





Motiview

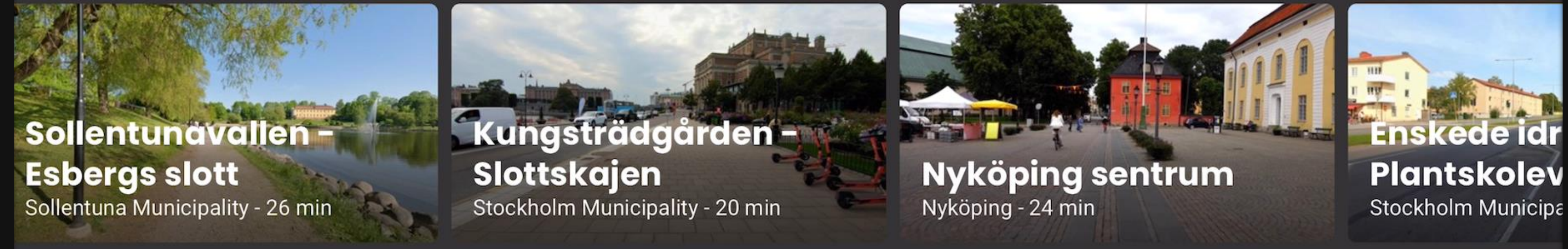
- 2,400 videos from 40 countries
- New videos added every year
- High quality videos filmed with seniors in mind
- Various music playlists to choose from



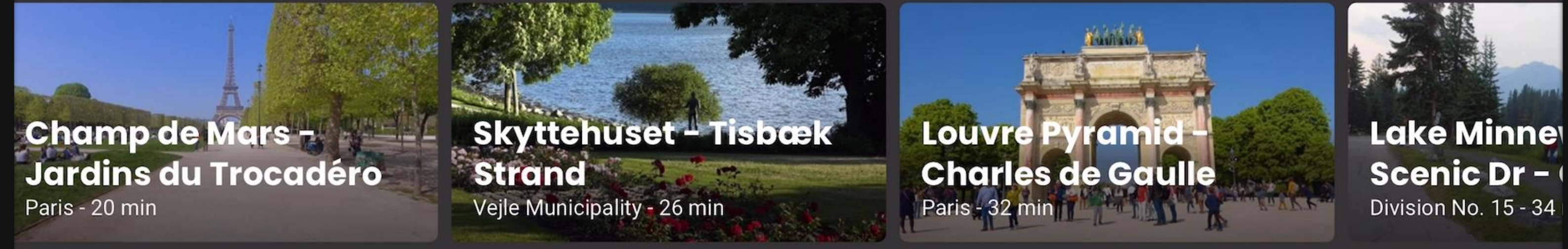
Favoritter >



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Utforsk verden >



A trip down Memory lane

Re-live your childhood memories, cycle past the school you went to, or the church you got married in.

We offer thousands of videos,
million of memories.



Travel the World

Explore new places with our extensive collection of videos, or bring back memories from your holidays.



Benefits



Physical benefits

Better appetite, better sleep,
improved mobility, fewer falls, less
need for medications.



Cognitive benefits

Better self-efficacy, increased general
contentment and wellbeing, reduction
in anxiety and distress



Social benefits

Social connectedness and inspiration
for residents, staff and relatives.
Inspires good conversations.

From Independent Living to Palliative Care



Independent living at home

Home care

Day Activity Centres

Rehabilitation

Assisted living

Care home

Palliative care

Sport England funded evaluation

The Evaluation of Motiview were performed in the period 2017-2021.

220 Seniors in 25 care facilities participated.

FINAL REPORT MOTIVIEW

“Providing increased physical and mental wellbeing for older people and people with dementia”



An external evaluation by Nordic Navigation



Motiview evaluation

220 seniors in 25 care
facilities in England, using
EQ5D - 5L.

▲
8 %

Mobility

▲
14 %

State of health

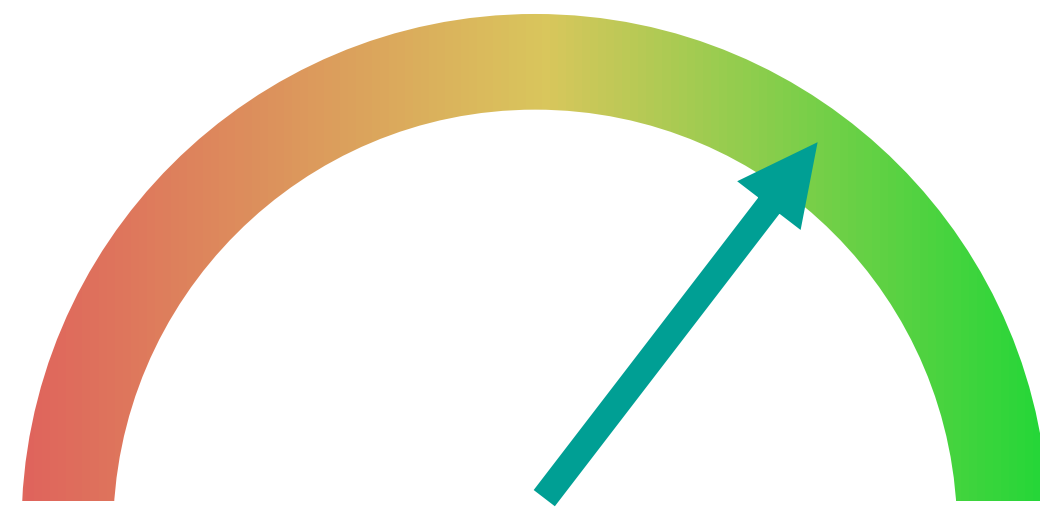
▼
9 %

Pain / discomfort

▼
12 %

Anxiety / depression

Feedback staff



How do you evaluate the impact and value of using Motiview?



Have you observed an increase in the cyclists' motivation for other daily activities?



Has Motiview influenced your motivation to facilitate physical activity?

QALY Calculations



£3,6

Results show a ROI Ratio
of more than £3,6 return
per £1 invested



ROAD WORLDS FOR SENIORS



Road Worlds for Seniors

4 weeks, each October

2024:

- 6913 participants
- 255 teams
- 10 countries participated
- 333 230 km (8,3 times around the world)



Free medals for all



Every participant in Road Worlds for Seniors receives a medal and a certificate as a visible symbol of their efforts.

Phyllis 108 years, at Care UK, Amherst Grange



"RWS has led to laughter, enjoyment, surprises regarding one's own physical and mental capacity, and a refreshing competitive spirit.
Several have said it feels like a sanctuary – it doesn't feel like living in a care home when cycling."

Slåtthaug care home, Norway



