Introduction:
The pilot ‘Interactive moving’ is a project to stimulate the clients in an attractive way towards more movements, active way of life. Elderly people in a care and nursing homes in general, move very little. This can in part be explained due to the health problems and physical disabilities these people suffer from. It is alarming what the percentages are of people who are called ‘inactive’: 3/4 of the people in elderly homes are inactive and 9 out of 10 people in nursing homes are inactive. (ref. Tiessen Raaphorst, 2010).
In many tests and trials it has become clear that moving has a positive effect on physical and mental functioning and well being. The brochure: ‘experience directed care, bringing it into practise with care life plan’, tries to cause a change in care and caregivers. Currently in the whole country projects are being developed to stimulate this group of people towards more moving. In this light Livio has started this project with Levare Cura. The following systems have been used in a pilot of 6 weeks, contribution of Levare Cura:
inThera: screen, 2 Thera trainers, incl cycle routs, interactive games
Qwiek UP: 
Qwiek Melody: 
A person of Levare Cura will intensively follow and take care of this project with the aim to correct usage of products in the semi-public spaces.

The aim of the trial:
1. playful activation of movement and cognitive stimulation
2. taking measurements-before and after the pilot- which give an image in the change of certain physical functions. These tests will be done on people who do the interactive cycling, and executed by a physiotherapist. The data will be collected by volunteers.
3. integration of usage of modern interactive technique in the realisation of the total plan for moving for the elderly in LIVIO.

During the preparation of this pilot intensive cooperation has happened between communication department, and the head of volunteers in Livio. Eight volunteers applied to be there for 6 weeks and help and explain to participants what was the idea of the pilot.

The pilot took place 13 june till 25 Juli 2014. The volunteers got extended training of the all products involved. This was done by Levare Cura and by the physiotherapist. The volunteers were asked to collect certain data. The first 4 weeks Levare Cura gave a lot of extra support to the volunteers.

Pilot: during the pilot 74 participants cycled 194x times. Together they cycled 44 hours and the collective distance was 706 kilometer.

(and they had great fun..!)
Conclusion: Advice to management:

The result of the pilot are positive. Recommendations to buy 2 trainers with interactive screen (per institution). The quality of life will be improved by bettering the daily functions of living. 

It is recommended to keep tracing the data with a clear research inquiry. This can be done with Livio academy and with educational schools in the surrounding area.

Recognition of the cycling routes will be enhanced when local routing will be used. It needs to be written down and enquired with each client what their wish is, where moving is concerned. This needs to be part of the daily care plan. For this help is needed. It can be done by family, volunteers, stagiaire. For all people in the organization it must be made clear that moving is important for all the clients, and that it increases independance.

It seems best to start first with a zero assessment which could be done by students physiotherapy. For all clients it would also be useful to start with a zero assessment, to give them the right kind of advice for moving, which also works as a preventative measure. It fits in the projects Future 2017, to have means and products on location.

From evaluation it is clear that the muscle fatigue is improved. This means it is easier to keep full strength. This strength is needed for activities of daily living, and execute them in a comfortable way. The system also offers the possibility to cycle with intensity varying resistance, so work can be done on muscle strengthening. This needs to be done with the right kind of expertise.