

OM Interactive Research Study Summary

Research Brief

In Autumn 2018 OM Interactive commissioned Care Research to undertake an extensive research project to identify the use and impact of the OM Interactive Mobii system in a variety of care homes across England.

As part of this research we visited 10 care homes using the Mobii, video recorded 8 x 30 minute sessions in 7 homes and interviewed key staff about the responses they had witnessed. In addition a comprehensive user survey was sent out to all OMI's care customers in the UK with 89 care homes responding.

The results below highlight the key findings of the home visits and survey results with comments from staff and family members.

Research findings

We found 85% of respondents use their Mobii at least every week whilst 39% use it every day.

Encouraging Movement – for greater physical and emotional health

The Mobii gave residents a rewarding & purposeful approach to exercise and movement with over 90% of respondents stating they'd seen a positive impact on residents' physical ability, participation & movements.

Emotional Wellbeing – encompassing emotional and psychological aspects of wellbeing.

The Mobii is an uplifting resource that creates a positive atmosphere. Smiles, laughter and enjoyment were consistently found with 75% of respondents believing the Mobii has helped their most withdrawn residents.

Reminiscence & Nostalgia – finding ways to feel a sense of belonging and familiarity

We saw many residents who began a session fairly uncommunicative become animated, talking about their memories & past experiences prompted by the Mobii activity. 92% participants reminisced during sessions.

Social Interactions – opportunities to socialise and reduce loneliness

We consistently observed the Mobii encouraging residents to become more social, often singing along & laughing with peers, staff & family members. 80% of staff agree it has provided more quality social time.

Sensory Responses & Interactions – providing enriching multi-sensory experiences

We witnessed residents respond positively to the high colour visuals, 'painting' and sweeping with tactile brushes, balls & batons. Staff commented on the effects of the calming music content for those anxious or distressed with 96% of respondents saying they would happily recommend the Mobii to other homes.

"Our Mobii brings residents out of themselves, they start singing, smiling, interacting and engaging"

"Our residents' lives are more fulfilled with the Mobii system in place in our home."

"It has brought back lovely memories and it's great to see them interacting with each other"

"They are not noticing they are being physically active"
"It's a must have piece of kit!"