

# Integrating care in Swindon



## Group exercise for care home residents

We have introduced group exercise to care home residents in Swindon, helping to improve mobility, wellbeing and prevent falls.

The 12-week Senior Games programme, a partnership with Swindon Borough Council and Wiltshire and Swindon Sport Partnership with Sports England, is the first face-to-face exercise programme designed for care home residents in Swindon.

Residents enjoy exercise to music and games, with the support of students from Lawn Manor Academy.

Both residents and students benefit from the company of different generations.

Anyone can experience a fall, but older people are more vulnerable and likely to fall, which can cause injury, loss of confidence and impact longer-term health.

The health, social and voluntary care organisations involved hope that the programme will help to avoid preventable hospital admissions.

Additional benefits for residents include improved appetite, more awake time and feeling more positive and confident.

Senior Games was introduced following the Covid pandemic which highlighted the increased risk of deterioration and falls in older people who are less mobile.

