**Supporting ESCAPE-pain participants who have no Internet access**

We recognise many of the physical activity tools that are being recommended at the moment, to support people keep active in their homes, require access to smart devices, laptops, the Internet etc. Importantly, they also require people to be tech-savvy enough to use of these tools effectively.

We’ve prepared a list of resources for people who don’t have access to digital tools, or who don’t feel confident using them.

Depending on what resources you and your participants’ have access to (i.e. a printer), you may choose to email the resources to them directly, or to a family member who has a printer, or print them out yourself and send them by post.

1. As much as possible encourage your participants to use their **ESCAPE-pain booklets** to do the exercises they remember doing in class as hopefully these are exercises they would be able to do more safely than newer ones they haven't seen demonstrated before.
2. **Versus Arthritis knee exercises** – downloadable version on [this page](https://www.versusarthritis.org/about-arthritis/conditions/knee-pain/#knee-pain_knee-exercises).
3. **Versus Arthritis hip exercises** – downloadable version on [this page](https://www.versusarthritis.org/about-arthritis/conditions/hip-pain/#hip-pain_exercises-for-hip-pain).
4. **Sport England**

There are specific links on [this page](https://www.sportengland.org/news/how-stay-active-while-youre-home) to further pages covering **sitting, strength, balance and flexibility exercises**, and many more at [This Girl Can](https://www.thisgirlcan.co.uk/activities/home-exercise/).

1. **Department of Health** [infographic](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/829884/3-physical-activity-for-adults-and-older-adults.pdf)giving the physical activity guidelines for older adults. Might be good advice here for participants to really plan ahead of when they aim to do their exercises to help give structure to their day and give them something to work towards.
2. Depending on what else your participants might be interested in you could also download and send any **mindfulness/meditation practices** for them to follow at home if they're feeling anxious or stressed about their pain or just generally the current situation. Sometimes a simple visualisation exercise can be really quite relaxing and soothing. Perhaps share one you've already used in your ESCAPE-pain classes.
3. Failing all else they could ring the **Versus Arthritis helpline** to see what they recommend during this period or if they are able to send any materials out. The number is 0800 5200 520 – it’s free and open Monday–Friday, 9am–6pm.

We are grateful for anything you can do to support your participants. Also, let us know of other resources you’ve come across that we can share more widely.

Please keep in touch, and contact [hello@escape-pain.org](mailto:hello@escape-pain.org) with any questions.

The ESCAPE-pain Team