

Pathways to Wellness Overview



Fitness Scorecard

- ✓ **Part of our Therapy Offering**
- ✓ **Establish a baseline for residents**
- ✓ **Assessment Includes:**



Strength & Flexibility



Endurance



Agility/Response Time



Balance

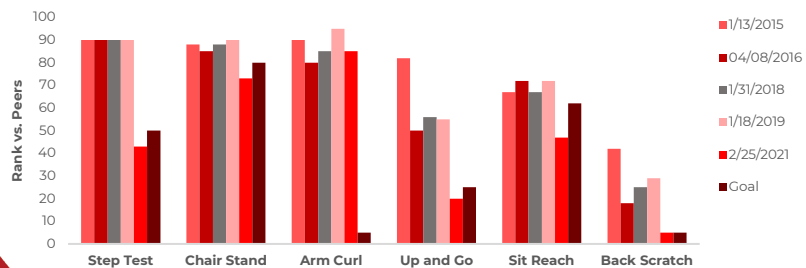


Frailty Scale



Cognition

Assessment Progress

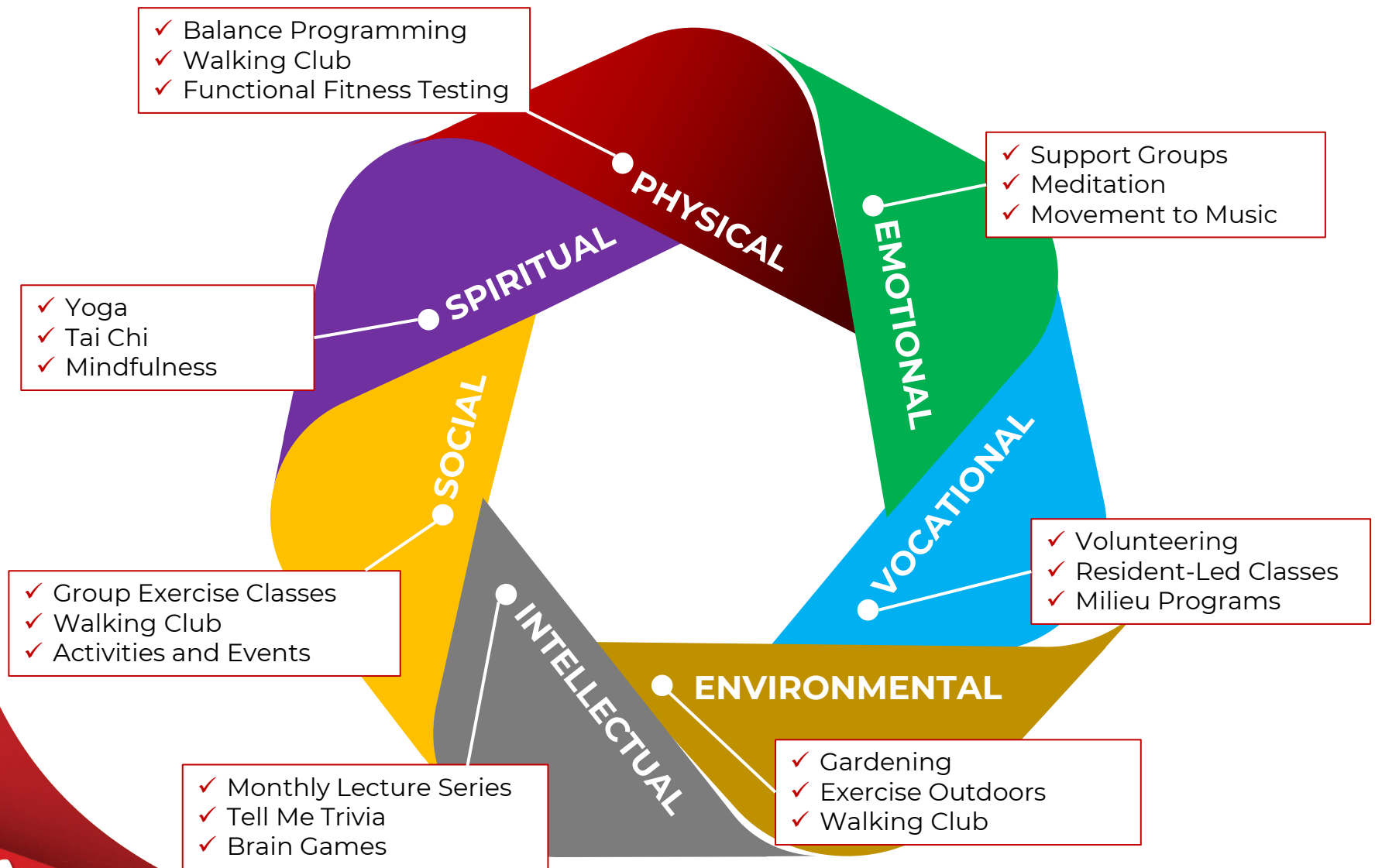


Identify Change in Function

- ✓ **Predictive**
- ✓ **Functional Fitness Scorecard** – Identifies declines compared to previous testing, and identifies areas or opportunity
- ✓ **Change in Participation In Wellness programs-** identify residents not participating like they used to, etc., to catch declines before a fall or hospital stay
- ✓ **Proactive**
- ✓ **Follow up from Fitness Scorecard-** Referral and Tracking; Screen to Eval Ratio
- ✓ **Proactive Touch Point with Residents-** Resident Self reporting opportunity menu (Ex. hotel breakfast menu)
- ✓ **Communication from Community Team** Noticeable change in function
- ✓ **Direct relationship between wellness and therapy-** Referring to each other



7 Dimensions of Wellness



Wellness Implementation



Community Needs Assessment

Strategy and Expectations Meeting

Wellness Kick-Off Event

**Functional Fitness Scorecard and
Interest Surveys**

**Data Review and Program
Recommendations**

Program Roll-Out

Therapy/Wellness Connection



Wellness Lecture Series

Monthly Topics include, but are not limited to:



Why Walking



Aquatics and YOU!



Dealing with Osteoporosis



Improving Your Breathing



Normal Aging



Season's Greetings



Better Hearing and Speech



Great Outdoors Month



Heart Health



Month of Gratitude



Breast Cancer Related Edema



Living with Arthritis



Low Vision



New Year, New You



Successful Sleep Habits



Nutrition Awareness



Parkinson's



Physical Therapy



Celebrating Independence



Stress Management



Men's Health



Women's Health



Breathing Techniques



Hydration Awareness



Fall Prevention



Speech Therapy



Occupational Therapy



Urinary Incontinence



Body Mechanics



The Aging Brain



Bladder Control



"I really enjoy the monthly lectures – they are always so informational. And the trivia questions are fun and engaging!"

Good Shepherd Resident

Wellness Programs

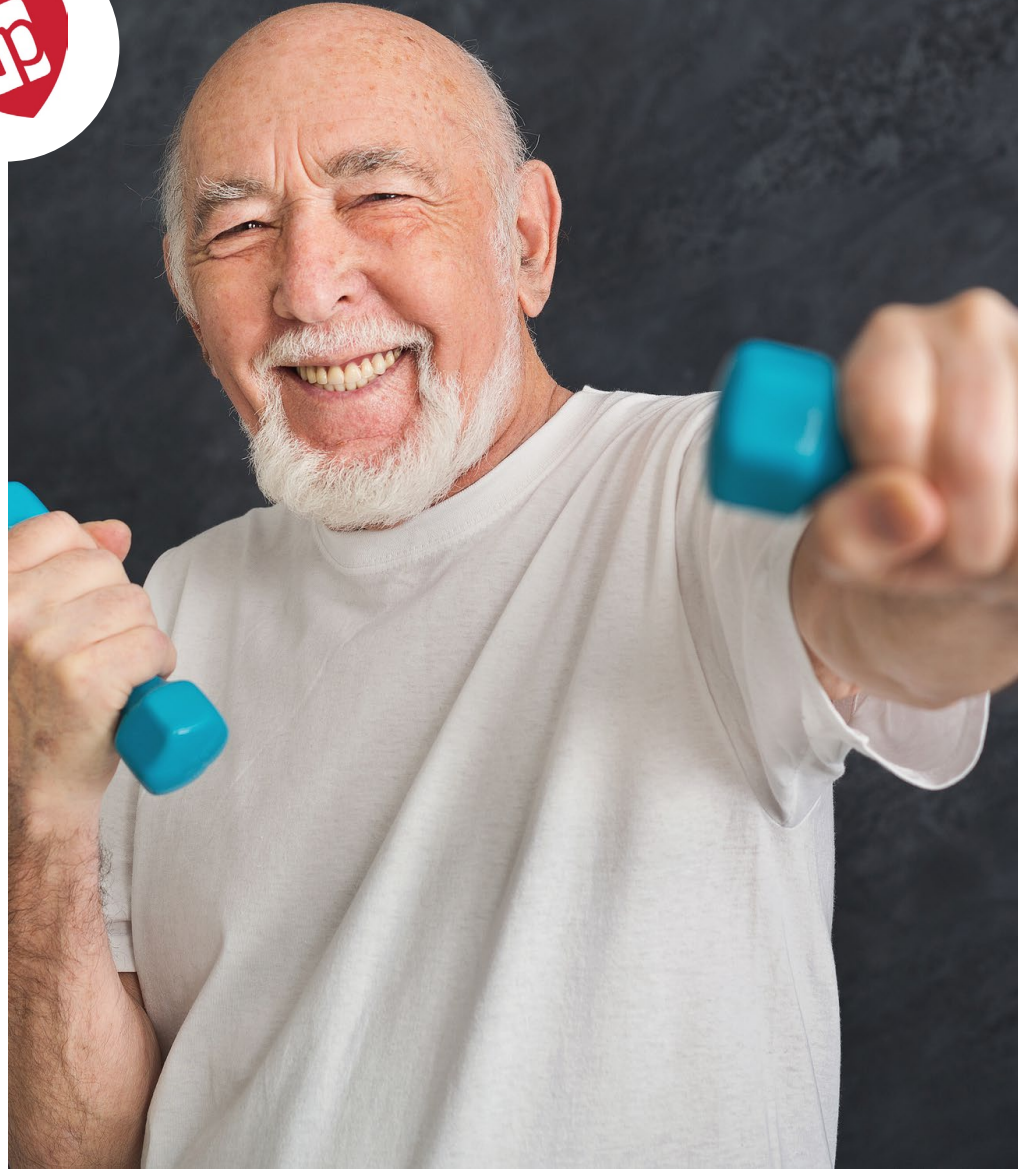
Sample Group Exercise Offerings

- Guided Relaxation
- Sit and Be Fit
- Cognitive Calisthenics
- Brain Power
- Aquatics
- Specialty Classes
- Sit and Be Strong
- Balance
- Seated Kickboxing
- Mindful Meditation
- Stretching and Flexibility
- Tai Chi



Additional Offerings

- Walking Clubs and Programs
- Incentives
- Personal Training
- Equipment Orientations
- Employee Wellness
- Core4 Programs



Elevated Activities

Programs and Offerings Include,
but are not limited to:



Summer/Winter Olympics



Movement with Music



Visual Travel



Walking Path
Partners



Gardening
Club



Beyond Book Club



Better than
Bingo



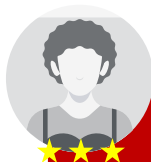
Cooking Classes



Tell Me
Trivia



Chef's Dinner



"The expertise and professionalism directed by the wellness coordinator and the therapy team have truly enabled me to complete this journey to maintain my independence and quality of life. I am truly blessed to have these programs, as I may not have recovered as well if I were living alone!"

Williamsport Resident



Pathways To Wellness Program Tiers

Tier 1

Foundation of our Wellness Program

- ✓ Included in our Therapy Offering
- ✓ Bi-Annual Functional Fitness Scorecard
- ✓ Data Tracking
- ✓ Monthly Lecture Series

Tier 2

Build Your Own Platform

- ✓ Support your Current Wellness Program
- ✓ Consultative Services
- ✓ Pick from Menu of Services based on Community Need
- ✓ Billed Monthly

Tier 3

Full-Time/Part-Time

- ✓ Functional Pathways Wellness Coordinator
- ✓ Customized Group Exercise and Program Schedule
- ✓ 64+ Wellness Program Offerings
- ✓ Billed Monthly





#FEELTHELOVE

Are you feeling the love from your therapy provider?

