

# CASE STUDY

Sutton Rose Care Home | Eva Recio Dominguez, Home Manager



## Exercise Classes at Sutton Rose



Sutton Rose Care Home, located in Sutton Coldfield, boasts an 84-bed capacity, providing comprehensive care services to its residents. The care home is committed to enhancing the well-being of its residents through innovative approaches, including the integration of chair-based exercise sessions.

The journey began with the training of Sutton Rose staff in chair-based exercise instructing. The feedback from staff members echoes positivity, describing the training as "very good and informative," delivered with a high level of professionalism.

### Implementation of chair-based exercise classes

Chair-based exercises have been integrated into the care routine at Sutton Rose, aligning with residents' preferences and conducted as and when desired. There have been no challenges in implementing these exercises. Looking ahead, there are plans to enhance the frequency of sessions in the New Year, making them a weekly occurrence.

### Feedback from residents

The feedback from residents at Sutton Rose is positive. Residents enjoy the chair-based exercise classes, highlighting the positive impact on their well-being.

## **Benefits and positive outcomes**

Since the introduction of chair-based exercise sessions, Sutton Rose has stated that residents particularly enjoy the exercises that utilise the resistance bands, noting its effectiveness in promoting upper body strength. Moreover, the inclusive nature of chair-based exercises ensures that all residents can actively participate, fostering a sense of shared well-being.

## **Future plans**

To sustain and further enhance interest and participation in chair-based exercise classes, Sutton Rose has strategic plans for the upcoming year. They intend to formalise the inclusion of chair-based exercise in the care home's timetable, offering residents more regular opportunities to engage. To enhance the overall experience, music will be incorporated into the sessions, and each session will be limited to a maximum of 15 minutes - a "little and often" approach that aims to keep the sessions engaging and accessible for all residents.

## **Additional comments**

Sutton Rose Care Home's commitment to the well-being of its residents is exemplified through the thoughtful introduction and continuous improvement of chair-based exercise sessions, showcasing a proactive approach to holistic care and resident engagement.

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