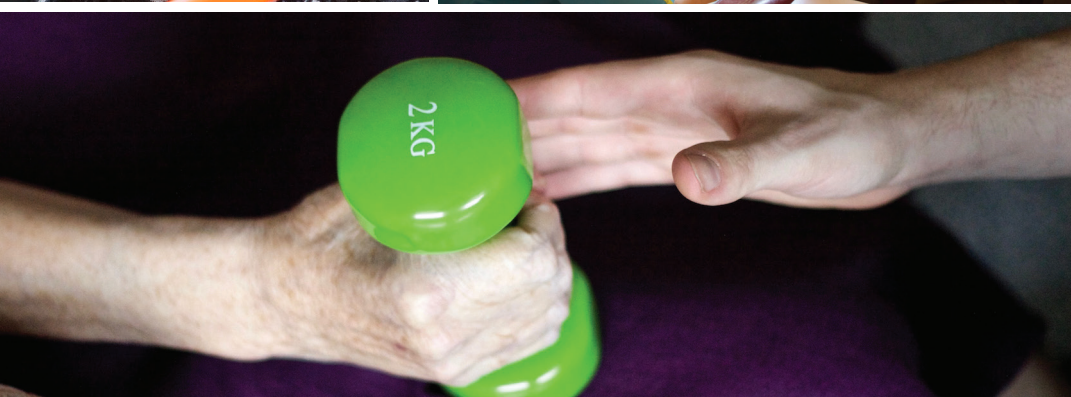




RESIDENTIAL & DAY CARE PHYSICAL ACTIVITY PROGRAMMES

LET'S ADD LIFE TO YEARS AND YEARS TO LIFE!





"SIEL BLEU IS A VERY VALUABLE SERVICE TO OUR RESIDENTS. SIEL BLEU IS ONLY AN ELEMENT OF OUR EXERCISE AND MOBILITY PROGRAMMES, BUT IT IS A VERY IMPORTANT ELEMENT."

Catherine Kinsella, Nursing Manager,
Greystones Nursing Home

PREVENTION & RECOVERY

OUR TEAM AS A PART OF YOUR TEAM

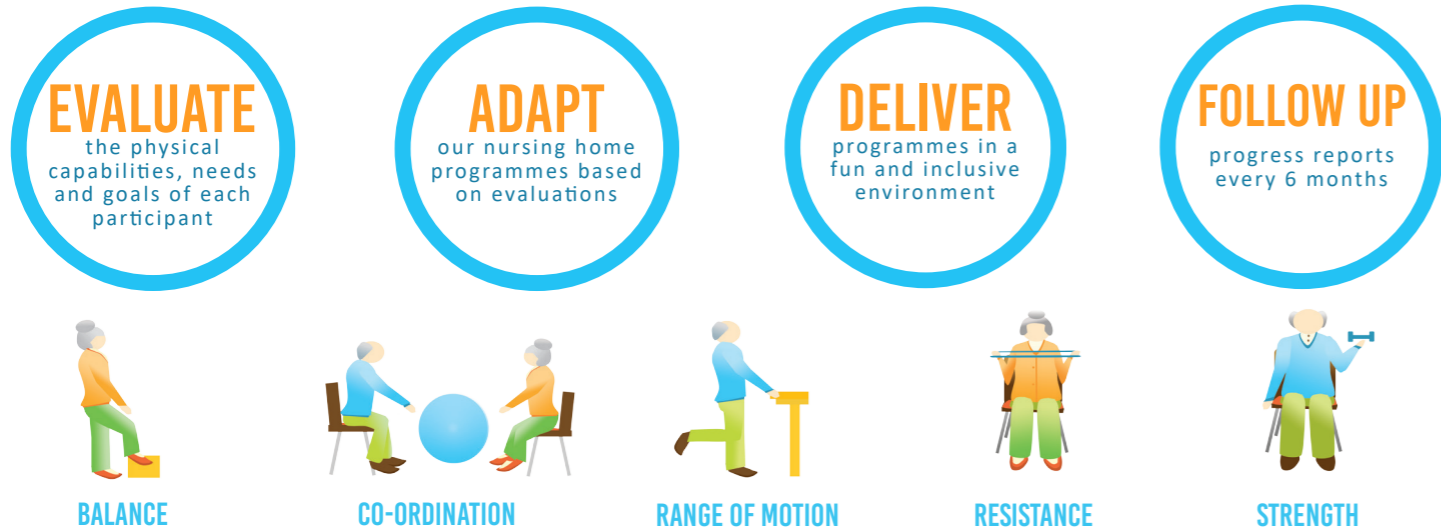
- Our expert Physical Trainers work with your care staff to complement other activities and therapies and ensure maximum benefits for each participant
- They gauge the ability of each participant and tailor the classes to meet their needs
- Your Physical Trainer will carry their own equipment exclusive to Siel Bleu and offer a dynamic range of effective exercises
- Physical Trainers have a minimum level 8 degree in a sporting/physical activity discipline and they have the knowledge to safely lead the sessions
- Our entire Physical Trainer team are empathetic, trustworthy and Garda vetted with personal training insurance as well as being covered by Siel Bleu Ireland's insurance

- Over 20 years experience delivering effective exercise programmes to older adults
- We offer group and one to one programmes that are adapted to meet the needs and abilities of residents and clients
- With a continuous focus on prevention, our programmes challenge common issues arising in care establishments including falls & dementia, through physical activity in a cost effective way

THE BENEFITS OF SIEL BLEU

- Measurable Physical Impact – reduce common physical issues experienced by older adults: fall prevention, balance, coordination, agility, recovery from injury, flexibility, maintenance through illness, physical independence
- Fun Social Time – Physical Trainers create a welcoming environment which encourages team spirit and inclusion; it's not just exercise, it's fun too!
- Better Psychological Health – many residents quote their Siel Bleu class as the highlight of their week

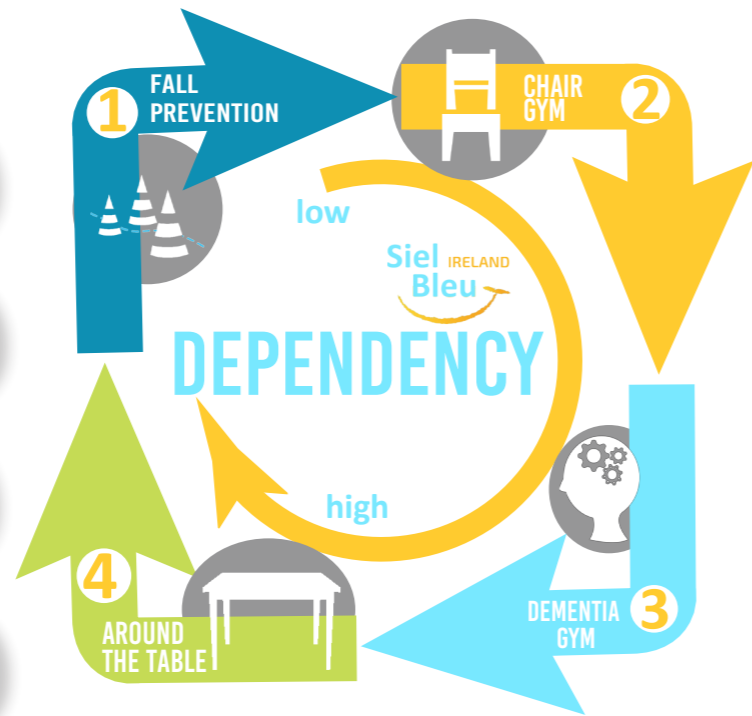
THE SIEL BLEU PROCESS



SIEL BLEU PROGRAMMES

Programmes designed to suit the varying levels of residents' dependency

- 1. FALL PREVENTION**
No mobility issues, no cognitive impairment
- 2. CHAIR GYM**
Mobility issues, no cognitive impairment
- 3. DEMENTIA GYM**
No mobility issues, with cognitive impairment
- 4. AROUND THE TABLE**
For residents with advanced dementia



"SIEL BLEU HAS PROVIDED HAPPY, HEALTHY, WELL-BEING TO OUR RESIDENTS. AS WELL AS IMPROVING MOBILITY, THEY INCREASED THE RESIDENTS INTERACTION BY CREATING A POSITIVE ENVIRONMENT. IF YOU DONT USE IT YOU LOSE IT."

Bridget Roche, Manager, Holy Ghost Residential Home



OUR PROGRAMMES

GROUP PROGRAMMES

- Typically 60 minutes, including warm up, cool down and 50 minutes of effective exercises
- For groups of up to 20 participants to ensure as individualised approach as possible
- Siel Bleu Physical Trainers create a welcoming environment which encourages inclusion and promotes team spirit
- Programmes range from Fall Prevention, for the most independent clients, to Around the Table, for clients with advanced dementia and mobility issues

ONE TO ONE PROGRAMMES

- 30 minutes one to one sessions designed specifically for the individual
- Improve the physical capacity of residents after illness or injury
- Suitable for clients with a wide range of pathologies who can benefit from personal training
- We welcome family members or care staff to participate to encourage socialisation



"SIEL BLEU HAS GIVEN ONE OF OUR LESS ACTIVE RESIDENTS THE MOTIVATION TO WALK DAILY. THE RESIDENT LOOKS FORWARD TO THE PROGRAMME AND PARTICULARLY ENJOYS THE INTERACTION"
 Manager, Rosedale Residential Care Home



Siel IRELAND
Bleu

"YOU CAN SEE IMPROVEMENT IN THEIR ABILITIES TO REACH FOR SOMETHING OR TIE THEIR SHOELACES BY THEMSELVES, EVEN BUTTONING A SHIRT IS EASIER, THAT'S THE REAL BENEFIT OF THE CLASS. SIEL BLEU HAS BECOME A PART OF THE RIVERSIDE FAMILY."
- Rachel Quinn, Riverside Nursing Home

BENEFITS



FALL
PREVENTION



IMPROVEMENTS IN
ABILITY TO WASH, MOVE,
DRESS & EAT
INDEPENDENTLY



REDUCE LONELINESS
& ISOLATION



REDUCE STAFF WORK
LOAD & FREE TIME

HAPPIER

Healthy Activity Physical Progress Innovations Elderly Residence



The HAPPIER Study was carried out to scientifically prove 17 years worth of observed and anecdotal evidence from the ground.



Aim to prove the positive, preventative impact of physical activity for older people & long term care homes.

12 MONTHS OF WEEKLY SESSIONS

4 European Countries



32 Nursing Homes



450 Residents



RESULTS

1

1 less fall every year



Improvements in participants' moving, feeding and washing

15%

15% reduction in feeling life is empty



"FOR RESIDENTS WHO ARE SHY OR HAVE A LACK OF FAITH IN THEIR ABILITY, SIEL BLEU HAVE A TALENT TO RESPOND AND CATER TO EACH INDIVIDUAL LEVEL OF ABILITY AND THE NEEDS OF OUR RESIDENTS"

Activities Coordinator



"BY FINDING AN ACTIVITY THAT THE RESIDENTS ENJOY, SUCH AS BOXING, WE FIND IT PEAKS INTEREST AND ENCOURAGES THOSE WHO MAY NOT HAVE INTERACTED BEFORE TO TRY THE SIEL BLEU SESSIONS"
Activities Coordinator, Bloomfield Care Centre

Your Local Trainer:

Phone Number:

Email Address:



For more information:

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