

## OLDER PEOPLE SERVICES

Our service for older people includes:

- Exercise classes in the community, including a thorough assessment and personalised exercise programme for each client
- Assessment and treatment of mobility difficulties and functional skills involved in everyday living, such as personal care, household tasks, hobbies and interests
- Identification, trialling and recommendation of specialist equipment, environmental adaptations and assistive technology at home
- Specialist dementia support
- Advice on falls reduction and prevention
- Education and advice on activities of daily living to improve confidence and independence
- Identifying and enabling access to appropriate community activities

Available at home, care home or other community setting

Email us for details

**E: [olderpeople@hobbsrehabilitation.co.uk](mailto:olderpeople@hobbsrehabilitation.co.uk)**



## OLDER PEOPLE SERVICES

“Hobbs  
have enabled me  
to get outside of  
my own 4 walls  
again”

Are you or a relative or friend...

- having difficulty walking or worried about falling?
- going on holiday and worried about an elderly loved one you are leaving behind?
- struggling to manage at home?
- wanting to improve how you manage daily activities?
- losing confidence or feel like your world is shrinking?

Hobbs’ team of physiotherapists, occupational therapists, psychologists, speech and language therapists and fitness professionals provide personalised respite and rehabilitation packages for older people who are looking to regain their independence and reduce their care needs.

We believe that small changes can make a big difference. For the cost of one week in a care home, a specialist rehabilitation package could be provided to increase strength, independence and safety in your own home.

**W: [hobbsrehabilitation.co.uk](http://hobbsrehabilitation.co.uk)**  
**Call us on 01962 779796 for details**