

PRESS RELEASE

19 August 2026 09:30:00 CEST

Unika launches Move – a new concept in daily activities

On 19 August, Unika will open Move at Telefonplan in Stockholm. Unika is Attendo's combined offering within LSS, and Move is a new concept within its daily activity services, with a focus on physical activity, health and wellbeing.

"Our daily activity services have different profiles because people have different interests, needs and goals. With Move, we want to create more opportunities for people to find activities that feel meaningful and motivating to them. We are very pleased to now welcome participants to Move at Telefonplan," says Emelie Mossberg, Segment Director at Unika.

At Move, physical activity is combined with support aimed at creating structure, promoting personal development and increasing independence in everyday life. Activities take place in small groups and are adapted to each participant's individual needs and abilities.

Activities include adapted exercise and strength training, dance and movement, yoga and mindfulness, as well as outdoor activities. Participants are actively involved in shaping the programme based on their interests, abilities and individual goals.

Move is intended for people covered by Group 1 under the Swedish Act concerning Support and Service for Persons with Certain Functional Impairments (LSS).

About Unika

Attendo's combined offering within LSS (the Swedish Act Concerning Support and Service for Persons with Certain Functional Impairments) operates under the Unika brand. Unika comprises around 180 services within disability care across Sweden. Its mission is to create a safe and supportive environment that enables a meaningful and independent life. Unika provides a wide range of LSS services, including group homes, service apartments, day activities, residential care for children, and short-term stays. A common denominator across all Unika services is a strong focus on each individual's abilities, combined with a commitment to quality and tailored solutions. Unika also offers specialised services in areas such as co-occurring conditions, Prader-Willi syndrome, and sign language environments.

Attendo AB (publ)

PRESS RELEASE

19 August 2026 09:30:00 CEST

For further information, please contact:

Linda Bengtsson, Head of Press and External Communication Attendo
Phone: +46 738 39 98 00 | email: linda.bengtsson@attendo.com

About Attendo: Attendo is the leading care provider in the Nordics. With compassion, commitment and competence, we create quality in every interaction and strengthen the individual in their everyday life. Through experience, specialist competence and ability to add capacity, we are part of the solution to the care challenges in society. Our vision is to provide better care to more people. The operations comprise approximately 770 units and around 33,000 employees in Finland, Sweden and Denmark. Attendo's head quarter is located in Stockholm and the company is listed on Nasdaq Stockholm.

For more information

Linda Bengtsson
Head of Press and External Communications
Phone: +46 722 51 10 06
Email: linda.bengtsson@attendo.com

About Attendo

Attendo is the leading care provider in the Nordics. With compassion, commitment and competence, we create quality in every interaction and strengthen the individual in their everyday life. Through experience, specialist competence and ability to add capacity, we are part of the solution to the care challenges in society. Our vision is to provide better care to more people. The operations comprise approximately 770 units and around 33,000 employees in Finland, Sweden and Denmark. Attendo's head quarter is located in Stockholm and the company is listed on Nasdaq Stockholm.