

Prehab

Prevent and postpone the need for care



Needing practical help is a strong indicator that an elderly person will also require personal care soon.

Prehab is a screening and exercise tool that helps organizations and elderly people postpone the need for personal care.

Step in early with exercise to prevent care needs

Half of elderly people who begin receiving practical support are likely to **need personal care within the following 12-15 months.**

With **Prehab**, we can act earlier - **delaying personal care needs through screening and customized exercise programs.**

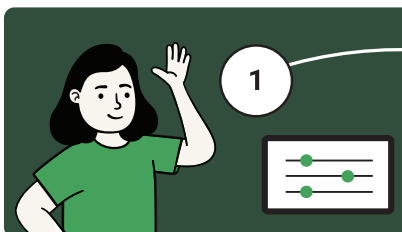
Screening and exercise can address a slowly developing problem

The screening focuses especially on the risk of falling, which often leads to a need for personal care. Falls are a serious and unsettling problem that **Prehab** helps to prevent, thereby helping elderly people maintain a higher level of physical function.

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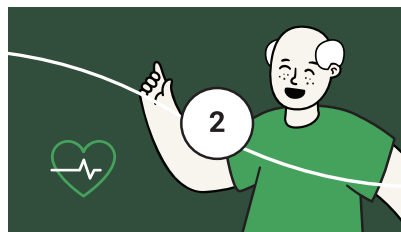
One elderly person, who receives personal care costs about 10 times more than one who only receives practical help

The digital platform brings structure and measurability to exercising



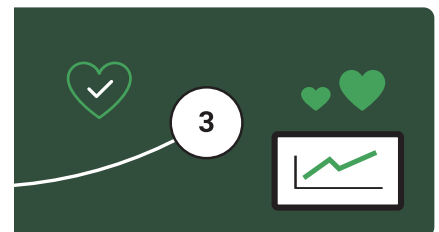
Early and systematic detection

With **Prehab**, your organization can detect specific limitations and risk factors early and systematically - factors that affect elderly people's ability to manage living independently and their future need for assistance.



Exercise postpones the need for care

When an elderly person transitions from practical help to personal care, costs increase by approximately 150 hours the first year. If that transition is delayed by just one month, the cost of exercise is offset by the resources freed up in care.

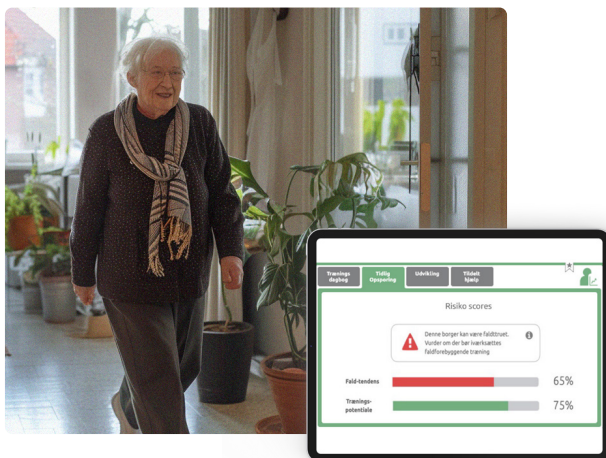


Monitoring the effect

Prehab monitors the course, progress, and outcomes - with focus on physical function and risk factors, including fall risk. Data collection and effect analysis help ensure the maximum benefit from the **Prehab** effort.

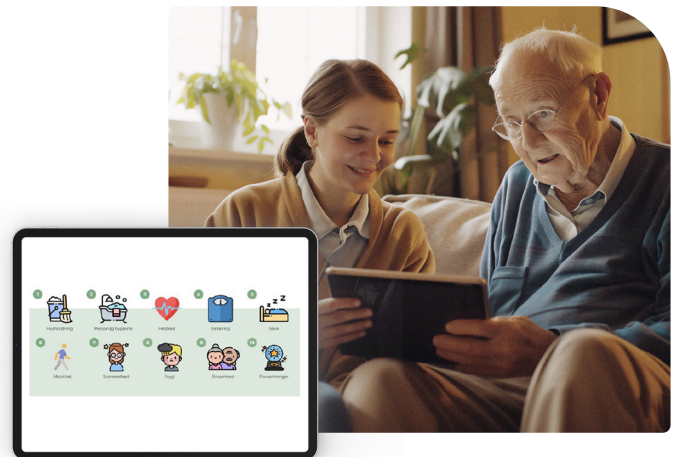
Exercise with the greatest benefit

Prehab includes a screening feature that **finds the people who will benefit from exercise.** This screening assessment begins with a conversation about the person's resources and limitations - conducted either at home or by phone.



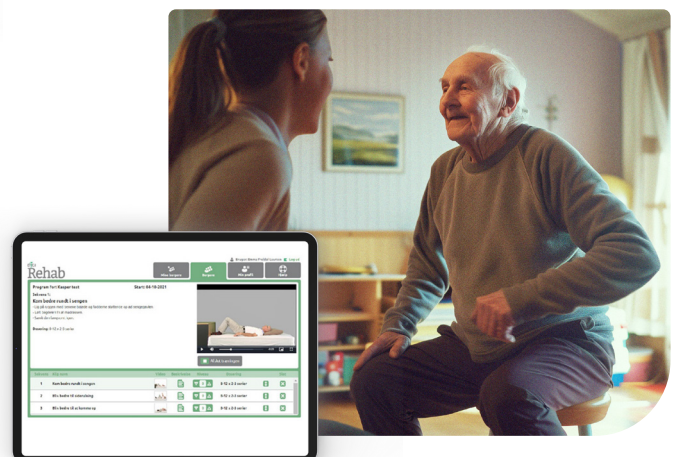
The right exercise for the right people

Based on the screening, **Prehab** generates a personalized exercise program tailored to the individual. Each session takes place with support from a staff member. The program follows the recommendations of the World Health Organization, which specifically recommend muscle-strengthening exercise to help reduce fall risk.



Exercise potential and fall risk

Initial questions in the screening assess whether the person is at risk of falling, and how likely they are to engage with an exercise program. These can be supplemented with a **physical function test, providing a more detailed picture of needs and potential**. **Prehab** includes a scoring function that maps fall risk - e.g, by testing whether the person can get up from the floor independently.



Want to know more about preventive exercise?

Contact Janne or Niels to learn more about how **Prehab** can make a difference in your Organization.



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