

# Sport and Fitness Students working with Older Adults in Care Homes

Perth College UHI



## The project

Perth College UHI Sport and Fitness staff and students have provided **physical activity programmes** to care homes in Perth for the past 6 years. As part of the **HNC/D Fitness, Health & Exercise** courses students work with care home residents, and teach strength and balance exercises.



## Results

- Improved physical activity levels and **quality of life** of care home residents
- Students gained valuable **experience** in working with people with mobility issues
- Improved **partnership** links between local authorities, Perth College and the five care homes



## SDGs

The project is an outstanding case of addressing **SDG3** as it increases **good health and wellbeing** as it improves the lives of many **local residents**

By providing students an opportunity to **learn and gain skills** in a **real-world context**, using a model that can be replicated at other schools around Scotland, the project supports **SDG4**

