

# Improving balance and strength in older people.

Made possible by **mimit**

Getting older people to regularly exercise encounters many barriers from health related problems to low motivation. Through the use of Exergames we aim to improve the active lifestyles of older people through purpose-built active-videogames.

[mimit.org.uk](http://mimit.org.uk)



## The need

Gaming technology aimed at preventing falls in the older population. The current healthcare system is untenable with increasing incidence of falls. Evidence suggests that specific strength/balance exercises reduce falls but there is low uptake and adherence with barriers to exercise – health problems, slow improvements, low motivation, other priorities.

## The solution

Gamification in healthcare is the application of design principles of computer games to healthcare solutions that work to change patient behaviour in order to attain better health. MIRA Exergames (physiotherapy based active-video games) were developed in collaboration with older people, software designers (MIRA Rehab Ltd), academics and clinicians.

## Pathway status:

## The output

After  
**12**

week use, patients had significantly improved balance, reduced pain and increased confidence



Cluster RCT completed

Licensed to Mira by Trustech, CE marked, and being used in the NHS in a number of sites

**£780k**

funding leveraged including SBRI Innovate UK, MFT and MICRA

Idea

Research Team

Discovery

Prototype

Safety/Efficacy

Product

Deploy/Commercial

In use