

## Rehab

# Rehab – Improve quality of life and save in care costs



Targeted exercise for home care recipients can slow the loss of physical function and reduce the growing need for home care.

**Digitally supported exercise helps elderly people become more independent and frees up resources for other tasks.**

## Exercising in time brakes the curve

Without focus on exercise, the need for help steadily increases for most people in home care. On average, care needs increase by 1.7 minutes per week—that's 38 extra hours of care per year compared to those who exercise at home.

**With Rehab, elderly people can exercise in time**

**Rehab** is designed for elderly people who receive personal care. The goal is to help them become more independent—while also freeing up care resources.

**There is a lot to gain: 38 hours just by maintaining physical function.**

Even more hours are saved when people improve their ability to handle daily tasks through exercise..

### 62 fewer hours of home care

Having used **Rehab** to exercise with more than 20.000 elderly people have shown an average reduction of 24 hours of home care in 12 months from starting exercising with **Rehab**.

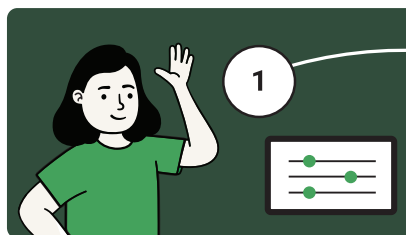
Elderly people who exercise with **Rehab** need significantly less home care -

**Amounting to in total 38 + 24 = 62 hours per person over 12 months.**

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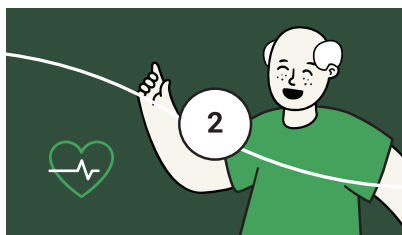
For every hour invested  
in exercise, more than  
5 hours of care  
are saved

## The digital platform makes the effort systematic and measurable



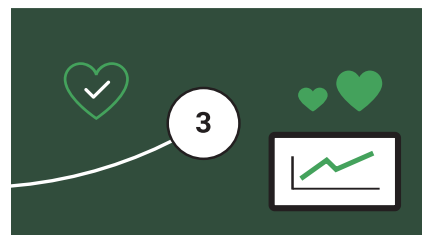
### The screening

Each person is screened and receives a personalized exercise plan based on the results. The screening is repeated every 4 weeks and the plan is adjusted accordingly.



### Exercise frees up hands

Each person exercises for 20–30 minutes, twice a week, for 12 weeks. This improves independence and reduces the need for care—freeing up resources for other tasks.

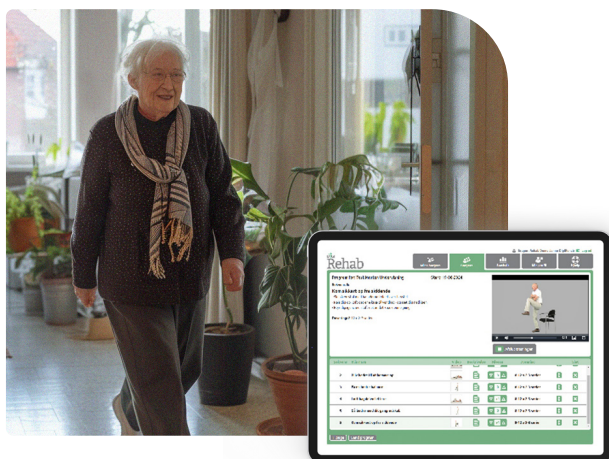
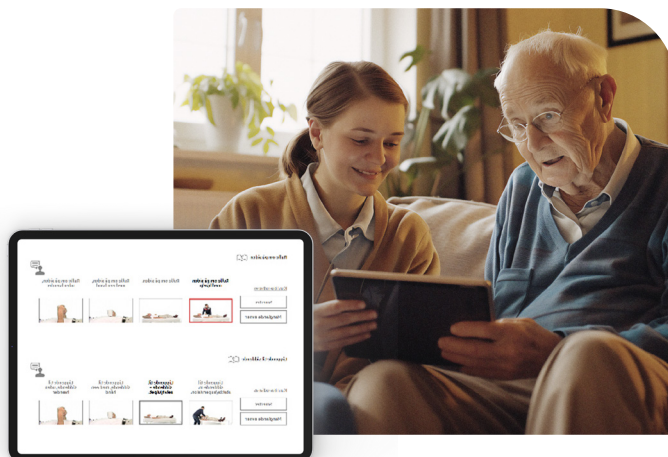


### Monitoring the effect

**Rehab** monitors the course, progress, and outcomes — with a focus on physical function, risk factors and level of independence. Data collection and effect analysis help ensure the maximum benefit from the **Rehab** effort.

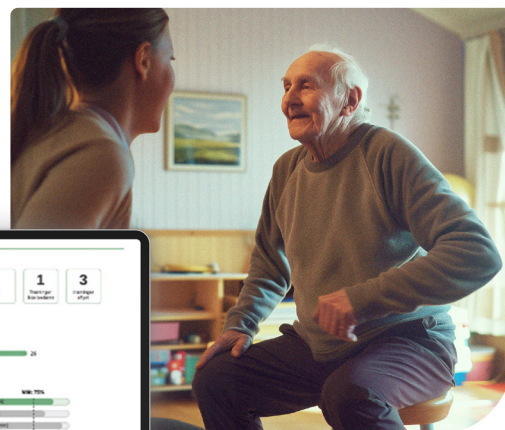
## Exercise with the greatest benefit

Rehab's screening tools are based on physiotherapeutic methods and functional impairment. Based on the screening, **Rehab automatically generates a personalized exercise program** tailored to the person's functional level and specific challenges. Through targeted exercise, the **person's physical ability and level of function are improved**.



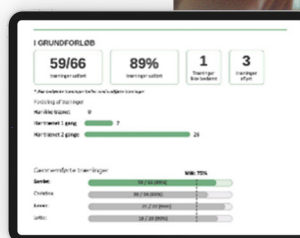
## Exercise at home

Each person exercises for 20 minutes, twice a week, over a 12-week period. The sessions usually take place at home with support from a member of the care staff. This approach helps maintain motivation, leads to a high completion rate, and provides both physical and economic benefits.



## Monitoring and reporting

Rehab collects data on both the quality and outcome of the exercises. Weekly, monthly, and annual reports give a **strong, data-driven foundation for evaluation and decision-making**—and allow for proactive adjustment of the program.



### Want to know more about care-preventing exercise?

Contact Janne or Niels to learn more about how Rehab can make a difference in your organization



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