

## MRS Independent Living Case Studies

**Inspiring people; read how our specialist exercise classes have made a difference to peoples lives.**



Rose, 92

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I had an accident a little while ago so I really felt I needed to start some exercise to help improve my balance and strength, I got leaflet from St Leonard's and found out about Stop Falls classes then someone came to assess me and I have not looked back.

My joints are getting poor I have Osteoarthritis so I don't expect a cure for old age but I strongly believe you have to help yourself by keeping on the move it's all you got and you need to maintain that.

The exercises really help to stable you up a bit, it's a miracle really when you think about how bad my knees can be. To do what I do now with my knees is really great especially when you think how restricted my movement was when I started.

I defiantly recommend the exercise class to my friends in the tower block and I am always spreading the word to people I think need it. I enjoy every week I come and I am only sad when I can't come which is usually if I am ill or transport lets me down.

I do all my own house work and cooking the only thing that I can't do is clean the windows but that's because I can't reach. Doing my house work is important to me and I feel that the exercises really help to keep my shoulders and hands strong so that I can.

I love my flat as until I was 13 I lived in one room with my sister, mother and father. We ate slept and lived our lives in that one basement room. So to be able to stay in my own flat now is really important to me and I strongly believe that the Stop Falls exercise program has enabled me to do this.