

rugged interactive

SPOTLIGHT ON:

The Disabilities Trust – Victoria House



In October 2019, Victoria House added the CardioWall into their residential site. We caught up with **Activities Coordinator, Angie Hardie**, at Victoria House to hear how the CardioWall is **benefitting** their service users.

A snapshot of Tadworth Court:

Victoria House provides accommodation and support for adults with a wide range of **complex** and **high dependency** needs. They're committed to creating an environment that encourages **personal development, confidence and independence**. Ensuring the residents take part in **social, vocational and recreational activities** are key elements to their programmes.



Why did they choose the CardioWall?

Finding ways to continually improve their residents' **health and wellbeing** is high priority for Victoria House. After seeing another Disability Trust site share a photo of their CardioWall and explain its benefits to their service users, Victoria House got in touch with Rugged. All service users at Victoria House are in wheelchairs, so their aim was to find something that was **mentally stimulating** and would provide more **opportunities for users to be active**.



Feedback on the CardioWall:

The CardioWall is located in a communal area and is used for both **individual and group activities**. It's a fantastic **social enabler**, as it encourages the residents to enjoy playing together and with staff. Improving user-staff interaction is a huge positive here.

The standout benefit for Victoria House is the **physical and mental stimulation** it offers their service users. The residents sit daily as they are restricted to their wheelchairs, so the CardioWall offers a **great workout** which they otherwise wouldn't attain. It requires **reaching** high and low, **stretching**, and **applying force** to hit the light pods.

As well as being **fun**, the cognitive stimulation is great for their **mental health and wellbeing**.

What they had to say:

"It helps promote their health and wellbeing and it's also fun to challenge the service users and staff here. All round, it's a great piece of equipment."

Angie Hardie,
Activities Coordinator at Victoria House