



OLDER PEOPLE PHYSIOTHERAPY SERVICES

Caring for our older population

ABOUT US

Physiotherapy Matters Ltd. have been providing Older People Physiotherapy Services since 2006.

We have a team dedicated to supporting older adults or those with long term conditions. We work both within our private clinics and in the community, travelling around Newcastle and the North East to visit patients in their place of residence, whether this is at home or in a care or residential home.

As we age our rehabilitation needs become more complex so we are more likely to have additional health or mobility needs that must be considered alongside physiotherapy treatment. Our experienced clinicians will take this into consideration and provide a holistic treatment plan to achieve optimal results.





OUR ETHOS

While physiotherapy cannot stop the ageing process, it can help to reduce the impact that it has on the lives of our older population. At Physiotherapy Matters Ltd, we strongly believe that health and wellbeing is not achieved with a 'fighting fires' approach, but instead can only be achieved using a proactive, preventative, and collaborative approach.

Using a proactive approach to older people care is just one of the ways that Physiotherapy Matters Ltd is leading in the physiotherapy market and making a difference to people's lives. We implement the best practices and most up-to-date research and evidence in the industry to ensure that we deliver the highest quality care possible to all our patients.

PHYSIOTHERAPY IN CARE HOMES

Our specialist care home physiotherapists can attend any nursing or residential home within the North East. They will work with care staff to ensure you receive the very best advice regarding mobility. Our older people physiotherapy services within nursing and residential 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
- On or off-site Occupational Health Physiotherapy services for employee wellbeing and sickness absence

"As a result of a successful pilot project to assess the benefits of regular physiotherapy sessions for care home residents and staff, Hadrian Healthcare Group is to continue the programme and extend it throughout the group. Everyone who took part was clearly seen to benefit physically and psychologically over the three months of the pilot project. We had no hesitation in extending the programme across all our homes to help enhance the quality of life our residents enjoy."

**Morag Purvis, Operations
Director,
Hadrian Healthcare Group**

BENEFITS OF PHYSIOTHERAPY IN CARE HOMES

By introducing a physiotherapy service to your home, you will benefit from increased confidence and mobility of your residents, leading to reduced care needs and reliance on care staff.

Other benefits also include:

- An improved CQC rating
- Improved resident and staff morale
- Improved input into care plans
- Reduced risks of resident falls and risk of staff injuries from manual handling
- Reduced staff sickness absence and improved productivity

"Nursing home advised physio would help with my health as well as exercise classes. I had poor mobility and very swollen legs which have now completely gone due to the physiotherapy I have received. I couldn't walk well and was in a large amount of pain all the time. My walking has improved, I now walk with my son without using my walker and just link his arm out and about in town. My family has noticed a big change and are very happy with the progress.."

Doreen Walker, Patient



GROUP EXERCISE CLASSES

Exercise classes range from seated to standing exercises aimed at maintaining and improving posture, mobility, strength, and circulation.

They include a question session from residents to benefit from advice, mobility tips, posture awareness, balance, internal and external risks and how to avoid them with interactive demonstrations.

The motivational classes have been known to boost morale, movement and enjoyment through a fun interactive approach which uses music, objects, and games to fully engage residents and keep them coming back.

NEW RESIDENT ASSESSMENTS

Increase the level of care provided allowing assessment and treatment for all residents, regardless of their physical or cognitive state. Our physiotherapist will attend your setting and provide an in-depth assessment into the residents' physiotherapy needs.

Our initial assessments are one hour long, allowing us to ascertain a thorough picture of your residents' current physical abilities and develop a tailored treatment plan aimed at increasing their mobility and independence.

Annual reviews will also raise any significant deterioration in functional or physical capability.





RESIDENT MOBILITY CARE PLANNING

The plan is a shared record of the residents' health condition, the level of support they require, how the support will be given and what the aims and goals of the care are. The plan will include:

- Assessing Mobility Status and the Need for Assistance.
- Safe Resident Handling.
- Providing a safe environment for the Resident.
- Proper Use of Assistive Devices.
- Range of Motion Exercises and Physical Therapy.
- Resident Positioning, Moving, and Transferring.
- Resident and Caregiver Education to Prevent Falls and Injuries

FALLS RISK ASSESSMENT

Physiotherapists have specialist skills in assessment and reablement. They provide evidence-based exercise, education and advice programmes aimed at preventing falls, improving balance, increasing self-confidence, reducing fear of falling and promoting active and healthy lifestyles.

Physiotherapy-led group exercise programmes have been shown to be effective in reducing falls by 29% and the risk of falling by 15%. Individual exercise programmes can reduce falls by 32% and the risk of falling by 22%.





MOBILITY AND WALKING AID ASSESSMENT

Mobility impairments range from lower body impairments, which may require use of canes, walkers, or wheelchairs, to upper body impairments that may include limited or no use of the upper extremities and hands. Mobility impairments can be permanent or temporary.

The Physiotherapist will determine how much a resident can move, what equipment or aides will be necessary for them to complete a daily task, such as walking or toileting and how much support their caregiver must provide if the patient has limitations.

1:1 TREATMENT & EXERCISE SESSIONS

Where a resident is independent but could benefit from advice on specific activity, an exercise programme will be provided. Should the level of input for these exercises require advanced manual handling techniques, these will be completed by the therapist.

Treatments can include:

- Injection therapy
- Home exercise program
- 1:1 rehabilitation sessions
- Gait retraining
- Mobility aids
- Acupuncture
- Manual therapy





OCCUPATIONAL HEALTH SERVICES FOR EMPLOYEES

Due to the manual nature of the care industry, it is anticipated that staff members may incur MSK injuries. The provision of a MSK triage service for Care Home employees can be delivered at a frequency that suits your business and can be held both on or off site.

Our physiotherapist can also assist the staff on more advance manual handling techniques that will assist in achieving best resident care while also minimising the stress they exert in the process.



CARE HOME WELLBEING PACKAGES

By incorporating exercise classes, resident assessment and treatment and an employee MSK occupational health service, we will be able to develop a comprehensive plan for your Care Home.

This will ensure your residents are well cared for and your staff remain present and productive, in turn improving recruitment and retention.

Our older people physiotherapy services within residential homes can include:

- Group exercise classes
- New resident assessments
- Resident mobility care planning
- Falls risk assessments
- Mobility and walking aid assessment
- 1:1 treatment / exercise sessions

CONTACT US

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