

## CASE STUDY

### HEATHER GRANGE CARE HOME

### CARE PROVIDER: SILK HEALTHCARE

Alice Davies, aged 90, has been a resident of Heather Grange, a purpose built care home set close to the General Hospital in Burnley, since December 2011. She was assessed to need full time care after a bad fall at home in November 2011 which meant she was unable to walk. Alice lived on her own after the death of her husband in 1988.



Following the installation of the Shapemaster 'Enabler' machine, Alice has now found a new lease of life and has some mobility back in her legs, giving her the confidence to walk.

"Before the introduction of the Enabler I couldn't get up the steps to the home's mini bus which is used to take us out for daily trips to the shops, local market and marina. I enjoy going to the local antique market but I had to take a separate car leaving my friends on the mini bus."

Alice Davies, Resident at Heather Grange

Tony Grundy, Activity Manager at the care home commented, "Alice has been using the Enabler four/five times a week to strengthen the muscles in her legs because she really struggled with her mobility. The chair works by automatically moving her arms and legs to encourage movement and strength back into the muscles. In the five weeks that Alice has been using the chair she has seen a marked difference and is now able to use the mini bus.

"We have installed the Enabler in our activity room and it is accessible to all of our residents and is proving to be very popular, creating a real buzz in the home with residents all keen to have a go."

The 'Enabler' machine provides many benefits to the care home's residents. By using an electronic power system, the 'Enabler' is a power assisted exercise machine that provides smooth, gentle exercise designed to stretch and strengthen all the major muscle groups.

"It has not only provided great excitement but has extremely valuable health benefits. By strengthening muscles in the legs, arms and knees it can help with mobility as seen with Alice, and also strengthen pelvic muscles thereby reducing the loss of bladder and bowel control and encourage ongoing good health. All of this can add to maintaining the dignity and independence of our residents and their overall quality of life."

Tony Grundy, Activity Manager Heather Grange

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