**Assumption**
Kinaesthetics leads to a higher movement competence by the nursing staff to a better movement competence by the residents.

**Inputs**
Kinaesthetics-trainer level 3
motivated nursing staff
Scope for the year: movement competence for the whole nursing home
mandate and support from the management level

**Activities**
**Training**
Kinaesthetics: basic course advanced course Peer tutoring practice counselling

**Output**
Increasing knowledge and higher movement competence for the nursing staff

**Outcomes**
Change in movement behavior in the daily practice
Individual specific movement support of the residents

**Impacts**
Reduced subjective perceived physical strain by the mobilisation of patient for the nurses
Increased movement competence by the residents