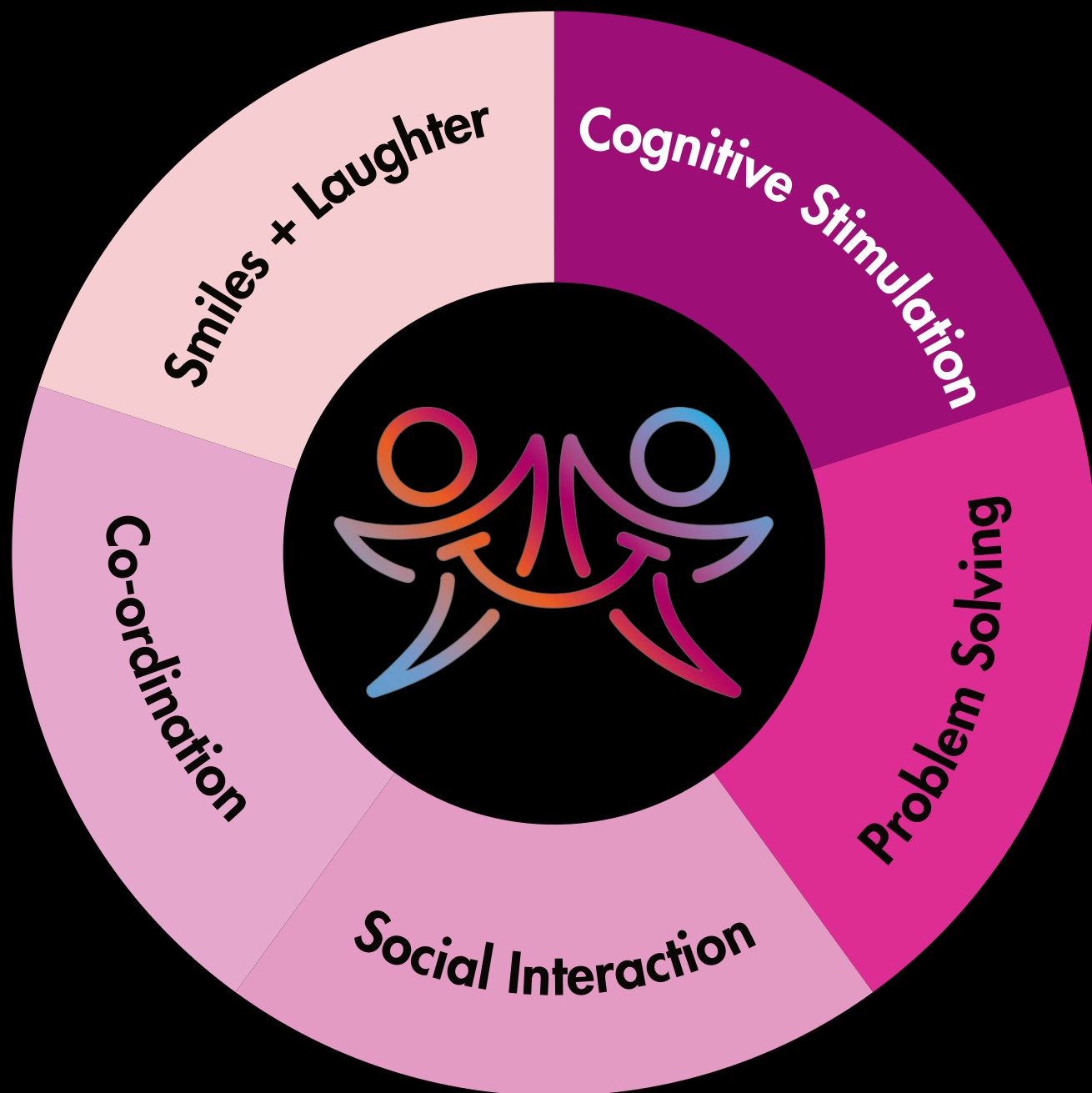




# Care Home Active Social Games



**VISOSPORT**  
FUN | FITNESS | FRIENDS



**Maximising Resident Wellbeing**

# What is Visosport?



Interactive games that stimulate communication and social opportunity for residents. Cognitive function is enhanced through dynamic, thinking games. It's great fun for staff who build trust with residents through the immersive games, leading to smiling faces all round.



Visosport has devised many problem-solving games that challenge residents through immersion, experimentation and communication. Each session, we play a selection of these games to increase strength and co-ordination and improve cognitive development.

Each game lasts about 10-minutes. Every resident is challenged to problem-solve quickly and guaranteed success. Games guide residents to try new options until they find an effective, personalised solution.

Staff can take part with residents to develop trust. These shared experiences enhance the environment and will be talked about for weeks to come.





# Noughts and Crosses

1v1 game. Simultaneously, each resident takes one of their coloured beanbags at a time and throws/places it towards/on a central cone. The first person to get 3 beanbags in a row wins. Residents multi-task by both considering their own tactics and blocking their opponent. Whilst challenging, anyone can win, stimulating dynamic thinking.



# Pass to the Beanbag

Two residents each start with a beanbag placed by them. One of them starts with a foam ball. They roll or pass the ball to the other person with a beanbag, before then passing their beanbag to anyone else. Repeat this process and speed up. It challenges dynamic thinking, co-ordination and strengthens realistically.

Care Home Package	Number of Back to Back Sessions	Price
<ul style="list-style-type: none"> <li>• 60 minutes: 6 x 10 minute games</li> <li>• Full support from our Facilitator</li> <li>• Tailored to your residents' needs</li> <li>• We travel to your care home</li> <li>• Daytime and weekend sessions available</li> </ul>	1	£70
	2	£120
	3	£165
	4	£200

Multiple sessions can be booked, close together during the same day, at a reduced rate, as travel is reduced.



**Exercise that Doesn't Feel Like Exercise**



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visosport.net/carehomes



"Visosport brought an hour of fun for the Alston House residents. They played different games that stimulate teamwork, thinking and gentle movements. We all had a lot of fun and have already booked them for future sessions."

**Lidia Nikolova Gjorgjieva, Wellbeing and Lifestyle Coach,  
Alston House Care Home**

**Rediscovering Youth**