



ECL (ESSEX CARES LTD) BASILDON - ASHLEIGH DAY CENTRE

How ECL Basildon - Ashleigh Day Service use the CardioWall to provide more enjoyable and varied support for their clients with learning disabilities

OVERVIEW

ECL Basildon is a day service in Essex supporting **older people**, adults with **learning disabilities**, adults receiving **reablement services** and people with **sensory impairment**.

Their aim is to help clients lead **fulfilling** and **independent lives** ; while ensuring all clients optimise their **physical, mental** and **social wellbeing**.



INTRODUCTION

ECL purchased the **CardioWall** for their Basildon site several years ago and have been using it **every day since**. We caught up with Amy Butler, Team Leader for Learning Disabilities, to hear how the CardioWall is a **pivotal part** of their programmes and how it helps them achieve their goals of improving the **physical, mental** and **social wellbeing** of their customers.

HOW ECL BASILDON USE THE CARDIOWALL

CardioWall sessions are **scheduled on a daily basis** so customers have the opportunity to play it alongside peers and staff. Group sessions (when covid-19 restrictions have allowed) have been a great way of encouraging **team work, communication**, and **sharing**. Similarly, 1:1 sessions allow staff to actively target areas of **physical wellbeing** and give their customers a physically demanding workout.

The three core score-based games add **adaptability and enjoyment**, and enable staff to **set objectives** for each session. It's possible to select a reduced playing area on the CardioWall (i.e. 5 pods only) allowing **wheelchair users**, or those **with limited mobility**, to also **play uncompromised**, which is advantageous compared to other exercise equipment.

ECL Basildon have a dedicated **leaderboard** to track scores which **motivates** the customers to improve week on week. It **encourages healthy competition** and staff also love to get involved to try and top the leaderboard, boosting staff enjoyment and morale.



ECL (ESSEX CARES LTD) BASILDON - ASHLEIGH DAY CENTRE

How ECL Basildon - Ashleigh Day Service use the CardioWall to provide more enjoyable and varied support for their clients with learning disabilities



“ [The CardioWall] is a fun and interactive piece of equipment that promotes movement, mobility and physical fitness in an enjoyable environment. It develops communication, teamwork and confidence which are fundamental skills for improving quality of life ”

AMY BUTLER

Team Lead - Learning
Disabilities



FEEDBACK ON THE CARDIOWALL

The staff have reported several benefits of the CardioWall:

- Customers' **autonomy and confidence** have improved as they are able to **independently** set up and play the games, due to the CardioWall's **simplicity**. These are **vital and transferable skills** which help their customers lead more **independent lives**.
- It aids the **learning and development** for customers with **autism** and other **processing-related** or **cognitive disabilities**. The 'Cause and Effect' principle where hitting a pod results in a sound and light response is extremely beneficial.
- The CardioWall facilitates **fun, engaging** and **rewarding exercise** and a **full body workout** is disguised as playing a game and scoring points. Through group sessions and **team building** events, it encourages **daily physical activity** for customers who aren't interested in structured exercise.

CUSTOMER EXPERIENCES

There are two stand out customers whom regularly visit ECL Basildon and have **experienced tangible improvements** in their **physical, mental and social wellbeing**. Staff strongly feel the CardioWall is the **primary contributing factor** for these improvements. Continue reading on the next page to hear about the details.



ECL (ESSEX CARES LTD) BASILDON - ASHLEIGH DAY CENTRE

How ECL Basildon - Ashleigh Day Service use the CardioWall to provide more enjoyable and varied support for their clients with learning disabilities

CUSTOMER 1 EXPERIENCE

This male customer has very **limited mobility** and has **trouble moving** his arms.

Using the CardioWall **Reach Extender** accessory and the central **5-pod** playing area, he is able to incorporate the CardioWall into his **physiotherapy sessions**.

After a few months of **regularly using** the CardioWall he has been able to **take part in more activities** during the day and the **movement** in his arms has **improved**.



CUSTOMER 2 EXPERIENCE

This female customer was **very shy** and **withdrawn** and refused to take part in any activities at the centre.

After some **encouragement** from staff, she slowly started to take an **active part** in group activities on the **CardioWall**.

As a result, she has become **more confident** and **physically active**, while developing **good relationships** with peers and staff.

SUMMARY

- **All** customers and staff - young, old, disabled, abled - play the CardioWall **daily**
- The CardioWall plays a **pivotal role** in their services to provide enjoyable and varied care
- **Cognitive, physical** and **social benefits** are seen by regular users of the CardioWall
- The CardioWall develops skills which are helping ECL Basildon clients lead **more independent lives**