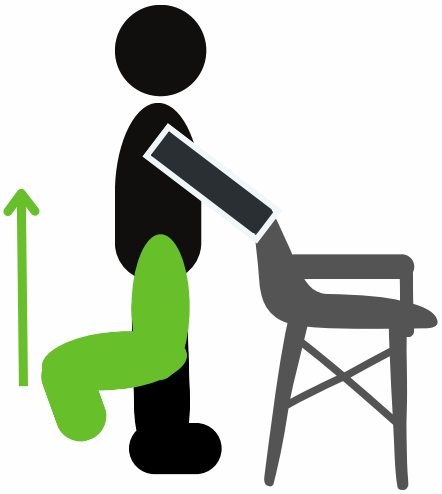
Strength and Balance Information Leaflet



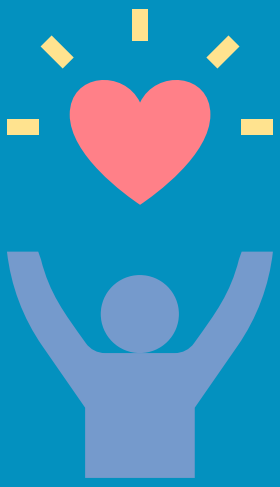
Why Strength and Balance?

Physical inactivity is associated with higher frailty, especially among care home residents which has a negative impact on physical and mental well-being and increases falls risk.

Falls incidence in care homes is reported to be about three times that in the community.

As people age, muscles naturally weaken and balance can decline. This can make everyday tasks more difficult and increase the risk of falls. Regular strength and balance activities can:

- Reduce the risk of falls and injuries
- Improve posture and mobility
- Boost confidence and independence
- Support mental wellbeing and social connection
- Enhance overall quality of life



What people have said about the sessions

''I can see a big difference in resident 1, she required assistance to get up from the chair previously, but now is able to get up from the chair on her own'' - **Staff member**

''Best thing that could have happened in a care home''
– **Staff membe**r

''The exercises helps my joints from stiffening. It helps with my mobility. It also helps to get out of the room and socialize with other people. It also gives me more confidence to walk. '' - **Resident**

'As the daughter of resident A, I feel that my dad has benefited from doing his strength and balance weekly. My dad is always happy to attend this and enjoys doing it. I feel this has had a good impact on my dad's mobility.''- **Family member**