

OOMPH! WELLNESS

The leading supplier of wellness services
to the UK care sector

In 2023 Person Centred Software (PCS) acquired OOMPH, bringing them into the PCS family of products.

OOMPH! ON-DEMAND WELLBEING & ACTIVITIES PLATFORM

The **OOMPH!** On-Demand Wellbeing & Activities platform gives care home residents and staff access to specialist activity programmes, wellbeing programmes and content 24-7.

- Created by experts in wellbeing, mental health, dementia, and nutrition
- Integrates wellness expertise with science and technology
- Ability to create personalised plans and reports

What does the platform have to offer?

1000+

Activities

6

Live streaming
activities each week

24+

Hours of physical
activity

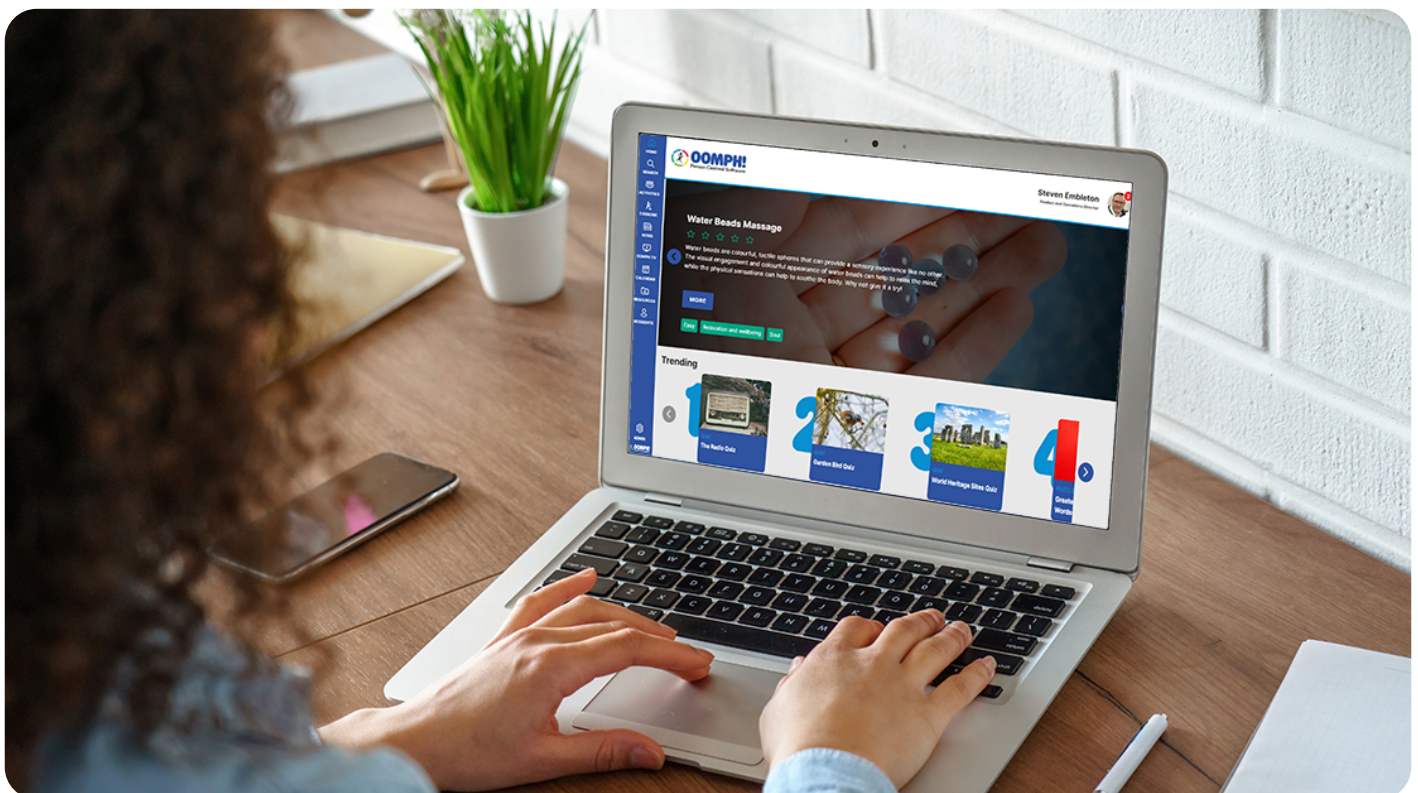
100+

Hours of video
content on a range
of specialist topics



Why staff should use the **OOMPH!** Wellbeing & Activities Platform

- **More time with residents**
- **Planning activities take less time**
- **Wellbeing content calendar** provided with expert content
- **Reporting tools** to measure resident wellbeing
- **Easy to use and navigate**, allowing users to find the content they need quickly
- A constant stream of customised ideas and content **brings interaction, fun, and laughter into homes**, benefiting staff and customers
- **Wellbeing toolkits** – supporting staff in delivering wellbeing sessions
- **Instruction videos** for developing and learning new skills
- A 'Residents Area', where care teams can **track, plan and review the impact activities are having on residents**. From engagement to inclusion, you will see how each resident benefits from the work you do, how engaged they are, and what activities they enjoy



OOMPH! WELLBEING & ACTIVITIES TRAINING FOR STAFF

OOMPH! Wellbeing & Activities Training enables your care team to develop skills and improve on every aspect of their wellbeing delivery.

Training is interactive, self-led and available to access 24-7.

- Learning plans are ***tailored to each home***
- Virtual workshops and eLearning courses run ***all year around***
- ***1-2-1 support sessions***
- ***Wellbeing assessment tool linked to the key lines of enquiry*** (KLOEs) to highlight areas for developing good practice



SPECIALIST WELLBEING SUPPORT FOR CARE STAFF

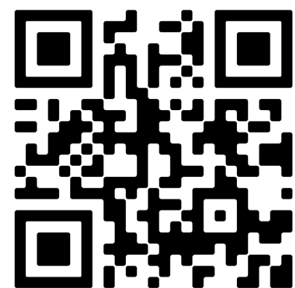
Teladoc myStrength is an app that can be accessed by care staff to support with your care teams' emotional and mental wellbeing.

How does myStrength work?

- Care workers complete a short assessment in the app which enables the service to direct them to **personalised wellbeing activities and resources** based on their preferences
- **Access to the Teladoc myStrength app is available 24-7, 365 days a year**
- **A personal guide is allocated to each Care Worker** within the app to answer any questions



For more information and to book a demo [click here](#)



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