



Care

Exercise for joy of life



Physical activity has significant impact on well-being and vitality for residents in nursing homes. Digitally supported exercise with Care ensures that even the frailest individuals can benefit from exercising.

The physical benefits translate into more independence and joy of life for the resident, and for the employees it means greater job satisfaction and a better work environment.

Everyone benefits from exercise

When someone moves into a nursing home, targeted physical exercise can be the difference between a sedentary and an active life. Being able to walk to lunch, assist in getting out of bed, or participate in social interactions adds spark to life at this stage.

More strength = more independence

Care is a solution for digitally supported exercise for residents living in nursing homes.

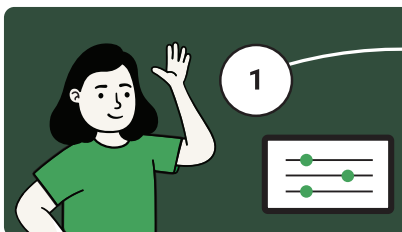
Residents gain more strength and independence in their daily lives, leading to greater freedom and joy in daily life. For staff, physical strain—such as heavy lifting—is reduced, and job satisfaction increases as residents thrive.

Physical exercise is known to slow the progression of several cognitive diseases, and even small improvements can boost mental well-being. For example, many residents sleep better and feel more motivated to engage in social activities.

Joy of Life

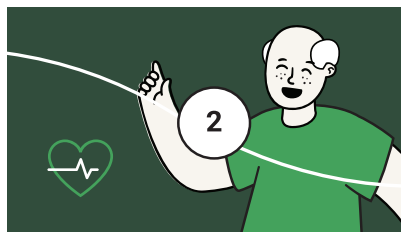
- ✓ Increased activity
- ✓ Social interaction
- ✓ Less medication
- ✓ Better sleep

The digital platform makes the effort systematic and measurable



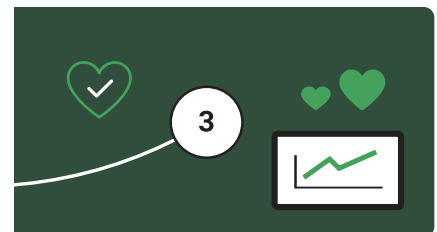
Screening of the resident

Residents are screened, and based on the results, a personalized exercise plan is created. This plan is tailored to the resident's activity and functional level. The exercise program is continuously adjusted to meet evolving needs.



Exercising together

Residents exercise twice a week with a staff member. The exercises can be adjusted to match the person's energy and capacity of the day. Some sessions can also be done in groups, adding a social dimension to the activity.

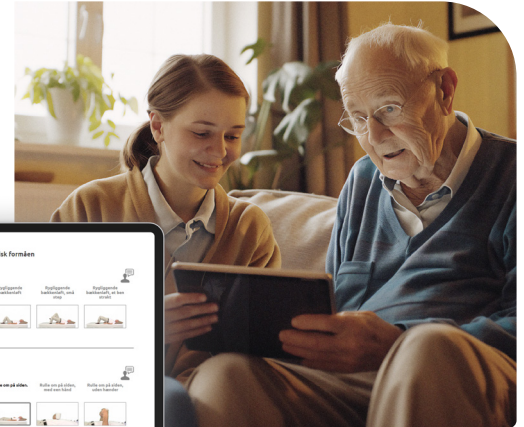
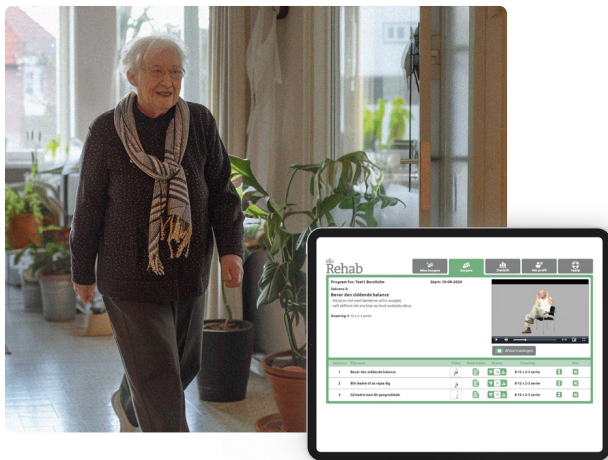


Systematics are crucial

Care supports the structure necessary to prioritize and measure the impact of exercise. The number and quality of sessions can be monitored, and the effect of the exercise can be regularly evaluated—e.g., whether the resident can perform more activities independently.

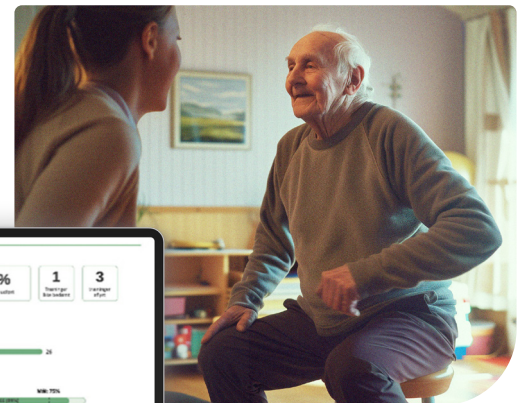
Exercise is for everyone

Care's screening tools are based on physiotherapeutic tests. Based on the results, Care automatically creates a personalized exercise program tailored to the resident's functional level and specific challenges. **Even the frailest and bed-bound residents benefit from exercise.**



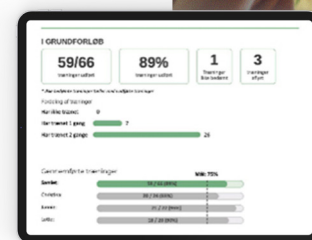
The staff exercises with the resident

The resident exercises twice a week. The sessions are carried out with a staff member performing and assisting in the exercises. Many residents in care homes have cognitive challenges. With Care, they simply follow the instructor and do **not need to remember the exercises from session to session.**



Exercise pays itself off

Better sleep, reduced medication, and a brighter outlook on life are all results of consistent exercise. All experiences with Care show that the investment pays itself off, as residents become more independent, thrive socially, and require less support. **This frees up staff time for other tasks** and leads to more meaningful moments, higher job satisfaction, and a better work environment.



Want to learn more about exercise in nursing homes?

Contact Janne or Niels to hear more about how Care can make a difference in your organization.



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