

# Care home partners with physiotherapist specialist to help reduce falls

**WITH the easing of lockdown restrictions, an Edinburgh care home is resuming its physiotherapy-led class in falls prevention to support residents' mobility and wellbeing.**

[Cramond Residence](#) had been holding weekly classes with reduced numbers, led by the home's lifestyle coordinators, but as of early April they have reinstated the specialist physiotherapists from Balanced to resume their classes as normal.

The classes are available free of charge to all residents and take place weekly. Prior to attending, residents are individually assessed by a physiotherapist and split into groups based on their physical ability.

Lisa Sohn, Lead Lifestyle Coordinator at Cramond Residence, said: "The falls prevention classes have been very popular amongst residents, we have quite a few regulars who attend.

"It's a great way for residents to socialise while also encouraging mobility and helping to keep them safe. Although classes are not mandatory, we do encourage residents to take part as much as possible to build up and maintain their strength.

“The pre-class assessments mean that residents are split into either seated or standing groups, ensuring everyone gets the most out of their sessions.

“The aim of the classes is to prevent potential falls and give residents the confidence to move around either independently or semi-independently, based on their needs and abilities.”

The falls prevention programme has been part of the care home’s programme since it opened in 2018, and was temporarily facilitated by lifestyle coordinators during lockdown to minimise risk for residents.

Throughout lockdown, residents have been isolating in nine self-contained small-group living units within the purpose-built care home, to help with infection control.

Lisa added: “It’s great to have Balanced back to take over the classes and provide their specialist support – it’s another step towards ‘normality’ for the residents which is not only fantastic for their physical health, but for their mental wellbeing.

“We’ve recently been able to bring residents back together again in larger groups, following social distancing guidance, which has also helped greatly with socialisation.”

Cramond Residence offers high quality care utilising a small-group living concept in nine houses, with all residents enjoying an exceptional range of amenities and activities, delicious food and bespoke care from our highly-trained team.

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