

Building a Culture of Movement in Your Care Home

Helping residents stay active, independent and confident for longer.

Movement is one of the most important factors influencing mobility, confidence, wellbeing and independence.

Small daily changes can make a significant difference.



“
Movement is not an activity. It's part of good care.”



Falls are the leading cause of injury and loss of independence in older adults.
NICE



Up to **30%** reduction in falls with targeted exercise programmes.
Public Health England



Maintaining strength and mobility helps residents stay active, engaged and independent for longer.



Better mobility leads to better mood, improved wellbeing and higher quality of life.



Looking to improve mobility and reduce falls in your care home?

Reeflex provides physiotherapy-led rehabilitation, movement programmes, falls prevention support and staff education for care homes across Essex and the South East.



Our goal is simple:
To help residents move better, feel safer and maintain independence for longer.



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