

CASE STUDY

Beech Hill Grange Nursing Home | Rachel Gilbert, Manager



Enhancing well-being through chair-based exercise in a care home setting



This case study explores the implementation and impact of chair-based exercise (CBE) classes in a care home setting, focusing on the quality of training, challenges faced during implementation, feedback from residents, observed benefits, future plans, and additional insights shared by the care home coordinators.

The training was fully funded through a pilot with NHS Birmingham & Solihull ICB aimed at reducing the number of falls in the elderly by intervening to improve their physical fitness levels and strength.

Quality of training

The staff members received comprehensive and concise training in chair-based exercise instructing, establishing a solid foundation in methodology, technique, and the underlying reasons for the efficacy of movement in promoting well-being. The training emphasised the importance of CBE and provided the staff with the knowledge needed to deliver effective sessions:

“Training is concise and thorough. Good grounding in method and technique and reasons why movement is so beneficial”.

Implementation of chair-based exercise classes

The care home introduced daily chair-based exercise classes. This consistent schedule creates a routine that residents can anticipate, contributing to the success of the programme. Despite the successful implementation, the care home faced challenges related to low participation:

“A chair-based exercise class takes place every day at 11am, lasting 30-45 minutes. Challenges have been a lack of participation due to lack of understanding associated to dementia and/or lack of confidence”.

Overcoming challenges

To overcome these challenges, the care home adopted creative strategies. Selecting appropriate music for the age group, encouraging participation through singing along, and adapting exercises to create visual stories proved effective. These adjustments not only increased engagement but also addressed the specific needs and concerns of residents, contributing to a more inclusive and enjoyable experience:



“Can be overcome to a degree by choosing the right music for the age group, by singing along and by adapting the exercises to create an image or story around them.”

Feedback from residents

Feedback from residents is primarily gauged through their mood during and after CBE sessions, as reflected in their smiles and facial expressions. This non-verbal feedback serves as a valuable indicator of the positive impact of chair-based exercises on residents' well-being.

Benefits and positive outcomes

Since the introduction of CBE classes, notable benefits and positive outcomes have been observed. The combination of music and movement in these sessions serves as a unique form of communication, particularly beneficial when traditional forms of communication have been compromised. Residents experience a sense of connection through these exercises, enhancing their overall quality of life:

“The music and movement in chair-based exercise classes becomes a way to communicate, a way to connect when other forms of communication have been lost”.

Future plans



Looking ahead, the care home plans to sustain interest and participation in CBE classes by incorporating more storytelling elements into the exercises. Additionally, a curated playlist of music tailored to the movements is envisaged. These enhancements aim to keep the sessions engaging and enjoyable for residents, fostering a sustained interest in chair-based exercises:

“In her groups, [the instructor] says she plans to create more stories around the movement and to have a playlist of music for the movements.”

Additional comments

The coordinators express newfound confidence and motivation in running these classes. This highlights the broader impact of CBE instructing on the well-being of both residents and those responsible for facilitating these sessions:

“We have found it has given the coordinators confidence and motivation to run these classes”.