

# CASE STUDY

Lime Court Nursing Home | Tracey Dunkley, Care Manager



## Enhancing well-being through chair-based exercise at Lime Court



Lime Court Nursing Home, part of Jaffray Care, is a charitable and specialist provider of care and support for adults, catering to those with complex healthcare needs, physical disabilities, Dementia/Alzheimer's, sensory impairments, mental health requirements, or those in need of palliative care.

The workforce 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.

### Course Experience

When asked about the quality of the training their staff received on chair-based exercise instructing, they responded positively:

*“Staff really enjoyed the course and felt it was well organised”.*

### Implementation of chair-based exercise classes

The introduction of chair-based exercise sessions within the care home involved a flexible approach by staff, due to the unique and diverse needs of their service users. Engagement levels vary, with some residents participating briefly and others for longer periods; some will participate one day, and not the next. This ad hoc nature of exercises allowed for individualised attention but also necessitated careful management of limited resources.

*“Biggest issue is staff time”.*



## Feedback from residents

The resident population at Lime Court is diverse, with many being non-verbal. They reported that despite the communication challenges, the positive impact of chair-based exercises is evident in the residents' joyful facial expressions, smiles, laughter, and active participation. These non-verbal cues serve as a testament to the enjoyment and satisfaction experienced by the residents during the exercise sessions.

## Benefits and positive outcomes

Since the introduction of chair-based exercise classes, the care home has observed several benefits. The residents derive enjoyment from the exercise sessions, leading to improved mood and comfort. Importantly, the chair-based exercises have contributed to a reduction in distress-causing behaviours among the residents. Post-exercise, many residents choose to rest or take a nap, further showcasing the positive impact on their overall well-being.

*“Residents enjoy the opportunity, and it lifts their mood. This results in less behaviours that cause distress and the service users will rest or have a sleep afterwards.”*

## Future plans

To sustain interest and participation in chair-based exercise classes, Lime Court plans to incorporate them formally into care plans. Additionally, encouraging broader staff participation is seen as a means to facilitate sustained benefits for residents. This proactive approach reflects a commitment to the long-term well-being of their residents through the integration of physical activity into the care home's routine.

## Additional comments

As a final note, they emphasised the significance of chair-based exercises being armchair-based. This is particularly crucial as most of their service users are bedbound or in wheelchairs. The adaptability of chair-based exercises to various mobility levels underscores its accessibility and inclusivity in catering to the diverse needs of their residents.

This case study highlights the positive impact of chair-based exercises on the well-being of residents at Lime Court Nursing Home, emphasising its role in enhancing mood, reducing distress, and promoting engagement among individuals with diverse needs.

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