



Personal Plans for Physical Activities



Background

Oak Lodge supports a number of clients who mobilise using wheelchairs. Some will use wheelchairs permanently, while others may use them when accessing the community but not when in the centre, either due to physical ability or fear of becoming tired and tripping over.

What We Did

Last year we discussed with families and clients what Oak Lodge can do to ensure our clients remain as independent as possible and ensure they don't lose, but possibly even gain, some muscle and body strength.

Client Success

We now offer weekly chair-based exercise groups for our wheelchair users, incorporating external input from Occupational Therapists and Physiotherapists. The therapists have created individual plans for clients, meaning a personalised approach for each person.

These sessions have been such a success that we have fully mobile clients also joining in with these sessions, enjoying the music and interacting with each other. When the activities are harder, or when staff themselves are getting worn out too, they all enjoy a good laugh with each other, creating a great atmosphere in the centre.