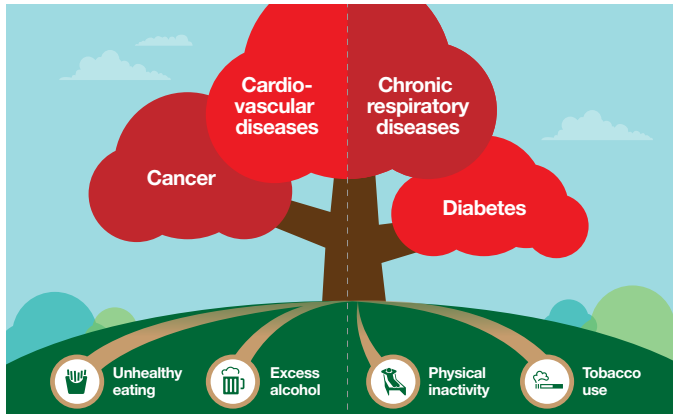
1. Hunger and/or headache.
2. Anxiety and/or tremors.
3. Psychotic behaviour – the person acts as if they are drunk.
4. Loss of consciousness and possibly a seizure.

If any of these symptoms occur:

- Call emergency services or get the person to a doctor or health clinic immediately.
- Ask the person to stay calm and relax.
- Put the person in a comfortable position.
- Monitor their breathing and consciousness.







Preventing NCDs

NCDs diagram

1. Hold up this diagram of the four NCDs. Refer to the diseases listed in the branches of the tree.

2. Say:

Cardiovascular diseases, cancers, chronic respiratory diseases and diabetes account for approximately 63 per cent of the world's deaths each year. These diseases are preventable in over 80 per cent of all cases. NCDs are diseases that are not spread through infection or through other people, but typically caused by a person's own behaviours.

3. Point to the risk factors at the roots of the tree.

4. Say:

Most NCDs are caused by unhealthy diet, inactivity, using tobacco or drinking too much alcohol. Most NCDs are preventable when people:

- Increase healthy behaviours by:
 - Being active
 - Eating healthy foods
- Reduce or eliminate unhealthy behaviours like:
 - Using tobacco products
 - Drinking harmful amounts of alcohol





NCD risk assessment card

Answer each behaviour question

A Self

3 Points

2 Points

1 Point

-1 Point

Write your points below

Healthy diet: Five servings of fruit and/or vegetables per day, every day.	 I eat five or more servings daily	 I eat some but less than five servings daily	 I do not eat fruit or vegetables regularly		
Physical activity: 30 minutes of activity every day that keeps your body moving. Activities can be walking, riding a bicycle, stretching etc.	 I do 30 minutes or more daily	 I do less than 30 minutes daily	 I am not physically active		
Excess alcohol: Excess alcohol is more than one alcoholic drink for women or two alcoholic drinks for men each day.	 I drink zero to one alcoholic drinks per day	 I drink one to two drinks per day	 I drink more than three drinks per day		
Tobacco use: Tobacco use includes smoking or chewing tobacco products, or living or working in the same room as someone who smokes	 I have never used tobacco	 I stopped using tobacco less than two years ago	 I stopped using tobacco less than three months ago	 I use tobacco or am exposed to tobacco smoke	

What your self-assessment score means:

You are unhealthy, putting you at **high risk** of having an NCD.
 You have some unhealthy behaviours that put you at a **medium risk** of having an NCD.
 You are healthy. You are at a **low risk** of having an NCD. Well done!

Points

- ☐ 2 - 6 points
- ☐ 7 - 11 points
- ☐ 12 points

B

Your total behaviour points:

C

Are you a man older than 45 years or a woman older than 55 years?

☐ Yes
+0 point

☐ No
+1 point

Do you have a family history of having NCDs?

☐ Yes
+0 point

☐ No
+1 point

Your final self-assessment score:

Add points from B and C.

D

2 - 7 points

Go for a clinical assessment.

8 - 13 points

Go for an assisted assessment.

14 points

EXCELLENT!! Go for an assessment to check all your health statistics!

Date: If you are female, are you pregnant? ☐ yes ☐ noAge: Health facility:

Assisted

Waist circumference:

A measurement of the abdomen to learn if you carry an unhealthy amount of fat around your waist.



Men: < 102 cm
Women: < 88 cm



Men: > 102 cm
Women: > 88 cm

Waist measurement:

Body Mass Index (BMI):

A measurement to learn if you are underweight or overweight.



Between 18.5 and 25



Between 25.5 and 30



Greater than 30

Height:

Weight:

BMI:

Blood pressure:

A measurement of how efficiently your blood travels in your body to deliver oxygen and nutrients to your organs.



Between 90/60 and 120/80 mmHg



Between 120/80 and 140/90 mmHg



Greater than 140/90 mmHg

Blood pressure:

Note: If blood pressure is lower than 90/60, refer to a health clinic immediately.

Your assisted assessment score:

3

GOOD JOB! Go for a clinical assessment to get all your health data. Come back every year for an **assisted assessment**.

1 - 2

Adopt healthier behaviours to lower your risk. Go for a clinical assessment to get all your health data. Come back for another **assisted assessment** in one to three months.

1 - 3

You may already have an NCD or you are at high risk for having an NCD. Go to a health clinic for a **clinical assessment**.

Clinical

Blood sugar levels:

The amount of sugar in your blood after having consumed no food or drink for eight hours before the test. This measures how well your body processes sugar.



< 100 mg/dl



110-126 mg/dl



> 126 mg/dl

Blood sugar:

Cholesterol:

A measure of the amount of material in your blood vessels that blocks or slows down blood flow to and from the heart.



< 190 mg/dl



190-320 mg/dl



> 320 mg/dl

DL cholesterol:

Your clinical assessment score:

2

You are at **low risk** of having an NCD.

GOOD JOB! Practise good behaviours to lower your NCD risk. Come back next year for a check-up to maintain your good health.

1

You are at **medium risk** for having an NCD.

You should monitor your behaviours to prevent NCDs. Get another assisted assessment and clinical assessment in one year.

1

You may already have an NCD or are at **high risk** of having an NCD.

Make an appointment to see a doctor for a more thorough assessment.

Health action plan

My behaviour goal: _____

My motivation for changing: _____

My behaviour change plan: _____

My support network: _____





NCD risk assessment card (guidelines)

Self

1. Bring plenty of blank assessment cards with you to your meeting or home visit. Bring your display assessment card from the toolkit for all to see and follow.

2. Say:

Knowledge is the first step to better health.

In understanding your own risk level for NCDs, you can determine if you are at low, medium or high risk of getting an NCD.

Based on your results, you can also discuss and consider how to lower your risk.

3. Distribute NCD risk assessment cards to all community members. Allow them to take extra as needed.
4. Hold up the display NCD risk assessment card for all to see.

5. Say:

There are three parts of the NCD risk assessment card. Section A – self-assessment cards – you can do today. The assisted assessment and the clinical assessment will be discussed a bit later. I will show you how I would complete each and then allow you all to complete your own self-scoring cards.

In section A, I will rate my own personal behaviour for each risk factor as written in each of the coloured boxes. I will give myself a score for each row. Then in Section B, I add up my points. Using a marker and the display NCD self-assessment card, read aloud each prompt and circle your responses directly on the card. Add up all your points on the prompts. Go to the next set of questions on the card.

In section C, the questions prompt me for more personal information – my biological gender, my age and family history. I will circle my answer to each of the three questions.

6. Using a whiteboard marker and the display NCD self-assessment card, write your responses directly on the card. Model how you would follow the red arrows following your response to each question.

7. Say:

In Section D, I add my total points from section B and section C to my assessment score. If I have been advised to go for an assisted assessment, I would go as soon as possible to make sure I fully understand my NCD risk.

8. Ask if there are any questions.

9. Say:

Now if I already have an NCD and I am taking steps to treat that disease, I would still want to take the self-assessment on the first four questions – the questions about behaviour.

If I already have an NCD, I want to be especially careful about making the healthiest choices I can. My consistent healthy choices will help to relieve some of the problems associated with my disease AND help to reduce my risk of contracting another NCD.

10. Provide pencils to the group and paper tape measures.

11. Say:

Now you will have some time to privately complete your own NCD risk self-assessment card. You can take five minutes to read through just the self-assessment card and find your score.

12. Go through the room, seeing if anyone needs assistance.
13. Ask if anyone would like to share. If so, discuss their risk factors and scores. Do not force anyone to share.

14. Say:

For those of you who scored 14 points – excellent! Keep up the good work. We will continue to discuss the other three levels of assessment for the group to understand how they would later have these cards completed and what the scores mean.

15. Advise beneficiaries to always consult a doctor if they have any health concerns that require immediate attention.

Assisted

1. Before the full group presentation/discussion, ask for a volunteer to help you role play the assisted assessment scenario. Discuss with the volunteer how you will demonstrate the assessment for the group to see and show how the assisted assessment card is used to determine risk.
2. Hold up the display NCD risk assessment card for all to see and turn it over to the side showing the assisted and clinical assessments.

3. Say:

An assisted assessment involves measuring your waist circumference, height, weight and blood pressure. To demonstrate the assisted assessment, I will use a volunteer. Can my volunteer please come up?



NCD risk assessment card (guidelines)

4. Say:

Thank you for volunteering. _____ will pretend to be a beneficiary coming in for an assisted assessment and I will be the health worker. Ready?

- Distribute NCD risk assessment cards to all community members. Allow them to take extra as needed.

6. Say:

Let us start with the first prompt—waist circumference. Too much fat round the belly is an indicator of risk. I will measure starting at the top of their hip bone, then bring it all the way around – level with their navel. I make sure it is not too tight and that the tape measure is held parallel to the floor. I also make sure that the person does not hold their breath while being measured.

- Demonstrate measuring their waist circumference. Start at the top of the hip bone, then bring it all the way around – level with their navel. Make sure it is not too tight and that the tape measure is held parallel to the floor. Make sure the person does not hold their breath while being measured.
- Using a marker, demonstrate how to complete the waist circumference prompt on the display assisted assessment section of the card. Write the actual measurement in the box and circle the face that corresponds to their measurement.

9. Say:

Now we will measure their Body Mass Index or BMI. The BMI is a measure of your height and weight to make a determination of whether you are normal, overweight or obese. First I ask them to remove their shoes. I use my tape measure to measure their height. I write their height on their assessment card in the box. Then I place a scale on a flat, even surface and ask them to step on it without their shoes. I write their weight on their assessment card in the box.

- Demonstrate the measuring of their height using the tape measure and their weight using the scale on flat, solid ground.

11. Say:

Now, I look at the BMI chart. Using their height and weight, I find where their two numbers intersect and find their BMI number.

- Demonstrate the taking of the person's height and weight and using the BMI chart to measure BMI. Using a whiteboard marker, write the actual height and weight measurements in the box and circle the face that corresponds to their measurement.

13. Say:

Now we will measure their blood pressure. Blood pressure is a measure of how hard your arteries have to work to keep the blood flowing to your heart and brain. First I will ask them to sit quietly for a minute. I will use a blood pressure cuff to measure their blood pressure. I place the blood pressure cuff snugly around the upper arm, at the same height as the heart while the person is seated with their arm supported. I make sure that the correct size of cuff is used or the reading will not be accurate. This is an automatic cuff. I press the button and wait for the cuff to inflate and deflate and then write their blood pressure readings in the box on the card. I will take the blood pressure in the other arm in the exact same manner. If there is a difference of more than 10 mm Hg between the measurements of the two arms, note this on the assessment card as well for their doctors to be aware of. This difference can mean an increased risk for cardiovascular disease. I write their blood pressure measurement on their assessment card in the box.

- Demonstrate the taking of the person's blood pressure.
- Using a whiteboard marker, write the actual blood pressure measurements in the box on the display assessment card and circle the face that corresponds to their measurement.
- Using the marker, circle the beneficiary's scores directly on the card. Add up all the points on the prompts and read their results and score interpretation aloud.

17. Say:



If you received 3:

Good job! To keep healthy, it is a good idea to go for a clinical assessment to get all your health data. Come back every year for an assisted assessment.



If you received 1 to 2:

Adopt healthier behaviours to lower your risk. Go for a clinical assessment to get all your health data. Come back for another assisted assessment in one to three months.



If you received 1 to 3:

You may already have an NCD or you are at high risk for having an NCD. Go to a health clinic for a clinical assessment.

If your score results indicate that you should go for a clinical assessment, please go to your nearest medical clinic or public health centre as soon as possible to make sure you fully understand your risk.

- Ask if there are any questions.
- Announce the time and place when your branch office is available to conduct the assisted assessments. Assisted assessment sessions should be held at least every three months so that beneficiaries can check in on a regular basis.
- Advise beneficiaries to always consult a doctor if they have any health concerns that require immediate attention.



NCD risk assessment card (guidelines)

Clinical

1. Before the full group presentation/discussion, ask for a volunteer to help you role play the clinical assessment scenario. Discuss with the volunteer how you will demonstrate the assessment for the group to see and show how the clinical assessment card is used to determine risk.
2. Hold up the display assessment card for all to see and turn it over to the side showing the assisted and clinical assessments.

3. Say:

For your clinical assessment, these are the measures that will be taken of your body. To demonstrate the clinical assessment, I will use a volunteer. Can my volunteer please come up? Thank you for volunteering. _____ will pretend to be a community member coming in for a clinical assessment and I will be the doctor or medical professional. Ready?

4. Conduct a role play with the volunteer to demonstrate the necessary preparation for a blood test – namely no eating or drinking eight hours before the test.
5. Prompt the volunteer for their assessment card so that the doctor can see the existing risk factors. Remind the group to bring their assessment cards with them to the doctor.
6. Pretend to draw blood from the volunteer.

7. Say:


As your doctor, I am glad that you came in for a clinical assessment. I will send your blood to the laboratory to assess it there. They will examine your blood to determine how much sugar is in your blood. This measure of blood sugar helps us to know how well your body is able to process sugar. It also lets us know if there are any problems we need to know about. Some patients come in and have an NCD they may not know about. This test helps to get them the treatment they need. The laboratory will also test the blood for cholesterol, a substance in your body that can build up if you eat too much fat and sugar. If this cholesterol becomes too much, it can build up inside your arteries and blood vessels, making your heart work harder to push blood through. If your heart always has to work too hard, you can be at greater risk for NCDs.


8. Say:


Now let us pretend that a week has passed and the laboratory results on the beneficiary's blood have been processed. Let us see how the beneficiary did on their clinical assessment card.

9. Continue the role play. Give made-up blood sugar levels and cholesterol levels of the beneficiary. Talk with the beneficiary about what these laboratory results mean, using the clinical assessment card as a guide.
10. Using a whiteboard marker, demonstrate how the medical professional and beneficiary together would complete the fasting blood sugar prompt on the clinical assessment card. Assign a point value.
11. Using a whiteboard marker, demonstrate how the medical professional fills in the clinical assessment card. Assign a point value.
12. Using the marker, circle the beneficiary's scores directly on the display card. Add up all the points on the prompts and read their results and score interpretation aloud.

13. Say:

 **2 = You are at low risk of having an NCD.**
Good job! Continue to practise good behaviours. Go back to your doctor every year to maintain your good health.

 **1 = You are at medium risk of having an NCD.**
You should monitor your behaviours to prevent NCDs. Get another assisted assessment and a clinical assessment next year.

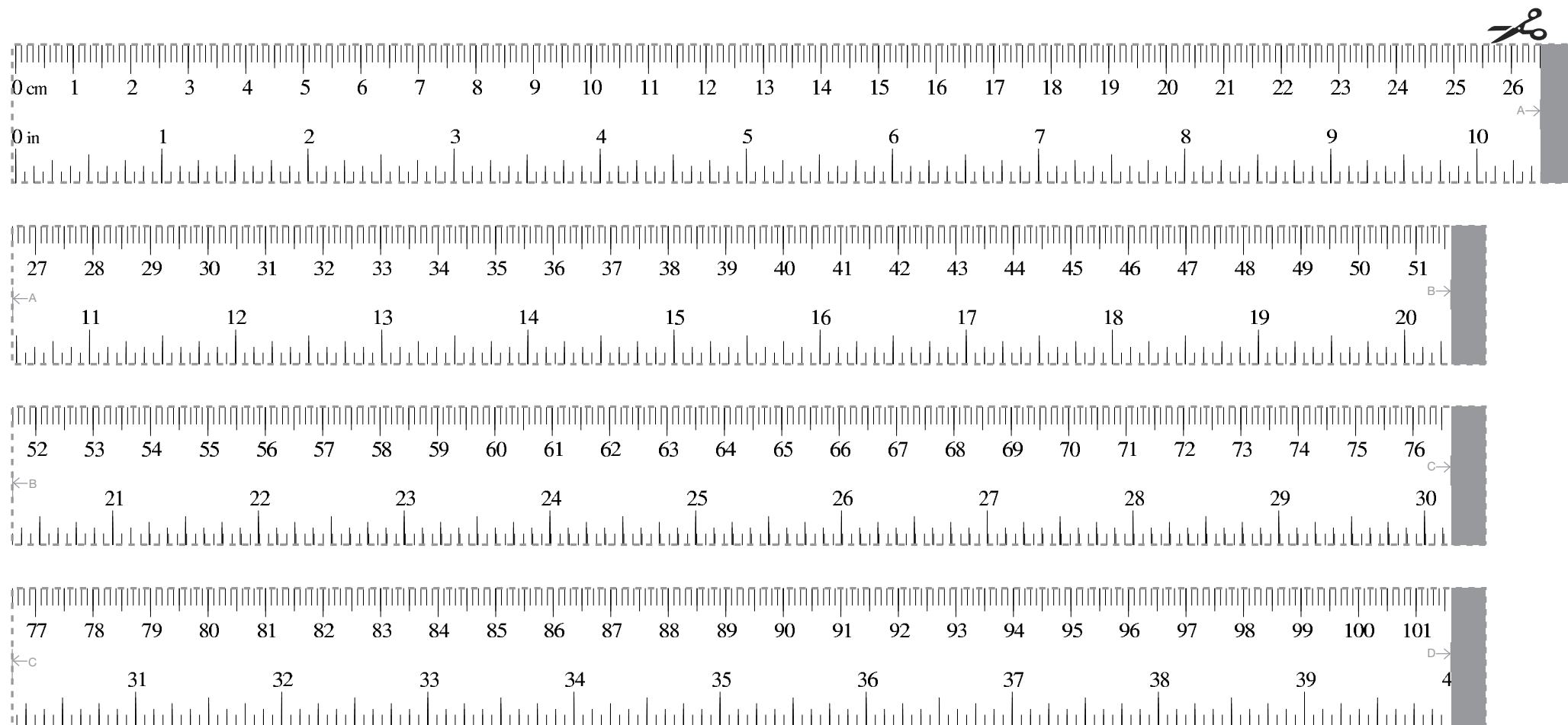
 **1 = You may already have an NCD or you are at high risk for having an NCD.**
Make an appointment to see a doctor for a more thorough assessment.

14. Ask and answer any questions.
15. Provide details of clinics, doctors, hospitals and laboratories in the vicinity that can conduct the clinical assessments.
16. Advise beneficiaries to always consult a doctor if they have any health concerns that require immediate attention.



Measuring strip (first part)

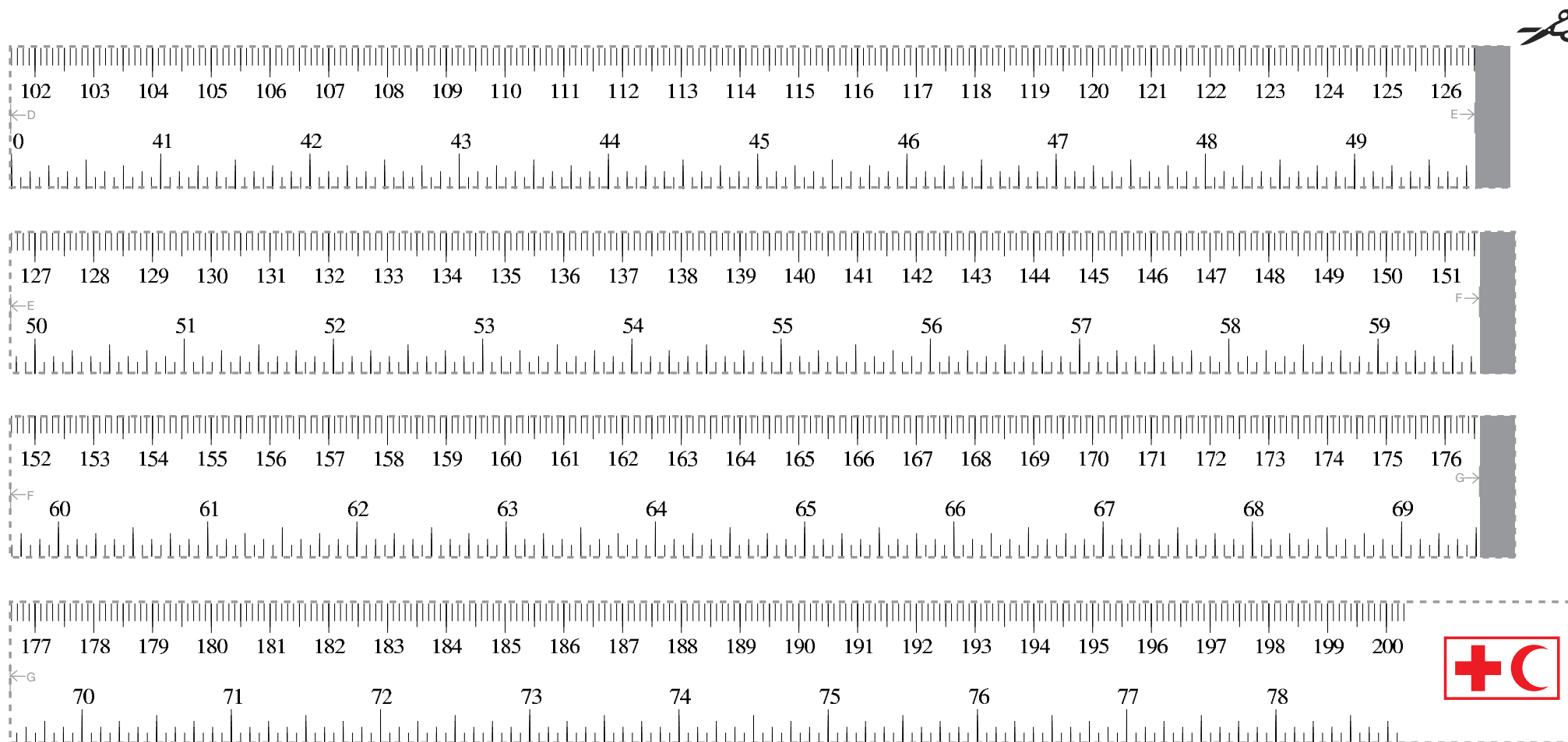
Cut the pieces of measuring strip out along the dotted line. You should have eight pieces in total. Use pieces of sticky tape to stick the pieces together (A to A, B to B etc.), making sure the arrows with lines touch exactly, until you have one long measuring strip.





Measuring strip (second part)

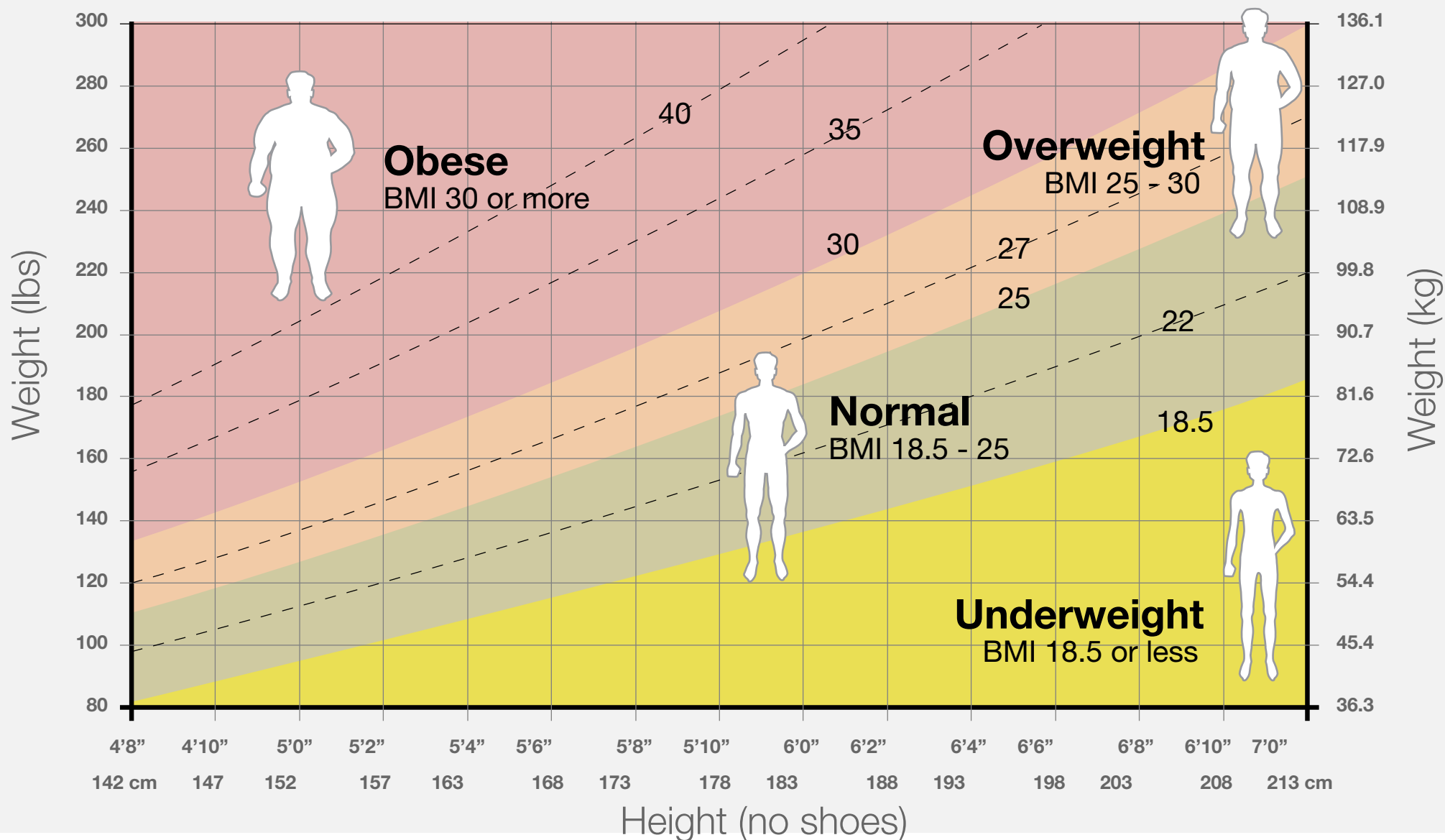
Cut the pieces of measuring strip out along the dotted line. You should have eight pieces in total. Use pieces of sticky tape to stick the pieces together (A to A, B to B etc.), making sure the arrows with lines touch exactly, until you have one long measuring strip.





Preventing NCDs

Body Mass Index (BMI)



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Healthy ageing module



Preventing falls



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Single limb stance

Balance cards

1



Chair

2



Chair



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Single limb stance

Balance cards

1



2



Single limb stance

Step 1

Stand straight with your feet together and your left arm relaxed at your side. Your right hand is resting on the back of a chair for support.

Step 2

Raise your right foot a few inches off the ground while balancing on your left leg. Try not to put any weight on your arm holding the chair—merely use it to correct your balance. Stay like this for 5 to 15 seconds.

Repeat

Move to the other side of the chair and perform steps 1 and 2 but now lifting your left leg and supporting yourself on your right leg. Hold on to the chair with your left hand for balance.

Recommended number of times

Try and do each side eight times in succession. Match the exercise to your personal comfort level so it is not too easy nor too difficult. If at any time it becomes painful, stop immediately and lower the number of times you do the exercise next time.



Eye tracking

Balance cards



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Eye tracking



Step 1

Stand straight and hold your thumb about a foot away from your face, keeping your arm relaxed and bent at the elbow.

Step 2

Move your thumb as far up as you feel comfortable tracking it with your eyes, but without moving your head.

Step 3

Move your thumb as far down as you feel comfortable tracking it with your eyes, but without moving your head.

Step 4

Move your thumb back up to eye level and now move it as far to your right as you feel comfortable tracking it with your eyes, but without moving your head.

Step 5

Move your thumb as far to your left as you feel comfortable tracking it with your eyes, but without moving your head.

Recommended number of times

Try doing this four times in succession, alternating hands. Match the exercise to your personal comfort level so it is not too easy nor too difficult. If at any time it becomes painful, stop immediately and lower the number of times you do the exercise next time.

Wave reach

Balance cards

1



2



3



4



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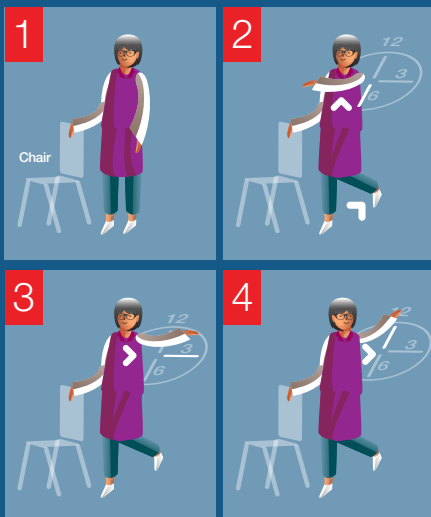




Preventing falls

Wave reach

Balance cards



Wave reach

Step 1

Stand straight with your feet together and your left arm relaxed at your side. Your right hand is resting on the back of a chair for support.

Step 2

Raise your left foot a few inches off the ground while balancing on your right leg. Lift your left arm and point it straight forward (6 o'clock). Keep your head straight and breathe normally.

Step 3

Move your left arm a quarter of a circle so it is now pointing to your left (3 o'clock). Keep the rest of your body balanced and looking forward.

Step 4

Move your left arm a quarter of a circle further so it is now pointing to your back (12 o'clock). Do not strain yourself. Keep the rest of your body balanced. Now move your arm back to the front and lower both arm and leg.

Repeat

Move to the other side of the chair and perform steps 1 to 4 but now lifting your right leg and right arm. Hold on to the chair with your left hand for balance.

Recommended number of times

Try and do each side four times in succession. Match the exercise to your personal comfort level so it is not too easy nor too difficult. If at any time it becomes painful, stop immediately and lower the number of times you do the exercise next time.



Single step

Balance cards

1



2



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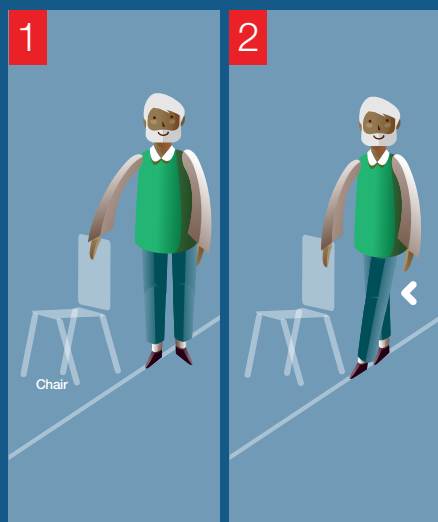
Preventing falls





Single step

Balance cards



Single step

Step 1

Stand straight with your feet together and your arms relaxed at your side. Your right hand is resting on the back of a chair for support.

Step 2

Step with your left foot forward and place it in front of your right foot. Both feet are now in line with each other. Hold this position for 15 seconds. Move your right foot back to the starting position.

Repeat

Move to the other side of the chair and perform steps 1 and 2 but now moving your left foot in front of your right. Hold on to the chair with your right hand for balance.

Recommended number of times

Try and do each side eight times in succession. Match the exercise to your personal comfort level so it is not too easy nor too difficult. If at any time it becomes painful, stop immediately and lower the number of times you do the exercise next time.

Single side plank

Balance cards

1



Chair

2



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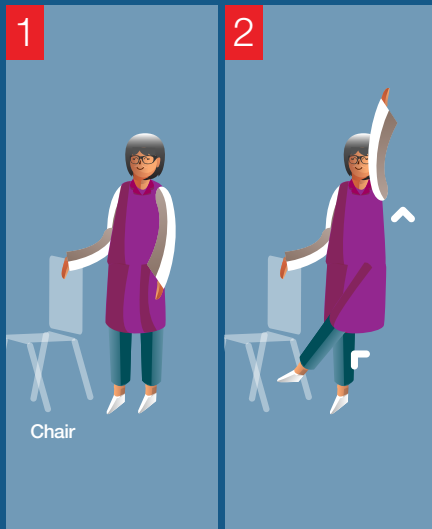
Preventing falls





Single side plank

Balance cards



Single side plank

Step 1

Stand straight with your feet together and your left arm relaxed at your side. Your right hand is resting on the back of a chair for support.

Step 2

Raise your left foot a few inches off the ground while balancing on your right leg. Lift your left arm above your head. Keep your head straight, your shoulders relaxed and breathe normally. Hold for 5 to 15 seconds.

Repeat

Move to the other side of the chair and perform steps 1 and 2 but now lifting your right leg and right arm. Hold on to the chair with your left hand for balance.

Recommended number of times

Try and do each side four times in succession. Match the exercise to your personal comfort level so it is not too easy nor too difficult. If at any time it becomes painful, stop immediately and lower the number of times you do the exercise next time.

Stick balance

Balance cards

1

Stick

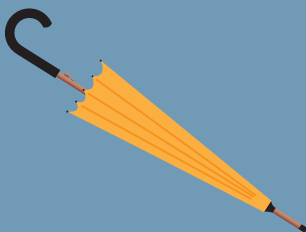


Chair

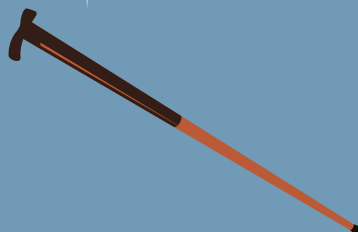
2



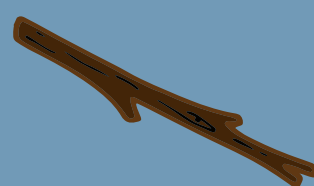
Stick suggestions



An umbrella



A cane



An actual stick



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Stick balance

Balance cards



Stick balance

Step 1

Sit comfortably in a chair and place a stick on top of your dominant hand so it is standing upright.

Step 2

Remove your supporting hand, allowing the stick to balance on your hand while focusing on the top of the stick. Keep the stick as long as possible balanced on your hand without leaning too far out of your chair.

Note

You can use anything sticklike, such as an umbrella or walking cane. Take care not to use a stick that is too heavy or that can injure you or break upon falling.

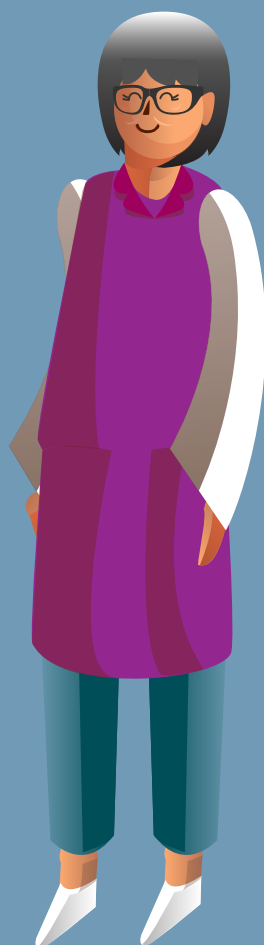
Recommended number of times

Try doing this exercise four times in succession, alternating hands. Match the exercise to your personal comfort level so it is not too easy nor too difficult. If at any time it becomes painful, stop immediately and lower the number of times you do the exercise next time.

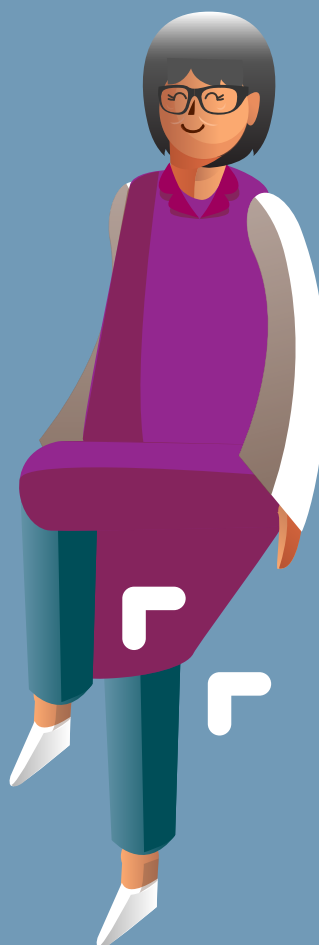
Marching step

Balance cards

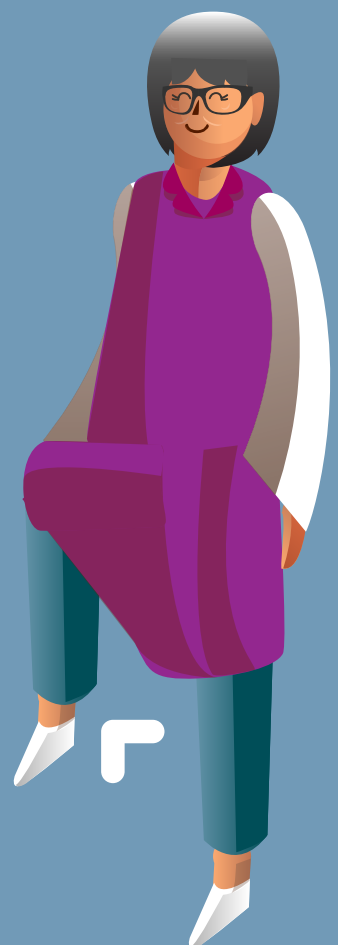
1



2



3





Marching step

Balance cards

1



2



3



Marching step

Step 1

Stand straight with your feet together and your arms relaxed at your side.

Step 2

Raise your left knee as high as possible while still being comfortable. Balance on your right leg. Lower your knee again until your foot is on the floor.

Step 3

Now raise your right knee as high as possible while still being comfortable. Balance on your left leg. Lower your knee again until your foot is on the floor.

Recommended number of times

Try and do each side eight times in succession. Match the exercise to your personal comfort level so it is not too easy nor too difficult. If at any time it becomes painful, stop immediately and lower the number of times you do the exercise next time.

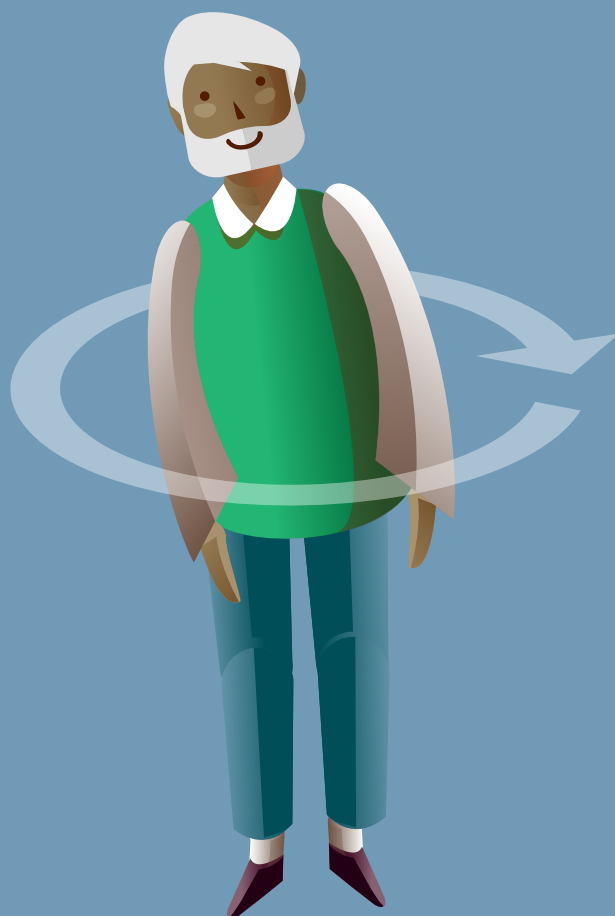
Circling

Balance cards

1



2





Circling

Balance cards

1



2



Circling

Step 1

Stand straight with your feet together and your arms relaxed at your side.

Step 2

While keeping your body straight (do not bend knees, hips, back or neck) slowly sway in a small circle for 30 seconds. Breathe normally and stop immediately if you feel any pain or dizziness.

Recommended number of times

Try doing this four times in succession, alternating directions. Match the exercise to your personal comfort level so it is not too easy nor too difficult. If at any time it becomes painful, stop immediately and lower the number of times you do the exercise next time.

Multi-step

Balance cards

1



2



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Multi-step

Balance cards

1



2



Multi-step

Step 1

Stand straight with your feet together and your arms relaxed at your side. Put your left foot in front of your right. Both feet are now in line with each other. If necessary, keep your balance using your arms.

Step 2

Step with your right foot forward and place it in front of your left foot.

Repeat

Repeat steps 1 and 2 for 10 to 20 steps. If you feel you are about to fall over, abandon the exercise and regain your balance by stepping to the side.

Recommended number of times

Try doing this exercise three times in succession. Match the exercise to your personal comfort level so it is not too easy nor too difficult. If at any time it becomes painful, stop immediately and lower the number of times you do the exercise next time.

Healthy ageing module



Preventing social isolation



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Social activities

Red Cross Red Crescent volunteers: when teaching community members, place people in groups of three to four for the small group activities. Direct all groups with the instructions below.

Activity 1

Everyone in the small group should face each other, seated or standing.

Tell the group that their assignment for the next three minutes is to find five distinctive things that the three or four of them have in common, for example, they were all born in the same city, they all have two siblings, they all have a pet, etc.

Call all groups' attention after three minutes. Ask each group in turn to introduce themselves and tell the plenary group what their group has in common.



Activity 2 (whole group activity)

Distribute a small blank card/piece of paper and a pencil to each person in the group. Ask each person privately to write one fact about themselves that most people would not know. Tell them to fold their fact card and hand it to you.

Open the cards and read them out loud one at a time. After you read each card, ask the group to call out the name of the person who wrote the card. After a few guesses, ask the person to reveal themselves. Allow them to explain briefly, if they choose.

At the end of the activity, discuss why they may have identified certain facts with certain people – either correctly or incorrectly.



Activity 3 (small group activity, followed by plenary)

Ask participants to think of three new personal facts or experiences, but tell them that ONE of the three things they share must be a lie. For example, they might say, "I have a son in Australia. I sailed around the world. I don't like chocolate."

Once they have shared, the other participants in the small group may ask up to five questions.

Prompt the other participants to identify which two statements are true.

In the full group, discuss how we make first impressions of people and how these impressions are not always reliable as people are usually far more interesting than they may first seem.





Blissful mind meditation script

Please sit quietly as I dim the lights.

Make sure that you are nice and comfortable.
Loosen any tight clothing.

Let your hands rest loosely in your lap. Now close your eyes...and relax.

With your eyes closed, you begin to connect with your inner world of thought and feeling.

Gradually, the external world will fade from your awareness.

For the next few minutes, give yourself permission to enjoy this relaxing experience.

You are free from all your responsibilities at this time, so put aside any thoughts of tasks or concerns that may be waiting for you.

If you find that your mind wanders during this meditation, simply bring your awareness back to the sound of my voice, and I will guide you to a place of deep relaxation and inner stillness.

Remember that you are always in control. If you wish to stop at any time, you can do so by simply opening your eyes.

Now take a long, slow, deep breath in...and then release that breath.

Feel yourself relaxing.

Again, take a long, slow, deep breath in...and then let that breath go.

Take another deep breath in...and exhale completely.

Notice how calming it is to breathe this way.
Notice the feelings of relaxation that are beginning to spread throughout your whole body.

Continue to breathe slowly, deeply and gently.

With each breath you take, your thoughts become lighter.

You may sense a feeling of spaciousness opening up inside you.

Relax now.

Allow the gentle movement of your breath to guide you into an even more relaxed state.

In ... and out ...and deeper you go.

In... and out ...allow your mind to gradually slow down all by itself.

In ... and out ...

You are now in a state of relaxation, and it's time to enjoy a guided journey to an inner place of serenity and bliss.

As I speak, just allow images to form in your mind naturally, in your own time.

If mental pictures don't come easily to you, then simply sense your imagined surroundings rather than seeing them.

Let go of all your expectations, and allow yourself to experience this guided journey in whatever way comes naturally to you.

Imagine that you are standing in a beautiful grassy field.

You can feel the warmth of the sun on your face and body.

You can feel the lush green grass, soft beneath your bare feet.

You can hear the sounds of nature around you.

You are very much at home in this peaceful place.



Blissful mind meditation script (cont.)

You have all the time in the world.

You feel safe and happy here.

Take a moment to appreciate your surroundings...

You notice a large tree growing nearby.

Begin to walk towards the tree.

Take your time. Be in the moment and experience each step.

As you walk, feel yourself slipping even more deeply into a state of total relaxation.

Now you stand beneath the tree. Its strong branches and broad leaves hang right over your head.

Notice that the tree is covered in delicious fruits of many shapes, sizes and colours.

This is no ordinary tree. Its fruits contain special powers.

Reach up and take a piece of fruit from the tree. Study it for a moment. Notice the colour, the texture, the weight of it in your hand.

Now take a bite.

As the fruit slides down your throat and into your stomach, something wonderful begins to happen...

A feeling of happiness begins to glow deep inside you.

The sensation begins in your stomach, and then it spreads to your chest and your heart.

Let go of thinking and concentrate on feeling. Nurture this sensation of happiness and love. Feel yourself gently glowing with it.

Take another bite of the fruit now. Taste it. Savour it.

Now the wonderful feeling intensifies a little more.

Feel yourself gently radiating this pleasant sensation of love and happiness.

Now take a third bite of the fruit, take as much as you want.

Relax and allow yourself to swell up with this delightful feeling. Don't try. Just let it rise effortlessly within you. Allow it to increase as much as you like.

Stay with these blissful feelings and enjoy this time of peaceful meditation.

You can remain in this relaxed state of meditation for as long as you like.

If you would like to finish this meditation, you may do so at any time. When you are ready, simply open your eyes. Please give yourself a few minutes to adjust.

SOURCE: *The-guided-meditation-site.com*. (2016). *The Blissful Mind Meditation - A Guided Meditation*. [online] Available at: www.the-guided-meditation-site.com/subscribers-only-download-blissful.html. (Free download)



Healthy ageing module



Healthy eating



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Effects of an unhealthy diet

Brain



Can cause feelings of exhaustion and/or depression.

Mouth and teeth



- › Eating salt, fat and sugar triggers body to want more unhealthy fat, sugar and salt.
- › Can cause tooth cavities.

Heart



Sugary and fattening food AND too much food can block arteries and make your heart work too hard.



Stomach and intestines



- › Can cause constipation.
- › Eating or drinking too much sugar puts undue stress on digestive system and causes body to store fat.

Other organs



- › Can cause you to frequently become ill.
- › Causes blood sugar to become imbalanced.
- › Causes your cells to age faster.
- › If an organ in your body does not have all the ingredients it needs from the foods you eat to do its job well, it simply will not do its job well or even at all and is much more likely to become sick and stop working.
- › Increases adrenaline that increases body's level of stress.



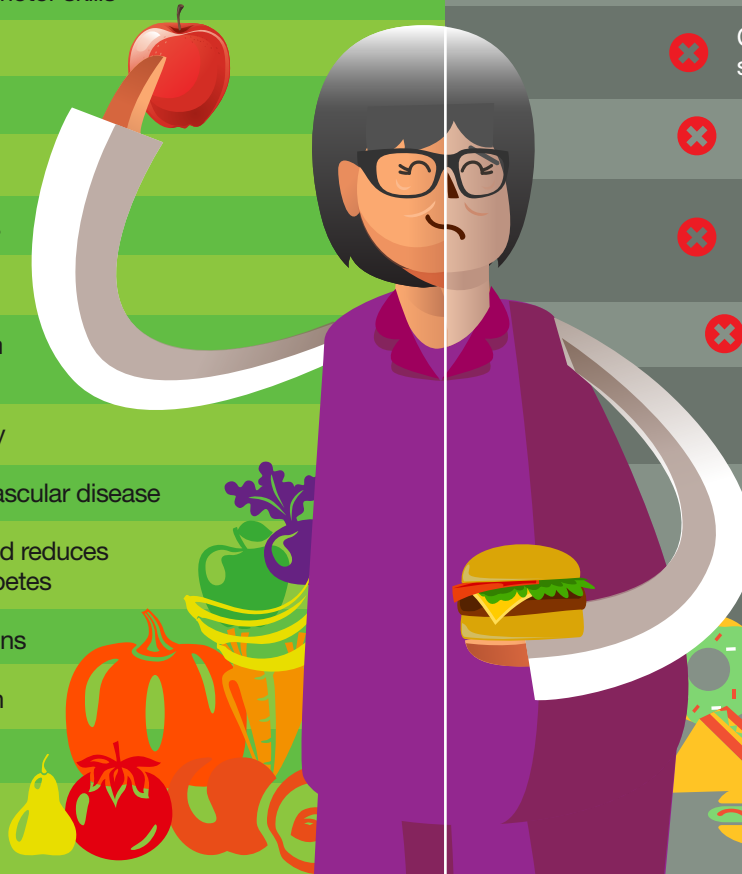
Healthy eating

Healthy eating guide



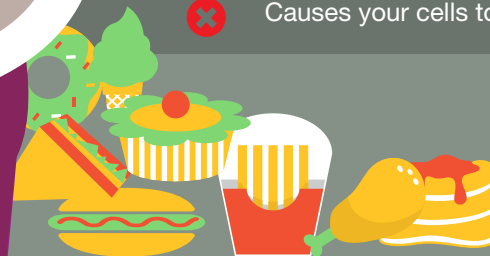
Effects on the body

- ✓ Preserves vision — can prevent or delay all age-related eye problems like macular degeneration, cataract, myopia, dryness and infections
- ✓ Promotes and heals damaged cells in the brain and nervous system
- ✓ Significantly improves learning capacity and motor skills
- ✓ Effective antidepressant
- ✓ Lowers blood cholesterol levels
- ✓ Improves blood sugar control
- ✓ Lowers the risk of heart disease and diabetes
- ✓ Strengthens the muscles in the heart
- ✓ Boosts your immunity and can keep you from becoming sick or getting an infection
- ✓ Helps prevent disease and ageing in the body
- ✓ Reduces belly fat and risk factors for cardiovascular disease
- ✓ Lowers body weight, lowers total fat mass and reduces fat in the liver that can cause obesity and diabetes
- ✓ Has antibiotic properties that reduces infections
- ✓ Prevents constipation and improves digestion
- ✓ Can prevent and stop cancer growth



Effects on the body

- ✗ Lack of nutrients leads to unhealthy skin and hair, exhaustion, headaches, low moods and difficulties in concentrating
- ✗ Allows bacteria to grow in your mouth that eat holes in your teeth
- ✗ Causes blood sugar to become imbalanced and leads to sad moods and exhaustion
- ✗ Increases adrenaline that increases body's level of stress
- ✗ Can lead to more dangerous material in your blood that can cause diabetes, cardiovascular disease and liver disease
- ✗ Causes unhealthy weight gain
- ✗ Provides few or no nutrients that your body needs
- ✗ Can cause constipation due to lack of fibre and water content
- ✗ Causes your cells to age faster

















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Healthy eating

Fruit and vegetable serving sizes

Add healthy foods that you find in your area!

Fruit  One portion is...			
 1 small apple	 1 large banana	 1/8 of a large melon	 dried fruit
 1 medium grapefruit	 12 grapes	 1 large orange	 1 large peach
 1 medium pear	 1/4 of a pineapple	 2 large plums	 7 large berries
 1 large tomato	 1 medium mango	 1/2 papaya	 6 lychees

Vegetables  One portion is...			
 2 asparagus spears	 cooked beans	 1 large pepper	 6 small broccoli florets
 2 medium carrots	 1/4 head of cauliflower	 2 celery stalks	 1 large corn ear
 1/2 of a medium cucumber	 10 green beans	 cooked green leaves	 2 large raw green leaves
 1 squash or courgette	 1 large baked potato	 1 1/2 onions	 mashed pumpkin



































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Healthy eating

Fruit and vegetable serving sizes

Add healthy foods that you find in your area!

Fruit				Vegetables			
One portion is...				One portion is...			
							
1 small apple	1 large banana	1/8 of a large melon	dried fruit	2 asparagus spears	cooked beans	1 large pepper	6 small broccoli florets
							
1 medium grapefruit	12 grapes	1 large orange	1 large peach	2 medium carrots	1/4 head of cauliflower	2 celery stalks	1 large corn ear
							
1 medium pear	1/4 of a pineapple	2 large plums	7 large berries	1/2 of a medium cucumber	10 green beans	cooked green leaves	2 large raw green leaves
							
1 large tomato	1 medium mango	1/2 papaya	6 lychees	1 squash or courgette	1 large baked potato	1 1/2 onions	mashed pumpkin



Healthy eating

Fruit and vegetable serving sizes

Fruit portions

Fresh fruit: See the front of this chart.

Dried fruit: A portion of dried fruit is around 30g. This is about one heaped tablespoon of raisins, currants or sultanas, one tablespoon of mixed fruit, two figs, three prunes or one handful of dried banana chips.

Tinned fruit in natural juice: One portion is roughly the same quantity of fruit that you would eat for a fresh portion, such as two pear or peach halves, six apricot halves or eight segments of tinned grapefruit.

Vegetable portions

Fresh vegetables: See the front of this chart.

Tinned and frozen vegetables: Roughly the same quantity as you would eat for a fresh portion.

Pulses and dried beans: However much you eat, dried beans and pulses count as a maximum of one portion a day.

Potatoes: Potatoes do not count towards your 5-A-DAY. They are classified nutritionally as a starchy food, because when eaten as part of a meal they are usually used in place of other sources of starch such as bread, rice or pasta. Although they do not count towards your 5-A-DAY, potatoes do play an important role in your diet as a starchy food.

Juices and smoothies: One 150 ml glass of unsweetened 100 per cent fruit or vegetable juice can count as a portion. But only one glass counts. Any further glasses of juice do not count toward your total 5-A-DAY portions.

- 1) about 6 cm in diameter
- 2) about 20 cm long
- 3) an adult handful
- 4) about 10 cm in diameter
- 5) a little bigger than the size of an adult fist
- 6) about the size of a child's fist
- 7) about 7.5 cm in diameter or the size of an adult fist
- 8) an adult handful of black, garbanzo, etc.
- 9) a generous handful
- 10) 15 cm long
- 11) 30 cm long
- 12) an adult handful of kale, chard, etc.
- 13) lettuce, spinach, etc.

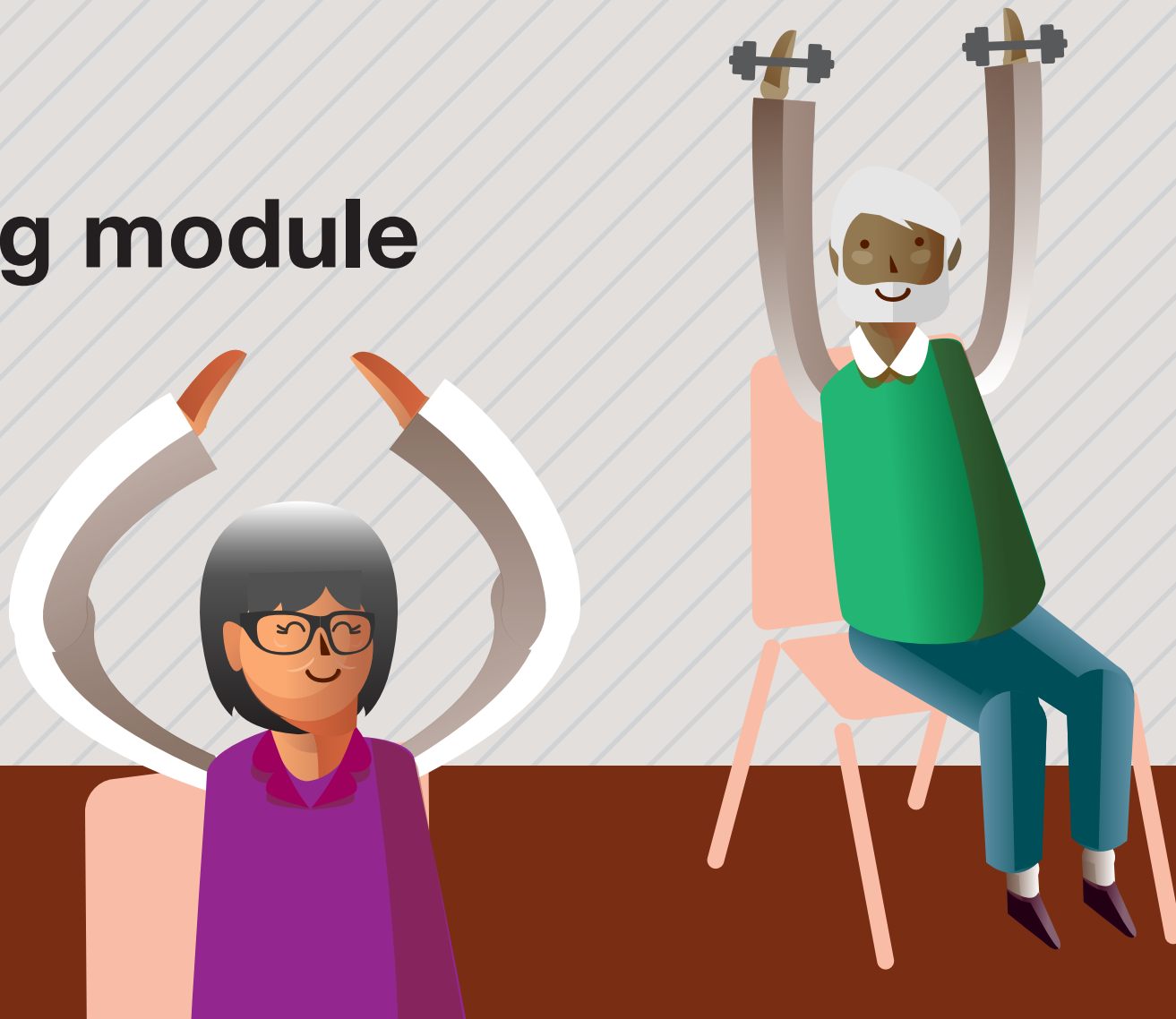


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Healthy ageing module



Physical activity



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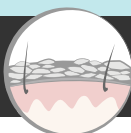
Effects of physical inactivity

Lungs



Lung function decreases.

Skin



Skin receives less oxygen and nutrients making it feel and look less healthy.

Muscles and joints



When you do not use your muscles, you lose muscle mass. You gain weight easily and become weaker.

Heart



Your heart muscles grow weak and it becomes a strain to do basic activities.



Brain

Can increase your blood pressure and contribute to cardiovascular disease. Stress increases which floods your brain with stress hormone called cortisol.



Stomach and intestines

Can cause constipation.



Bones

Can weaken bones and cause osteoporosis.



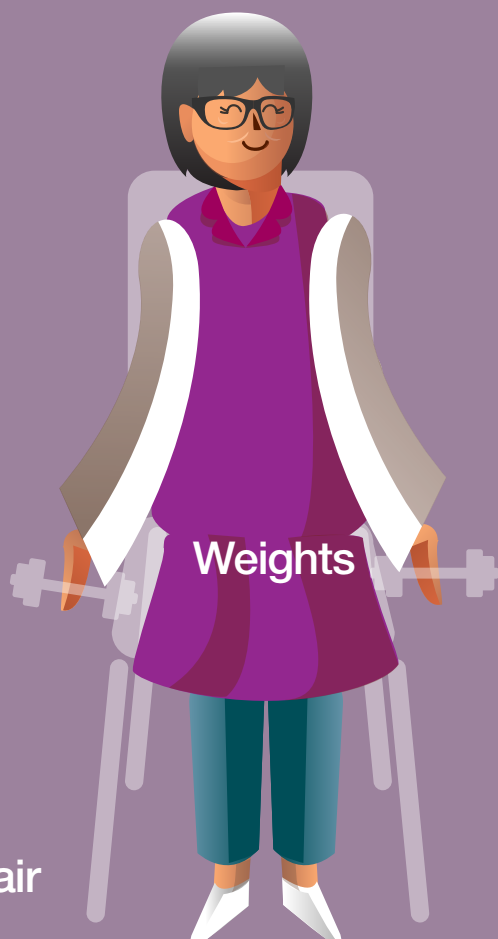
Other organs

Your body becomes weak and more likely to become sick.

Bicep curl

Strength cards

1



2



Weights substitutes



A can
(0.5 kilogram)



A bottle of water
(1 kilogram)



A bag/net of fruit
(1.5 to 2 kilograms)





Physical activity

Bicep curl

Step 1

Sit straight up in a chair with your feet firmly on the floor. Hold a weight (not too heavy!) in each hand and hang your arms alongside your thighs.

Step 2

Gradually raise your arms, lifting the weights to your shoulders, keeping a straight back. Do not roll your shoulders, but focus on your arms doing the work. Lower the weights slowly.

Note

If weights are not available, you can also use common household items, such as cans, plastic bottles or a bag of fruit, vegetables or rice. Make sure whatever you use has a good grip and cannot break easily. Avoid objects that are difficult to hold or are made of glass.

Recommended number of times

Try and do this exercise eight times in succession. Match the exercise to your personal comfort level so it is not too easy nor too difficult. If at any time it becomes painful, stop immediately and lower the number of times you do the exercise next time.



Knee kick

Strength cards

1



Chair

2



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Physical activity





Physical activity

Knee kick

Strength cards



Knee kick

Step 1

Sit on a chair in a relaxed position with both feet on the ground.

Step 2

Raise your lower right leg until it is straight. Hold this position for five seconds before lowering it slowly back to the floor.

Repeat

Repeat steps 1 and 2 with your left leg.

Recommended number of times

Try and do each side eight times in succession. Match the exercise to your personal comfort level so it is not too easy nor too difficult. If at any time it becomes painful, stop immediately and lower the number of times you do the exercise next time.



Mini squat

Strength cards

1



Chair

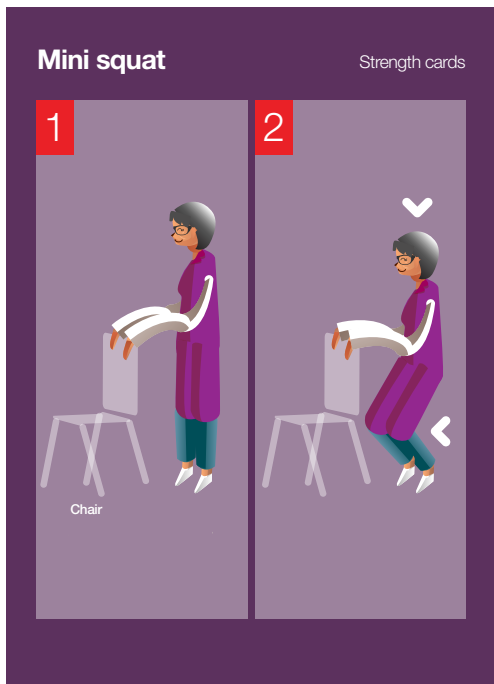
2





Physical activity

Mini squat



Step 1

Stand behind a chair, holding it with both hands to support yourself. Make sure you are balanced and your back is straight.

Step 2

Bend both legs at your knees, making sure that your knees do not go past your toes and your buttocks push out a bit so your back remains straight. Do not go so low that it causes pain or discomfort. Stand up straight again.

Recommended number of times

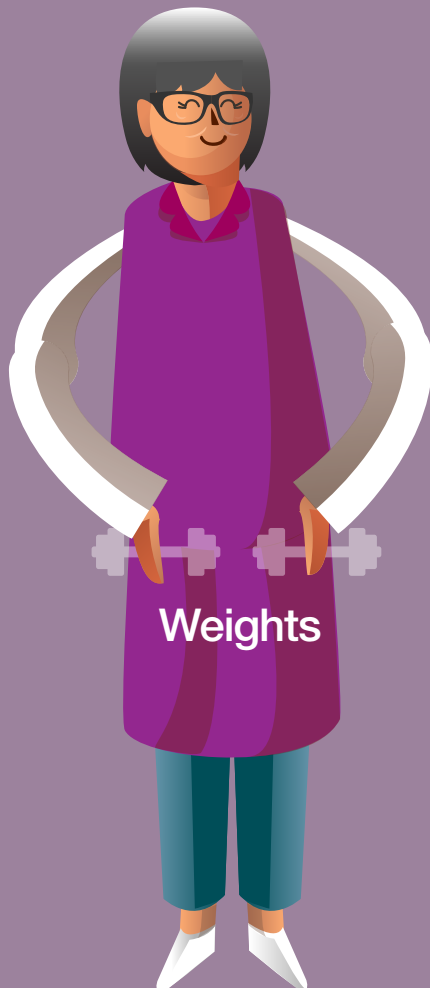
Try and do this exercise eight times in succession. Match the exercise to your personal comfort level so it is not too easy nor too difficult. If at any time it becomes painful, stop immediately and lower the number of times you do the exercise next time.



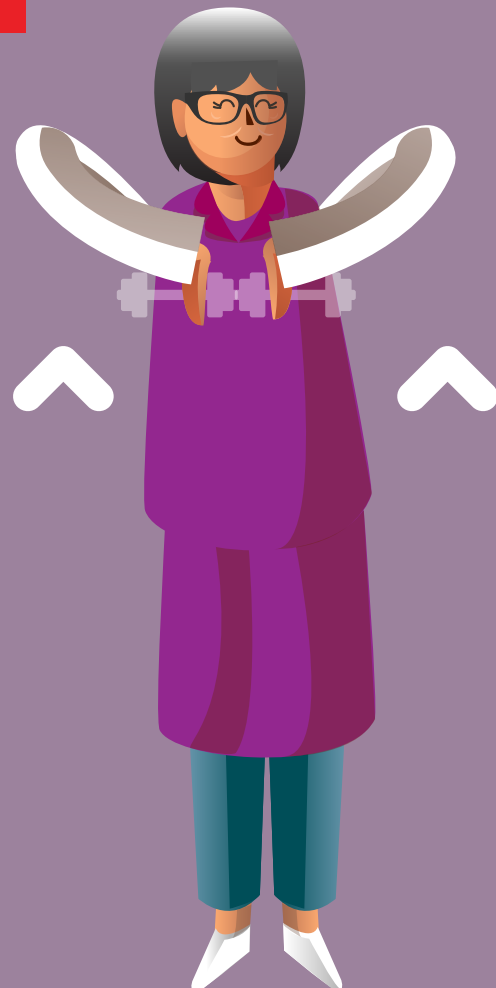
Standing row

Strength cards

1



2



Weights substitutes



A can
(0.5 kilogram)



A bottle of water
(1 kilogram)



A bag/net of fruit
(1.5 to 2 kilograms)



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Physical activity





Physical activity

Standing row



Step 1

Stand straight with your feet slightly apart and your knees relaxed and slightly bent. Hold a weight (not too heavy!) in each hand and rest them against your thighs.

Step 2

Gradually raise your arms, lifting the weights to your chest, keeping a straight back. Lower the weights slowly.

Note

If weights are not available, you can also use common household items, such as cans, plastic bottles or a bag of fruit, vegetables or rice. Make sure whatever you use has a good grip and cannot break easily. Avoid objects that are difficult to hold or are made of glass.

Recommended number of times

Try and do this exercise eight times in succession. Match the exercise to your personal comfort level so it is not too easy nor too difficult. If at any time it becomes painful, stop immediately and lower the number of times you do the exercise next time.



Overhead press

Strength cards

1



2



Weights substitutes



A can
(0.5 kilogram)



A bottle of water
(1 kilogram)



A bag/net of fruit
(1.5 to 2 kilograms)



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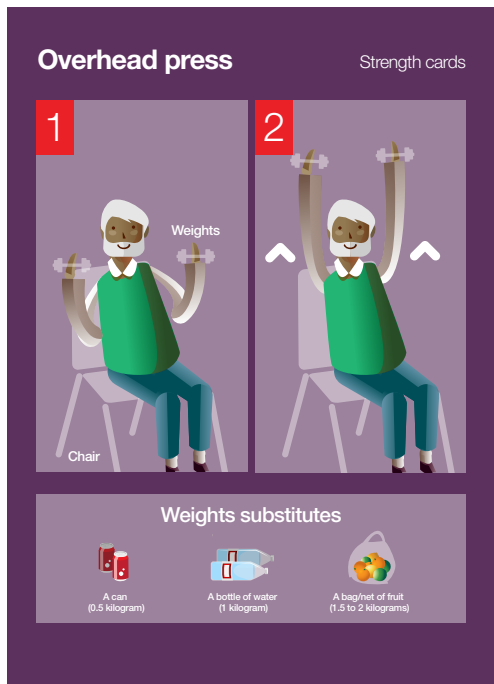
Physical activity





Physical activity

Overhead press



Step 1

Sit comfortably in a chair with both feet on the ground and your back straight. Hold a weight in each hand at chin level with your fingers facing forward. Breathe in.

Step 2

Push the weights upward while breathing out until your arms are fully stretched. Breathe in again as you slowly lower the weights back to chin level. Keep your back straight and your neck relaxed.

Recommended number of times

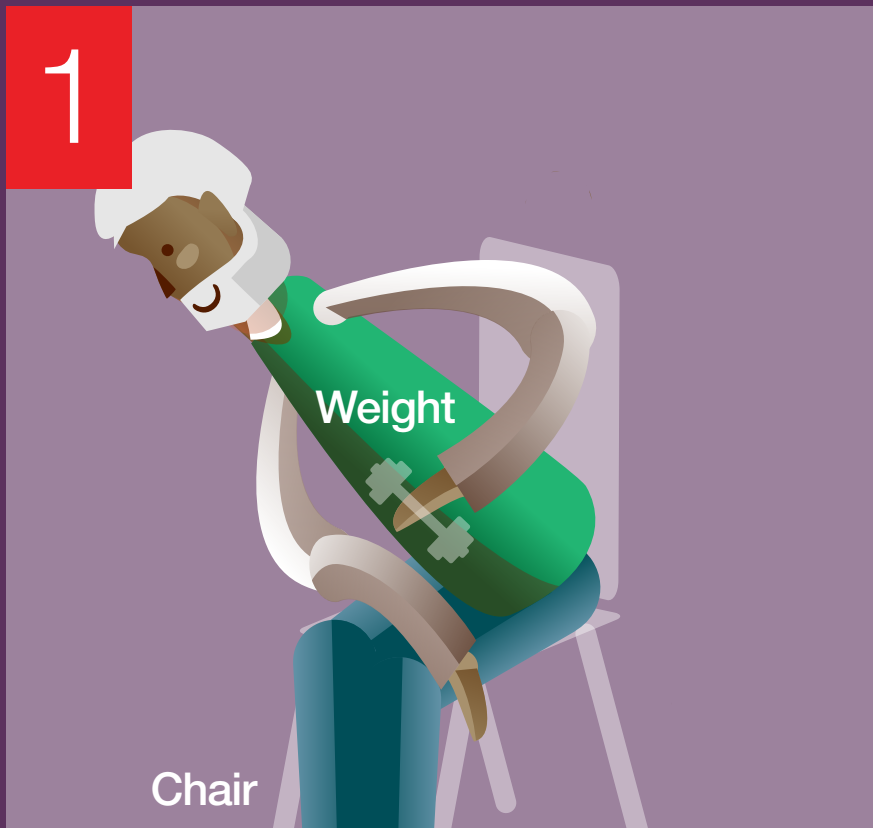
Try and do this exercise eight times in succession. Match the exercise to your personal comfort level so it is not too easy nor too difficult. If at any time it becomes painful, stop immediately and lower the number of times you do the exercise next time.



Tricep back push

Strength cards

1



Weights substitutes



A can
(0.5 kilogram)



A bottle of water
(1 kilogram)



A bag/net of fruit
(1.5 to 2 kilograms)

2



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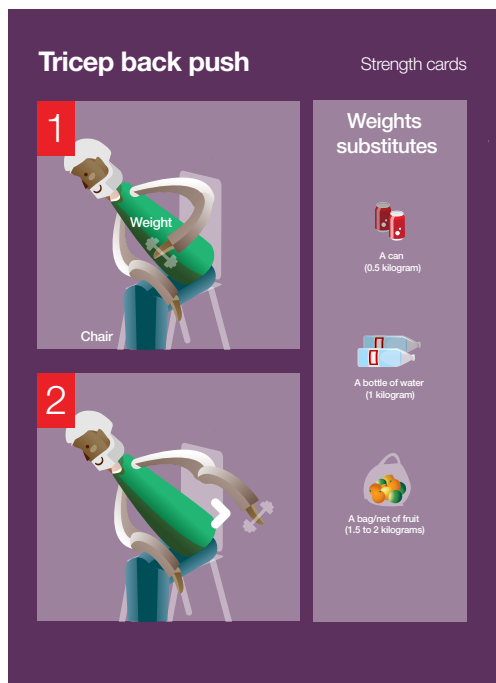
Physical activity





Physical activity

Tricep back push



Step 1

Lean forward in a chair with your right arm resting on your legs and your back straight. Hold a weight in your left hand with your arm folded at waist height to the left side of your body.

Step 2

Push the weight backwards until your arm is straight. Pull the weight back until it is at waist height again.

Repeat

Switch the weight to your other hand and perform the same exercise on the right side of your body and with your left arm resting on your legs for support.

Recommended number of times

Try and do each side eight times in succession. Match the exercise to your personal comfort level so it is not too easy nor too difficult. If at any time it becomes painful, stop immediately and lower the number of times you do the exercise next time.



Sitting crunch

Strength cards

1



Mat

2



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Physical activity





Physical activity

Sitting crunch

Sitting crunch

Strength cards

1



Mat

2



Step 1

Sit on (a mat on) the floor with your hands crossed across your chest and your legs bent.

Step 2

Slowly lower your body towards the floor, but only going as far as you feel comfortable. This can be a very small movement and should not topple you over or strain neck or back. Move your body up again.

Recommended number of times

Try and do this exercise eight times in succession. Match the exercise to your personal comfort level so it is not too easy nor too difficult. If at any time it becomes painful, stop immediately and lower the number of times you do the exercise next time.



Calf stretch

Stretch cards

1

Wall



2



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Physical activity





Physical activity

Calf stretch

Step 1

Face the wall with your hands placed flat against the wall. Your legs are slightly apart, right leg a foot length in front of the other.

Step 2

Bend your right knee slightly forward, tilting your hips towards the wall and bending your elbows. Keep your left leg straight with your heel flat on the floor and hold this position between 15 and 30 seconds.

Repeat

Repeat steps 1 and 2 with your left leg forward and your right leg straight.

Recommended number of times

Try and do each side eight times in succession. Match the exercise to your personal comfort level so it is not too easy nor too difficult. If at any time it becomes painful, stop immediately and lower the number of times you do the exercise next time.



Leg cross

Stretch cards

1



Chair

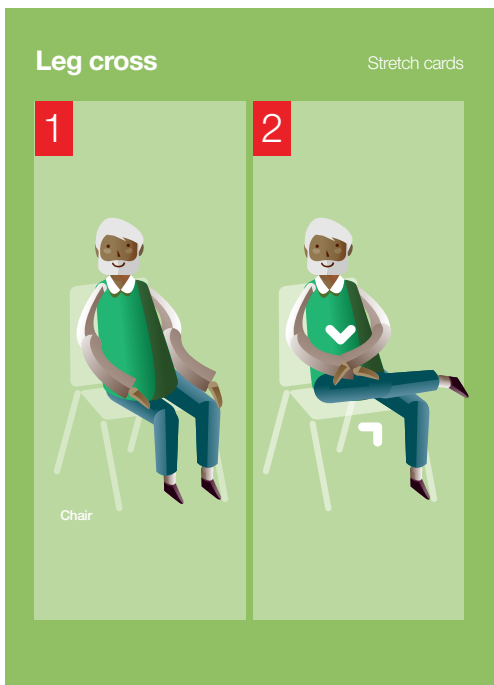
2



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Physical activity





Physical activity

Leg cross

Warning

This exercise is not recommended for those with hip problems or hip replacement surgery.

Step 1

Sit on a chair in a relaxed position with both feet on the ground.

Step 2

Lift your right leg and place it horizontally over your left leg so your ankle is resting on your knee. Place both hands on your right leg and press down gently. Do not force! Hold for 15 to 30 seconds.

Repeat

Repeat steps 1 and 2 by placing your left leg on your right leg.

Recommended number of times

Try and do each side eight times in succession. Match the exercise to your personal comfort level so it is not too easy nor too difficult. If at any time it becomes painful, stop immediately and lower the number of times you do the exercise next time.



Open chest stretch

Stretch cards

1



Chair

2





Physical activity

Open chest stretch

Open chest stretch

Stretch cards



Step 1

Sit on a chair in a relaxed position with both feet on the ground.

Step 2

Raise your arms and place them behind your head. Relax your neck and shoulders and push them back into the chair. Breathe in and breathe out long, relaxed breaths between two and four times and release your arms back into your lap.

Recommended number of times

Try and do this exercise eight times in succession. Match the exercise to your personal comfort level so it is not too easy nor too difficult. If at any time it becomes painful, stop immediately and lower the number of times you do the exercise next time.



Head twist

Stretch cards

1



2



3



4



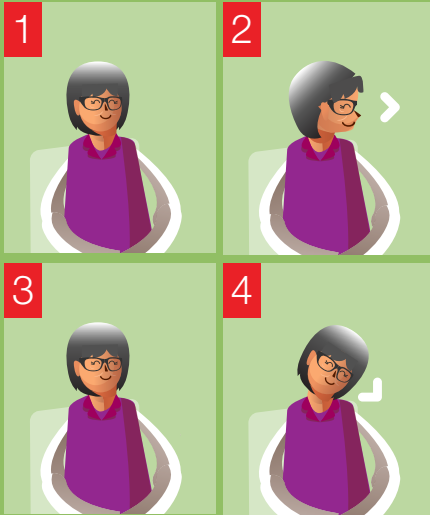


Physical activity

Head twist

Head twist

Stretch cards



Step 1

Sit on a chair in a relaxed position looking forward.

Step 2

Look to your left, moving your head slowly and as far as you can comfortably. Hold this position for five seconds.

Step 3

Move your head back again so you are looking forward. Relax your neck and shoulders.

Step 4

Tilt your head to the left while still looking forward, bringing your left ear slowly down towards your shoulder as far as you feel comfortable doing. Hold this position for five seconds.

Repeat

Repeat steps 1 to 4, this time moving your head to your right.

Recommended number of times

Try and do this exercise four times in succession. Match the exercise to your personal comfort level so it is not too easy nor too difficult. If at any time it becomes painful, stop immediately and lower the number of times you do the exercise next time.



Shoulder stretch

Stretch cards

1



2



3



4



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Physical activity





Physical activity

Shoulder stretch

Shoulder stretch

Stretch cards

1



2



3



4



Step 1

Sit on a chair with your hands together in front of you at chest height.

Step 2

Open your arms away from your chest and to the side as far as possible without feeling an uncomfortable strain in chest or back.

Step 3

Raise your arms up so your hands reach above your head, without straining your neck.

Step 4

Lower your arms slowly until your elbows touch your sides and fold your hands together in front of you (starting position).

Recommended number of times

Try and do this exercise eight times in succession. Match the exercise to your personal comfort level so it is not too easy nor too difficult. If at any time it becomes painful, stop immediately and lower the number of times you do the exercise next time.



Breathing

Stretch cards

1



2



3





Physical activity

Breathing



Step 1

Sit comfortably in a chair with your left hand resting on your chest and your right hand resting on your stomach. Relax your shoulders.

Step 2

Breathe in high so you feel your chest and left hand rising. Air is now flowing into the upper regions of your lungs. Breathe out.

Step 3

Breathe in low so you feel your belly and right hand rising. Air is now flowing into the lower regions of your lungs. Breathe out. Breathing this way is the best way when exercising.

Recommended number of times

Try and do this exercise eight times in succession. Match the exercise to your personal comfort level so it is not too easy nor too difficult. If at any time it becomes painful, stop immediately and lower the number of times you do the exercise next time.



Front leg stretch

Stretch cards

1



Chair

2



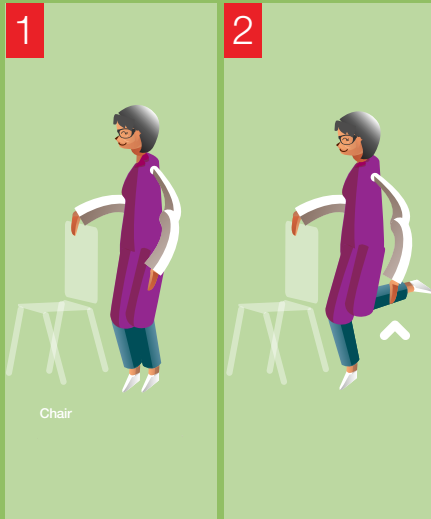


Physical activity

Front leg stretch

Front leg stretch

Stretch cards



Step 1

Stand behind a chair, holding it with your right hand to support yourself. Stand straight and make sure you are balanced. Slightly bend your legs a bit.

Step 2

Bend your left leg up, grabbing it with your left hand and pulling it up until you feel tension, but not so far that it becomes uncomfortable. Hold this position for 15 to 30 seconds. Let go of your leg and gently lower it to the floor again.

Repeat

Repeat steps 1 and 2, holding the chair with your left hand and lifting your right leg.

Recommended number of times

Try and do each side eight times in succession. Match the exercise to your personal comfort level so it is not too easy nor too difficult. If at any time it becomes painful, stop immediately and lower the number of times you do the exercise next time.



Cross shoulder stretch

Stretch cards

1



Chair

2



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Physical activity





Physical activity

Cross shoulder stretch

Stretch cards

1



Chair

2



Cross shoulder stretch

Step 1

Sit comfortably in a chair with both feet on the ground and your hands in your lap. Place your left hand on your right shoulder. Relax your neck.

Step 2

Place your right hand on your left elbow and support your left arm as you pull your left arm further back over your right shoulder. Hold this position for 15 seconds. If you feel any discomfort, stop immediately. Gently release your left arm back forward and put your hands in your lap.

Repeat

Repeat steps 1 and 2, this time placing your right arm on your left shoulder.

Recommended number of times

Try and do each side eight times in succession. Match the exercise to your personal comfort level so it is not too easy nor too difficult. If at any time it becomes painful, stop immediately and lower the number of times you do the exercise next time.



Healthy ageing module



Lifelong learning



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Lifelong learning

Lifelong learning

Better brain = improved body

Improved sensation



Improved cognition



Improved memory



Better motor skills



More grooves = better brain

Learning a new language



Learning a new skill or hobby



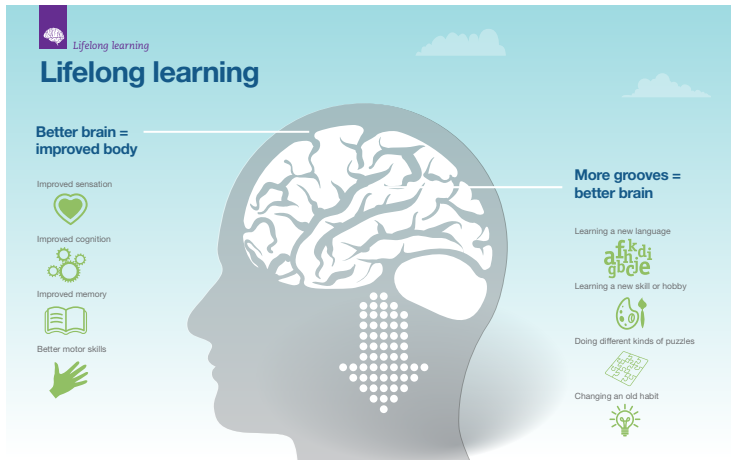
Doing different kinds of puzzles



Changing an old habit



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Lifelong learning

Lifelong learning

1. Hold up the lifelong learning poster.

2. Say:

In our brains, we have lots of routines and habits. These form grooves in our brain – like a frequently walked path.

To develop your brain, you have to build new paths by learning new habits and information that challenges your brain's way of thinking. Challenges could include:

- learning a new language
- learning a new skill or hobby
- doing different kinds of puzzles
- changing an old habit

By building those new paths, you develop more complex thinking, you can learn more easily and your memory improves. Your brain becomes more flexible and stronger. You feel good and your body responds, becoming more able to move the way you want to.

By learning a new way to do something, you build a new pathway in your brain with new connections. These new connections could mean improved sensation, cognition, memory and motor skills.

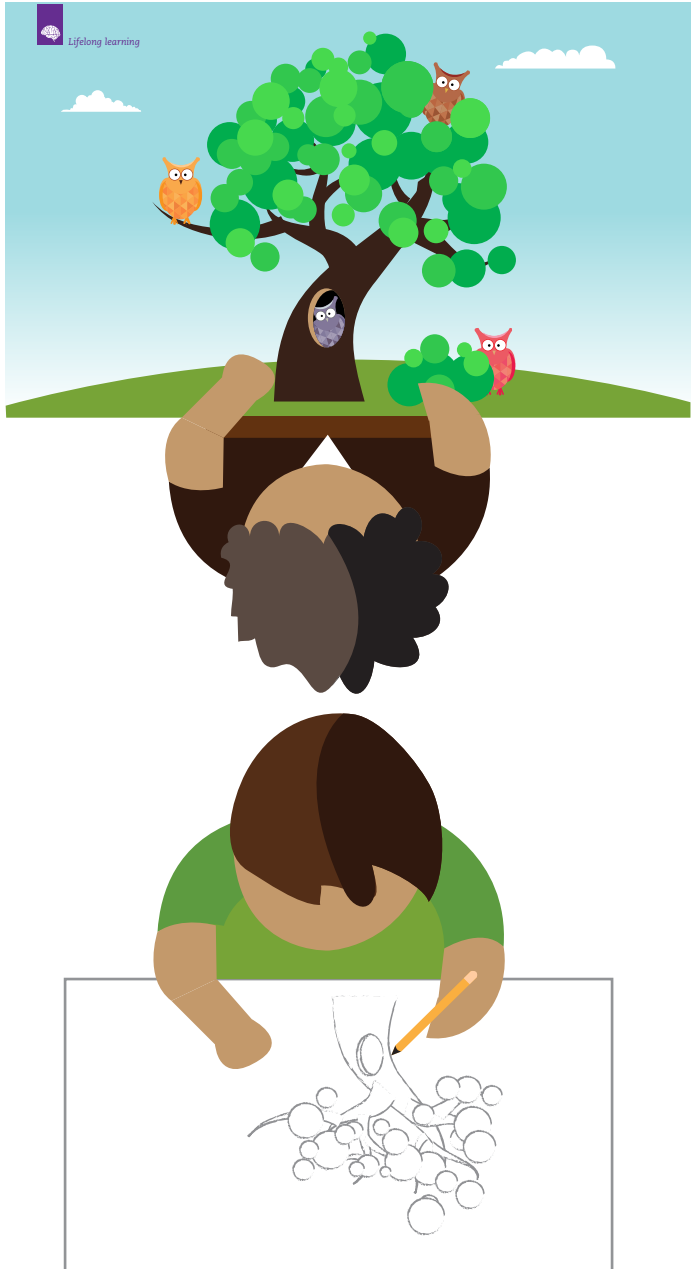




Lifelong learning



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Activity graphic - owls in a tree

1. Say:

I will give each of you in your pair a different set of tools. One person in the pair will get a picture. The other person will get a blank piece of paper and a pencil. Neither of you can turn around or look at each other during the activity.

There are several different pictures being used in the room.

The person with the drawing must explain in words to their partner the image that is on their sheet. The person with the image must give verbal directions to their partner who will draw the same image on their blank paper from the directions. Both people can ask the other questions but they may not look at each other's sheet until I call time. You have five minutes.

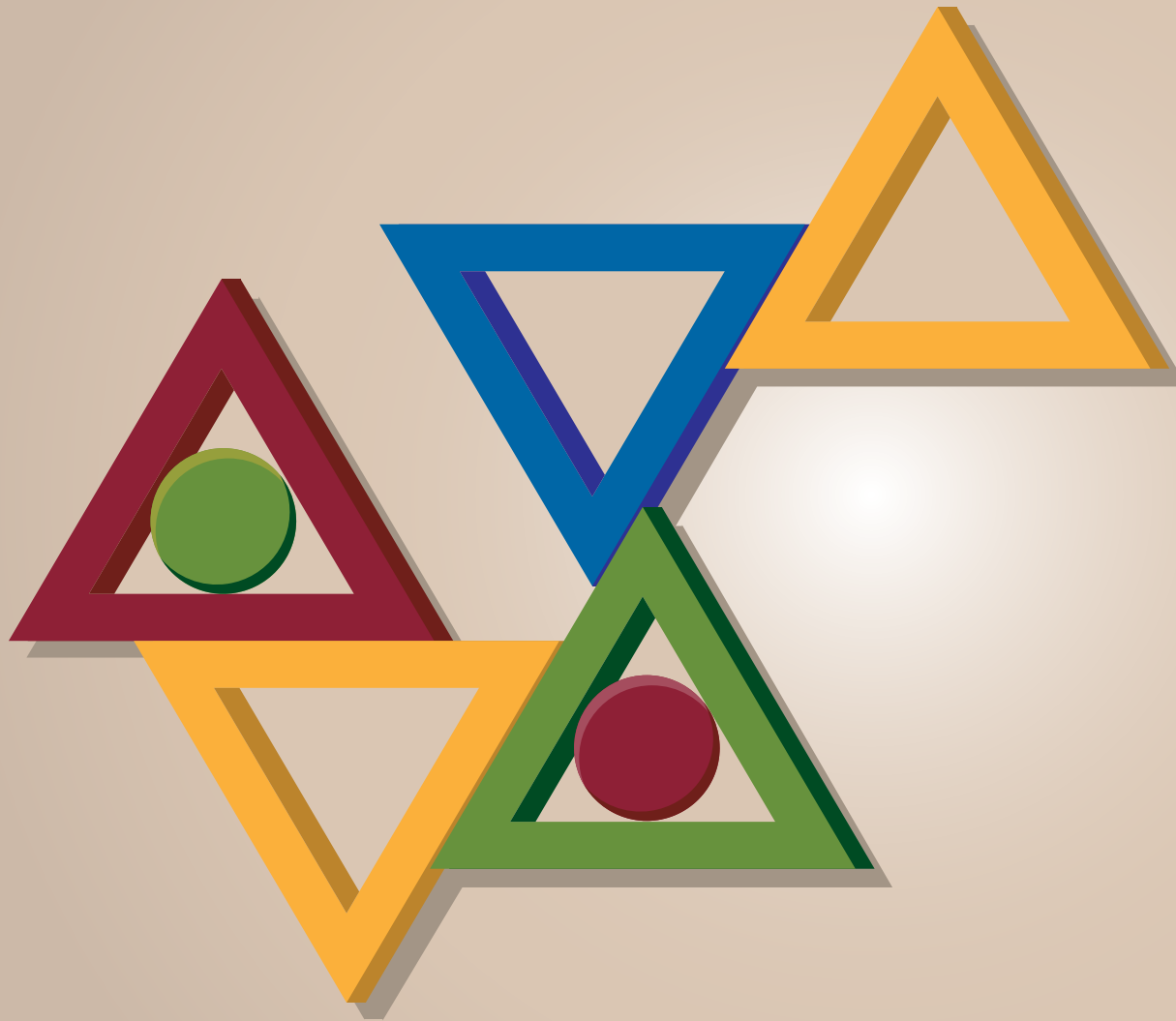
2. After five minutes, ask the pairs to turn around and share their pictures.

3. Say:

How was that? Is your brain a little tired? That's good – that means it is getting some exercise. You may sleep a little better tonight and you will even feel better having stretched your brain.



Lifelong learning



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Activity graphic - triangles

1. Say:

I will give each of you in your pair a different set of tools. One person in the pair will get a picture. The other person will get a blank piece of paper and a pencil. Neither of you can turn around or look at each other during the activity.

There are several different pictures being used in the room.

The person with the drawing must explain in words to their partner the image that is on their sheet. The person with the image must give verbal directions to their partner who will draw the same image on their blank paper from the directions. Both people can ask the other questions but they may not look at each other's sheet until I call time. You have five minutes.

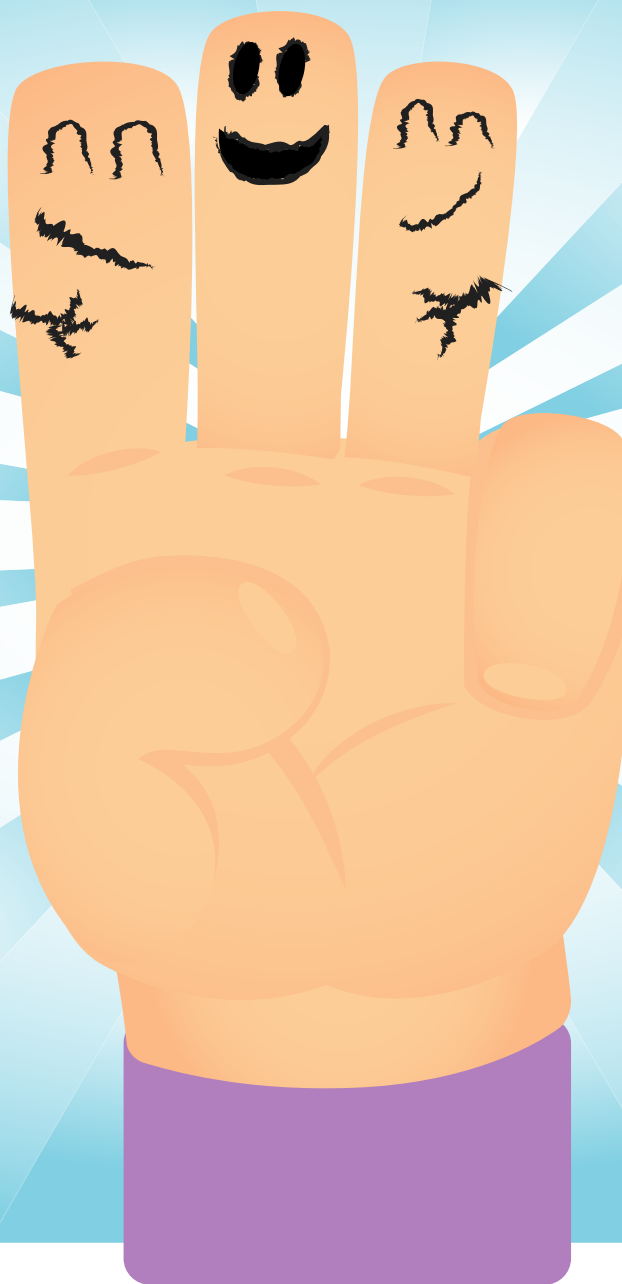
2. After five minutes, ask the pairs to turn around and share their pictures.

3. Say:

How was that? Is your brain a little tired? That's good – that means it is getting some exercise. You may sleep a little better tonight and you will even feel better having stretched your brain.



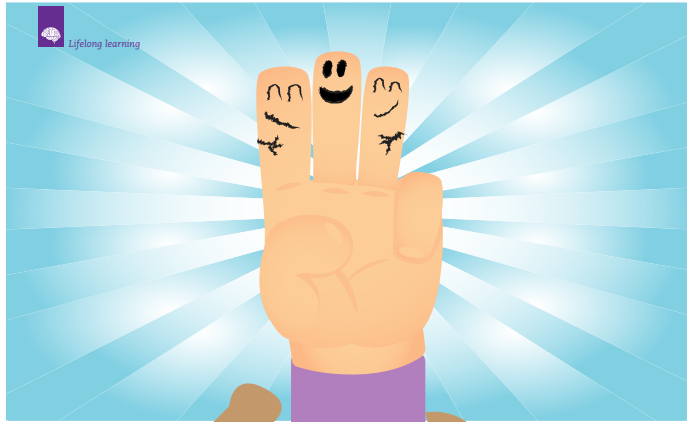
Lifelong learning



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Activity graphic - three finger faces



1. Say:

I will give each of you in your pair a different set of tools. One person in the pair will get a picture. The other person will get a blank piece of paper and a pencil. Neither of you can turn around or look at each other during the activity.

There are several different pictures being used in the room.

The person with the drawing must explain in words to their partner the image that is on their sheet. The person with the image must give verbal directions to their partner who will draw the same image on their blank paper from the directions. Both people can ask the other questions but they may not look at each other's sheet until I call time. You have five minutes.

2. After five minutes, ask the pairs to turn around and share their pictures.

3. Say:

How was that? Is your brain a little tired? That's good – that means it is getting some exercise. You may sleep a little better tonight and you will even feel better having stretched your brain.



Appendix A: action plan template for week one

Think on what you have learned in today's session. Based on this session and all the knowledge and skills you have already learned, complete the following action plan.

Remember that for every bad habit that you want to STOP – like smoking or eating too many sweets, you need to replace it with another action. If you just try to stop and do not fill in that gap with something different to do, your brain will always want to go back to that familiar pathway of an unhealthy habit. Distract your brain and do something good for him or her! Instead of reaching for a cigarette, get up and walk once around your house or eat an apple. Instead of eating a cake, meditate for one minute. Your brain and body will thank you!

We will check back on the steps you have indicated in your action plan next time we meet and discuss our progress. Please complete all fields below if you want to apply the current topic into your lifestyle.

Remember – if you need any support, ask someone in this room, your family, your friends or anyone to whom you can turn for support. You will always have your Red Cross Red Crescent volunteer if you are unsure whom to ask – just ask them and they will be happy to support you – it's what we do!

Prompt

Which actions are you going to do this time? Be specific.

*For example, Maya wants to get more physical exercise.
She tells herself, "I will go for a small walk twice a day".*



your response

How much will you do?

Maya decides that she will walk for ten minutes twice a day.



your response

When will you do this?

Maya decides to go for her walks in the morning and just before preparing dinner.



your response

How often will you realistically be able to do this?

Maya thinks it might not be realistic to do her walks every day. She allows herself two days a week off her plan to see how she feels.



your response

What might prevent you from doing what you planned?

Maya knows that her daughter will worry about her walking alone.
Maya also knows that the weather where she lives is sometimes unpleasant.



your response

How will you manage people or situations that prevent you from carrying out your plan?

Maya decides to tell her daughter about her plan – maybe she will even join her! On days when the weather is bad, Maya decides she can do her stretch exercises at home.



your response

Who will you rely on for support when you feel you are struggling or failing with your action plan?

Maya knows that she can get encouragement from her niece, Lulu, whom she talks to every day. She will ask Lulu to be her support team to help keep her on plan.



your response

How confident are you that you can stick to this plan?

Maya reviews what she has written. She thinks her plan is extremely likely. A 10! Let's get started!



your response

End of action plan

Appendix B: action plan template for follow-up

Think on what you have learned in today's session. Based on this session and all the knowledge and skills you have already learned, complete the following action plan.

Remember that for every bad habit that you want to STOP – like smoking or eating too many sweets, you need to replace it with another action. If you just try to stop and do not fill in that gap with something different to do, your brain will always want to go back to that familiar pathway of an unhealthy habit. Distract your brain and do something good for him or her! Instead of reaching for a cigarette, get up and walk once around your house or eat an apple. Instead of eating a cake, meditate for one minute. Your brain and body will thank you!

We will check back on the steps you have indicated in your action plan next time we meet and discuss our progress. Please complete all fields below if you want to apply the current topic into your lifestyle.

Remember – if you need any support, ask someone in this room, your family, your friends or anyone to whom you can turn for support. You will always have your Red Cross Red Crescent volunteer if you are unsure whom to ask – just ask them and they will be happy to support you – it's what we do!

Prompt

Your response

What actions are you going to do this time? Be specific.

For example, Maya wants to get more physical exercise. She tells herself, "I will go for a small walk twice a day".

How much will you do?

Maya decides that she will walk for ten minutes twice a day.

When will you do this?

Maya decides to go for her walks in the morning and just before preparing dinner.

Prompt

Your response

How often will you realistically be able to do this?

Maya thinks it might not be realistic to do her walks every day. She allows herself two days a week off her plan to see how she feels.

What might prevent you from doing what you planned?

Maya knows that her daughter will worry about her walking alone. Maya also knows that the weather where she lives is sometimes unpleasant.

How will you manage people or situations that prevent you from carrying out your plan?

Maya decides to tell her daughter about her plan – maybe she will even join her! On days when the weather is bad, Maya decides she can do her stretch exercises at home.

Who will you rely on for support when you feel like you are struggling or failing with your action plan?

Maya knows that she can get encouragement from her niece, Lulu, whom she talks to every day. She will ask Lulu to be her support team to help keep her on plan.

How confident are you that you can stick to this plan?

Maya reviews what she has written. She thinks her plan is extremely likely. A 10! Let's get started!

End of action plan

Frequency table

Every day, six days a week, you can do strength, stretch or balance exercises for physical activity and to prevent falls in the future.

Activity	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Strength	Stretch	Balance	Strength	Stretch	Balance	
							<p>Take a day of rest</p> <p>You deserve it!</p> 

The fundamental principles of the international Red Cross and Red Crescent movement

Humanity The international Red Cross and Red Crescent movement, born of a desire to bring assistance without discrimination to the wounded on the battlefield, endeavours, in its international and national capacity, to prevent and alleviate human suffering wherever it may be found. Its purpose is to protect life and health and to ensure respect for the human being. It promotes mutual understanding, friendship, cooperation and lasting peace amongst all peoples.

Impartiality It makes no discrimination as to nationality, race, religious beliefs, class or political opinions. It endeavours to relieve the suffering of individuals, being guided solely by their needs, and to give priority to the most urgent cases of distress.

Neutrality In order to enjoy the confidence of all, the Movement may not take sides in hostilities or engage at any time in controversies of a political, racial, religious or ideological nature.

Independence The movement is independent. The National Societies, while auxiliaries in the humanitarian services of their governments and subject to the laws of their respective countries, must always maintain their autonomy so that they may be able at all times to act in accordance with the principles of the Movement.

Voluntary service It is a voluntary relief movement not prompted in any manner by desire for gain.

Unity There can be only one Red Cross or Red Crescent Society in any one country. It must be open to all. It must carry on its humanitarian work throughout its territory.

Universality The international Red Cross and Red Crescent movement, in which all societies have equal status and share equal responsibilities and duties in helping each other, is worldwide.

For more information on this IFRC publication, please contact:

**International Federation of Red Cross and
Red Crescent Societies**

P.O. Box 303
CH-1211 Geneva 19
Switzerland
Telephone: +41 22 730 4272
Telefax: +41 22 733 0395
Email: secretariat@ifrc.org