



OLDER PEOPLE SERVICES

Care Home Physiotherapy & Wellbeing Programme

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INTRODUCTION AND AIMS:

Physiotherapy Matters offer a wide range of Care Home Physiotherapy services, including resident assessment and treatment services, exercises classes to encourage residents to stay active, improve their mobility and reduce the risk of falls.

Our specialist care home physiotherapists can attend Residential Care Homes within the North East. They will work with care staff to ensure you receive the very best advice regarding resident mobility levels and transfer methods. Our Older People Physiotherapy services within residential care homes can include:

- Group exercise classes
- New resident assessments
- Resident mobility care planning
- Falls risk assessment
- Mobility and walking aid assessment
- 1:1 treatment / exercise sessions
- Occupational Health Physiotherapy Services for employee wellbeing and sickness absence

As part of our Older People Care Physiotherapy Service, our Physiotherapists will assess individuals and develop a comprehensive and bespoke exercise plans to help the resident maintain mobility, strength, and coordination to increase their confidence and independence.

Our physiotherapists will work alongside the nursing and care staff to ensure the residents needs are being met and the service provided is being optimised for the best results. We will work closely with the homes carers to help them to encourage and support residents to continue their exercises and in turn maintain or even improve current mobility levels.

CARE HOME FLEXI CLINICS:

Within each of the Bronze, Silver and Gold packages you get a choice of services that can be included in these onsite Flexi Clinics to suit the needs of your residents and employees. Examples of services provided include:

EXERCISE CLASSES

A core element of our Care Home Physiotherapy service is providing tailored exercise classes to care home residents to encourage them to stay active, maintain their strength and balance in turn reducing the risks of falls. We understand the importance of independence and encourage residents to maintain their mobility. The classes are designed to suit the abilities of the residents.

RESIDENT ASSESSMENT AND TREATMENT

We assess new and current residents on a following program or following a period of ill health or hospital admission, to establish their mobility levels to advise staff on safe transfer guidance. Where we feel a resident would benefit from a course of Physiotherapy, we contact the residents next of kin via the home for funding of a course of treatment with the aim of improving mobility levels. This in turn can reduce the reliance and workload for care staff.

MUSCULOSKELETAL OCCUPATIONAL HEALTH

It is not just the residents we can treat; we also offer our services to the care staff through an Occupational Health Physiotherapy Service. Often, we see care home workers with complaints such as back pain or knee pain from manual handling tasks and being on their feet for longer periods of time. By introducing an Occupational Health Physiotherapy Service, you could reduce your levels of sick leave due to any musculoskeletal issues.

PRICING STRUCTURE

Tiered subscription model:

GOLD	£1200*	4 flexi clinics per month, online wellbeing portal access
SILVER	£650*	2 flexi clinics per month, online wellbeing portal access
BRONZE	£325*	1 flexi clinic per month, online wellbeing portal access

*All are from prices quoted, based on distance from Physiotherapy Matters head office and on a 12 month agreement.

**bespoke packages available.

All packages offer the following:

- The flexi clinics are 3 hours in length and are carried out onsite
- 1:1 Resident Mobility Assessments (45-60 minutes)
- 45-minute group exercise classes for residents, for up to 10 residents at a time
- 1:1 Occupational Health Physiotherapy Assessment (45 minutes) for employees

Online Wellbeing Portal Access

All packages include private access to our Online Wellbeing Portal with downloadable resources including:

- Advice leaflets for common musculoskeletal conditions
- Advice leaflets to help improve mental wellbeing
- Monthly content linked to National campaigns – blogs, workout plans, signposting guides

BENEFITS INCLUDE:

- Rapid access to Physiotherapy assessment and treatment for both residents and employees
- Improved balance for residents
- Reduce the risk of falls for residents
- Improved CQC rating
- Reduced workload for Care Staff
- Input into Care plans



EMPLOYEE TRAINING & WELLBEING

Subscribers also have discounted access to our comprehensive training courses using the most up-to-date evidence to provide training on a variety of topics such as:

- **Manual Handling Training**
- **DSE User Training**
- **Management of Musculoskeletal Disorders in the Workplace**

Training courses can be delivered at our head office clinic with a fully equipped gym to mimic work environments, at client sites, or remotely via video link. Training programmes are interactive and all attendees are provided with useful resources to take with them and certificates of attendance.



To find out more about how the service can help your employees and business please contact:

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