



# HealthyLiving

*Wellness for Life!*

A Wellness Program proven to help residents remain active, independent and fulfilled!

**According to the U.S. Census Bureau\*, all baby boomers will be at least 65 years old by 2030. Additionally, an estimated 2.3 million will need senior care.** This presents a challenge to senior living communities; how do we help our aging community and provide them what they want, and certainly deserve? These unique senior care needs

can be met by senior living communities through a proven wellness program that is tailored to meet the needs of every individual through personalized programs including education, community wellness activities and data outcome tracking to provide proactive solutions to ensure residents age in place successfully.



# Wellness

RISE Senior Living's proven team-based wellness program, **HealthyLiving**, keeps your residents thriving and engaged with a variety of vibrant activities that spark interest, offer educational opportunities, and resident fulfillment. Grounded in the 6 Dimensions of Wellness, HealthyLiving promotes optimal health in body, mind, and spirit.

The program embraces a whole person wellness philosophy and addresses the six primary dimensions of wellness:



**93%** of residents that participate in **HealthyLiving** report satisfaction with the programming.

# Prevention

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## **Discovery Series**

Our educational Discovery Series program helps senior living residents stay healthier, more active, and confident in their ability to enjoy life. Educational series are taught in a variety of methods, including lectures, active demonstration and clinics.

Our resource library targets health concerns before they become problematic, including: Low Vision • Arthritis & Joint Health • Healthy Heart • Parkinson's • Pain Management • Brain Fitness • Balance & Falls Prevention • Hearing loss • Incontinence • Diabetes, Neuropathy & Foot Care

## **Health Literacy Series**

Health literacy programs provide education around management of chronic medical conditions on an on-going basis, critical for mitigating hospitalizations and rehospitalizations. Health Literacy programs are specific to: Joint Replacement • Pain Management • Chronic Obstructive Pulmonary Disease • Congestive Heart Failure • Diabetes • Dementia • Parkinson's • Arthritis

## **Comprehensive Health & Wellness Assessment**

This multi-dimensional assessment is comprised of ten standardized tests to support the on-going individual needs of residents, allowing for a smoother transition within the community and ensures successful aging in place, while establishing a baseline of function for individualized needs and summarizes the resident's: Fall Risk • Balance • Pain • Activity Tolerance for Community Mobility • Risk of Depression • Medication Management Skills • Transfer Ability • Nutritional Needs • ADL Performance • Cognition

# *Training*

“My siblings and I have been very pleased with our dad’s progress through the HealthyLiving program. The therapists were able to pin-point future potential issues and address them with customized therapy so he can maintain his level of activity.”

- Son of HealthyLiving participant

## **HealthyFIT**

The HealthyFIT personal training program focuses on providing one-on-one in person, group and/or virtual exercise activities to assist in maintaining the current level of function anytime residents need assistance with maintaining or increasing their current level of function. Frequency and intensity of training are determined by the resident and developed and implemented by licensed therapists.

# Outcomes



## Wellness Outcomes

HealthyLiving provides quarterly and trended data based on the wellness outcomes tracking system. The outcomes are tracked by a management database and measures how well the HealthyLiving wellness program is being used and what value it brings to your residents. This benchmarking system provides outcomes that are community, setting and/or resident specific, including:

- Health and Wellness Assessment
- HealthyLiving Class Participation
- HealthyFIT Utilization
- Discovery Series Engagement
- Resident Satisfaction

"The HealthyLiving programs have truly helped our residents in both independent and assisted living to fully engage with and appreciate our community. This has had a powerful effect on resident satisfaction, as well as our ability to achieve and maintain optimal occupancy."

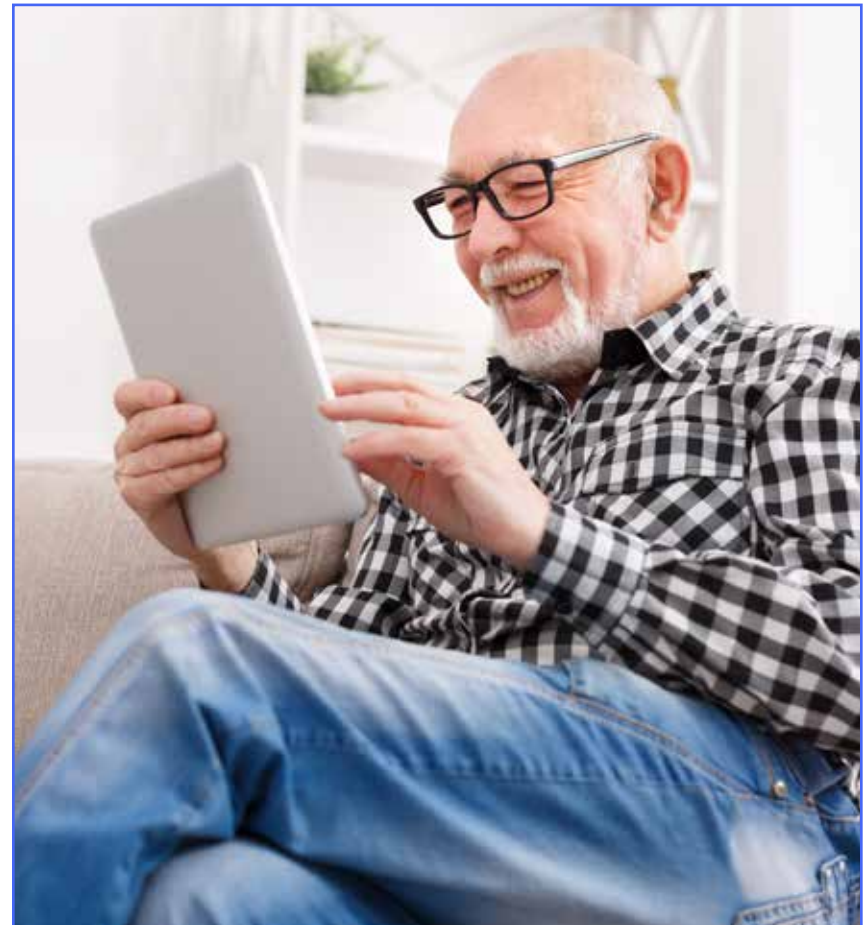
- Resident Care Director

# Technology

## Leveraging Technology

One in four Americans age 65+ fall each year\*\*, this not only results in physical injuries but psychological – resulting negatively in quality of life by limiting activities and increasing risk of further physical decline.

Because of this, we have partnered with VirtuSense to offer communities VSTBalance – an interactive fall risk program to help communities identify residents' risk of falls, allowing therapists to develop customized training programs to strengthen areas of weakness. Additionally, VSTBalance allows communities to conduct group exercise classes as VSTBalance accesses commonalities of residents and develops a class, benefiting the group of residents. Additionally, residents have access to VSTWell App for ease of engagement during and following therapy.



\*\* Source: *Keep on Your Feet-Preventing Older Adult Falls*, CDC.gov. <https://www.cdc.gov/injury/features/older-adult-falls>



Discover the benefits the HealthyLiving program can have for your community and residents.  
Contact us at [HealthyLivingWellness@healthpro-heritage.com](mailto:HealthyLivingWellness@healthpro-heritage.com).