

LeadingAge
Illinois

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MOMENTUM
**2023 ANNUAL
MEETING & EXPO**
Renaissance Schaumburg
Convention Center - Schaumburg, IL

Expanding Wellness Possibilities:
Improving Resident Advocacy and Community Census
3/8/2023 Session 13 E



**Expanding Wellness
Possibilities:
*Improving Resident
Advocacy & Community
Census***

Jordan Bowman
Speech-Language Pathologist
Meditation Teacher
Powerback Rehabilitation
LeadingAge IL 2023

Objectives

- Illustrate how a *robust* and *sustainable* wellness program promotes aging in place
- Discuss items to consider when developing a wellness *strategy*
- Examine how collaboration with your rehabilitation provider and *marketing* your wellness program can drive patient advocacy



pause on
purpose



"Wellness is derived from our ability to understand, accept and act upon our capacity to lead a purpose-filled and engaged life. In doing so, we can embrace our potential (physical, emotional, spiritual, intellectual, social, environmental, vocational) to pursue and optimize life's possibilities."

- International Council on Active Aging (ICAA)



"Wellness is a life-long interactive process of becoming aware of and practicing healthy choices to create a more successful and balanced lifestyle."

- American Physical Therapy Association
Section on Geriatrics
Health & Wellness SIG



Wellness Programming: *How do we make it sustainable?*

- Design resident driven programming
 - Ex: quarterly resident interest checklists
- Create consistency
 - Stick to a schedule
- Follow outcomes
 - Track program outcomes and modify to meet resident needs
- Adapt to change
 - AND! Remember to return to what matters / what works
- Combine Employee & Resident wellness programming



Sustainability

Social Circles Interest Worksheet

Introduction

A Social Circle, also known as a social group, is two or more participants that meet regularly to share similar interests and passions. An example would be a gardening Social Circle.

Social Group Personal History

Have you ever participated in or been a member of a social group(s)? (example: cooking group, card club, gardening club, book club, etc)? ☐ Yes ☐ No

If yes, name the social group(s):

Social Circle Personal Interests

Place a check next to any Social Circle category that interests you.

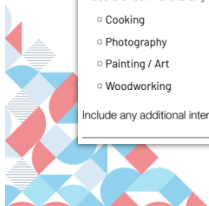
☐ Cooking ☐ History ☐ Dancing
☐ Photography ☐ Sports ☐ Theater
☐ Painting / Art ☐ Gardening ☐ Writing
☐ Woodworking ☐ Animals / Wildlife ☐ Men's or Women's Group

Include any additional interests for social circle topics or categories not listed above:

Resident Information

Name: _____

Date: _____



Social Circle Curriculum

Social Circle Example Group Activities

Cooking <ul style="list-style-type: none"> • Education via cooking magazines, books, videos • Plan a meal • Cook a meal • Resident recipe swap 	History <ul style="list-style-type: none"> • Identify a meaningful or interesting time in history from the group • Learn as a group • Reminiscence about personal events during historical times 	Dancing <ul style="list-style-type: none"> • Explore history of dance • Watch dance performances • Plan an outing to a local performance • Invite local dancer guest speaker
Photography <ul style="list-style-type: none"> • Education via photography magazines, books, videos, photos • Invite a local photographer guest speaker • Plan an outing to a local museum 	Sports <ul style="list-style-type: none"> • Education via magazines, books, videos, photos • Reminiscence about sports activities • Watch sports • Play community approved sports 	Theater <ul style="list-style-type: none"> • Explore history of the theater • Watch plays • Plan an outing to a local theater • Resident table read of a play
Painting / Art <ul style="list-style-type: none"> • Explore history of art/painting • Plan a picture to paint • Painting class • Invite a local artist guest speaker 	Gardening <ul style="list-style-type: none"> • Education via cooking magazines, books, videos • Plan an indoor or outdoor garden • Maintain garden 	Writing <ul style="list-style-type: none"> • Write poetry • Write mini plays • Write short stories • Discuss writing samples and short stories
Woodworking	Animals / Wildlife	Mens or Women's Group

Vitality Check – Resident Outcomes

Site	Site 1	Select Site First
Last Name	TestLast1	Select Last Name
First Name	TestFirst1	Select First Name
Middle Initial	I	Select Middle Initial

Dashboard Resident Report

Resident Name: TestFirst1 TestLast1 Age: 100 Gender: Female

Date of Last Check: 11/3/2020

Current Risk Categories:

BCAT-BF findings:	Additional testing may be recommended.
Biceps Curl Performance:	This resident scores at or above normative values
Timed Up and Go Performance:	Low Risk
Resident Self-Reported Difficulties:	12
Current report of pain:	Reported pain that is not new or worse in last 3 months, and does not interfere with your regular activity.
Resident status compared to previous Vitality Check:	No previous Vitality Check, OR Unknown.
Evaluation(s) recommended most recent Vitality Check:	PT, OT, ST
Other Follow-up Recommended most recent Vitality Check:	As we discussed, I strongly recommend seeing your Primary Care provider to discuss this most recent check. We're noticing some things that may put you at risk for falls and other declines. Please let us know how we can help!

Brief Cognitive Assessment Tool (BCAT-BF)

BCAT scores indicate general cognitive level of functioning. Scores can provide an indication of where general cognitive functioning is in terms of a continuum between "normal" and "dementia." "Normal" cognitive function is considered with a score of 19 or greater.

Biceps Curl Test

This test measures upper body strength and stamina. It is associated with the ability of a person to perform lifestyle tasks such as carrying heavy objects in the home or shopping bags, subwoles or infants. Number of repetitions completed is compared to age and gender normative values.

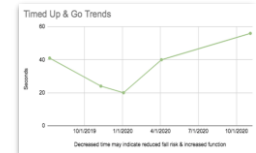
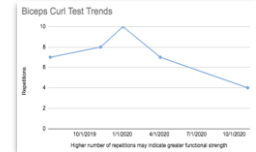
Timed Up and Go (TUG)

This test is used to determine fall risk and measure the progress of balance, sit to stand and walking. Residents completing the TUG in <12 seconds may be considered at Low Risk for Falls.

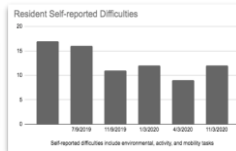
Resident Self-Reported Difficulties:

Residents are asked to function in their environment, general activities of daily living, and functional mobility. Resident may answer: "Yes" or "No", or the answer may be marked "NA". Number of items in each category: Environment 4, Activities 12, Mobility 10, Optional Activities 8.

*This report includes sample resident data only.
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	Pain Present?	Interfere with Function?	New/Worsening in last 3 months?
11/3/2020	Yes	No	No
4/9/2020	Yes	No	No
1/3/2020	Yes	No	No
11/9/2019	Yes	No	No
7/9/2019	Yes	No	No



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Vitality Check – Community Outcomes

Site 1	Q3 2019	Q4 2019	Q1 2020	Q2 2020	Q3 2020	Q4 2020
Number of Vitality Checks completed	17	21	25	21	21	15
Number of sites with at least one Vitality Check completed	1	1	1	1	1	1
Completion Rate (percentage of sites completed)	100%	100%	100%	100%	100%	100%
Completion to Last Vitality Check (percentage of sites)	100%	100%	100%	100%	100%	100%
Cognitive Functioning Trends (BCAT-BF)						
Percentage of Vitality Checks where BCAT-BF completed	100%	100%	100%	100%	100%	100%
Normal (19-21)	8	10	10	4	7	5
Additional Testing Recommended (16-18)	5	10	8	5	10	5
Additional Testing Recommended (10-15)	4	1	2	1	4	1
Functional Strength Trends (Biceps Curl Test)						
Percentage of Vitality Checks where Biceps Curl completed	88%	88%	84%	87%	88%	67%
Above normative values	8	10	11	3	10	7
Below normative values	7	9	10	7	9	3
Mobility and Balance Trends (Timed Up and Go)						
Percentage of Vitality Checks where TUG completed	88%	88%	88%	84%	88%	67%
Low risk	1	3	3	3	3	2
Moderate risk	1	1	3	1	3	0
High risk	5	3	6	5	5	1
Resident Self-reported Difficulties with ADLs/Mobility						
Number of Residents with at least one difficulty	17	21	25	21	21	15
Number of Residents with at least 5 difficulty	17	21	25	21	21	15
Number of Residents with at least 10 difficulty	12	19	17	8	10	9
Number of Residents with at least 20 difficulty	0	0	0	0	0	0
Pain						
Presence of Pain	5	3	7	1	3	4
New or Worsening Pain	1	4	3	1	5	3

Resident Self-Reported Difficulties: Residents are asked to function in their environment, general activities of daily living, and functional mobility. Resident may answer: "Yes" or "No", or the answer may be marked "NA". Number of items in each category: Environment 4, Activities 12, Mobility 10, Optional Activities 8.



Brief Cognitive Assessment Tool (BCAT-BF)

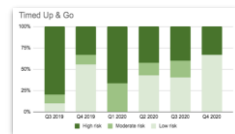
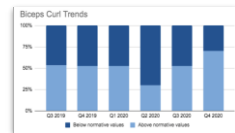
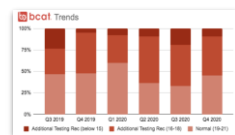
BCAT scores indicate general cognitive level of functioning. Scores can provide an indication of where general cognitive functioning is in terms of a continuum between "normal" and "dementia." "Normal" cognitive function is considered with a score of 19 or greater.

Biceps Curl Test

This test measures upper body strength and stamina. It is associated with the ability of a person to perform lifestyle tasks such as carrying heavy objects in the home or shopping bags, subwoles or infants. Number of repetitions completed is compared to age and gender normative values.

Timed Up and Go (TUG)

This test is used to determine fall risk and measure the progress of balance, sit to stand and walking. Residents completing the TUG in <12 seconds may be considered at Low Risk for Falls.



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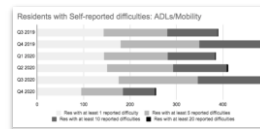
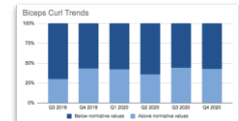
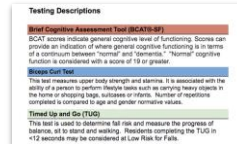
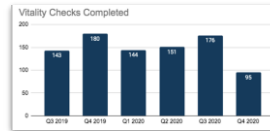
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Vitality Check – Chain Customer Outcomes

Customer Demo 3		Q3 2019	Q4 2019	Q1 2020	Q2 2020	Q3 2020	Q4 2020
Number of Vitality Checks completed		143	180	144	151	178	95
Number of sites with at least one Vitality Check completed		9	18	9	18	9	9
Evaluation Recommended		137 (96.6%)	147 (81.7%)	136 (94.4%)	132 (87.4%)	168 (94.4%)	83 (87.4%)
Comparison to Last V-Check							
Better		30%	27%	31%	37%	35%	31%
No previous Vitality Check, OR Unimproved		40%	42%	44%	50%	50%	50%
Cognitive Functioning Trends (BCAT9-BP)		52%	88%	92%	88%	93%	88%
Percentage of Vitality Checks when BCAT9-BP completed		36	51	43	37	51	28
Normal (19-21)		69	84	61	70	84	40
Additional Testing Recommended (19-18)		39	33	28	29	29	17
Additional Testing Recommended (below 10)							
Functional Strength Trends (Biceps Curl Test)							
Percentage of Vitality Checks when Biceps Curl completed		80%	74%	81%	75%	82%	74%
Above normative values		34	38	49	41	44	38
Below normative values		86	76	67	73	81	48
Mobility and Balance Trends (Timed Up and Go)							
Percentage of Vitality Checks when TUG completed		67%	67%	67%	68%	66%	64%
Low risk		32	38	31	35	38	28
Moderate risk		34	29	31	27	31	17
High risk		23	29	37	24	24	18
Resident Self-reported difficulties with ADLs/Mobility							
Number of Residents with at least one difficulty		143	180	144	151	178	95
Number of Residents with at least 5 difficulty		137	169	137	142	170	90
Number of Residents with at least 10 difficulty		108	139	102	115	141	69
Number of Residents with at least 20 difficulty		2	6	2	4	2	2
Pain							
Presence of Pain		38	43	39	35	35	23
New or Worsening Pain		20	39	30	28	34	22



Resident Self-Reported Difficulties: Residents are asked to function in their environment, general activities of daily living, and functional mobility. Resident may answer: "Yes" or "No", or the answer may be marked "N/A." Number of items in each category: Environment 4, Activities 12, Mobility 10, Optional Activities 8.



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Employee Wellness, Health & Safety

Employee Training

- Back Safety Program
- Safe Patient Handling
- Competency Check
- Mechanical Lift Training

Employment Screening and Risk Management Consulting

- Customer Guidance for Employee Health Program
- "Return to Work" Examination
- Facility-Specific Equipment Competency
- Physical Performance Screenings
- Ergonomic Consultation



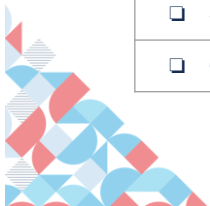
Wellness Programming: *How do we make it robust?*

- Determine your organization's philosophy
 - Create a consistent wellness culture
- Consider all the dimensions of wellness
- Incorporate therapy provider wellness
 - Experts in physical, cognitive, mind-body wellness
- Consider resident preferences
 - Group vs Individual
- Quarterly check-ins
- Stay up to date on trends / evidence



Robust Programming through The Dimensions of Wellness

Dimension
<input type="checkbox"/> Physical wellness
<input type="checkbox"/> Emotional wellness
<input type="checkbox"/> Intellectual wellness
<input type="checkbox"/> Spiritual wellness
<input type="checkbox"/> Environmental wellness
<input type="checkbox"/> Social wellness
<input type="checkbox"/> Occupational wellness



Personalized Individual Wellness Services



inspire Personalized Services

Age In Motion gives you the power to grow stronger, feel better, and live fully.

Age In Motion is a complete solution developed to nurture each of the dimensions of wellness for healthy aging. This program expands the existing health and wellness resources offered within the community to include personalized training/guidance specifically suited for the older adult population and your unique goals.

With a focus on overall well-being, Personalized Services and the overall Age In Motion program can improve health, reduce fall risk, help decrease hospital stays, and support an active lifestyle that promotes aging in place.

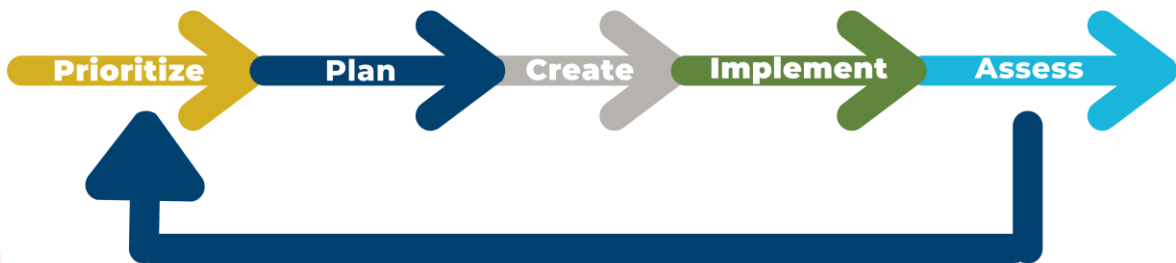
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Wellness Programming: *How do we create a strategy?*

Strategic Planning Process



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Prioritize



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Plan

Dimension	Technology for Wellness Examples
<input type="checkbox"/> Physical wellness	Fitness tracker watch
<input type="checkbox"/> Emotional wellness	Meditation application (app)
<input type="checkbox"/> Intellectual wellness	Brain fitness app
<input type="checkbox"/> Spiritual wellness	Social networking group from local church
<input type="checkbox"/> Environmental wellness	Ego-friendly app
<input type="checkbox"/> Social wellness	Audio/Video Platform
<input type="checkbox"/> Occupational wellness	Computer/Tablets

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Create



Pathways To Wellness®

HIGHLIGHTS		
Inspire	Influence	Ignite
VIRTUAL + IN-PERSON OFFERINGS	VIRTUAL + IN-PERSON OFFERINGS	VIRTUAL + IN-PERSON OFFERINGS
Current Powerback Rehabilitation Team	+0.5 FTE Powerback Rehabilitation Staff	+1.0 FTE Powerback Rehabilitation Specialist
Complimentary No Fee	Additional Fee	Additional Fee
Monthly Newsletter	Monthly Newsletter	Monthly Newsletter
Vitality Check	Vitality Check	Vitality Check
Exercise Classes (4 in-person class options)	Exercise Classes (14 + 5 aquatic** in-person class options + consultations)	Exercise Classes (20 + 5 aquatic** in-person class options + consultations)
Wellness Seminars (12 prerecorded virtual + in-person topics)	Wellness Seminars (26 class options with limited prerecorded virtual videos)	Wellness Seminars (27 class options with limited prerecorded virtual videos)
Virtual Resources (12 prerecorded virtual videos)	Virtual Resources (Expanding selection of prerecorded virtual videos)	Virtual Resources (Expanding selection of prerecorded virtual videos)
Social Circles	Social Circles	Social Circles
	Grab & Go Resources	Grab & Go Resources
	Availability for Therapeutic Massage Services**	Availability for Therapeutic Massage Services**
	Availability for Personalized Services**	Availability for Personalized Services**
		Mind-Body Wellness (35 options for Meditation, Mindfulness, and Mantras)

*Requires additional Powerback and/or 3rd party training/certifications

**Additional fee/direct bill to resident/patient

***Additional requirements

****Create pool required

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Assess

- ✓ Quarter 1: cognitive/intellectual and physical wellness
- ✓ Quarter 3: physical, environmental wellness

Testing Descriptions

Brief Cognitive Assessment Test (BCAT)-MFI
BCAT scores indicate general cognitive level of functioning. Scores can provide an indicator of where general cognitive functioning is in terms of a continuum between "normal" and "dementia." "Normal" cognitive function is considered with a score of 15 or greater.

Beepers Cuff Test
This test measures upper body strength and stamina. It is associated with the ability of a person to perform basic tasks such as carrying heavy objects in the home or shopping bags, furniture or items. Number of repetitions completed is compared to age and gender normative values.

Timed Up and Go (TUG)
This test is used to determine fall risk and measure the progress of balance, sit to stand and walking. Residents completing the TUG in <12 seconds may be considered at Low Risk for Falls.

BCAT Trends

Beepers Cuff Trends

Timed Up & Go Trends

Social Circles Interest Worksheet

Resident Information
Name: _____
Date: _____

Introduction
A Social Circle, also known as a social group, is two or more participants that meet regularly to share similar interests and passions. An example would be a gardening Social Circle.

Social Group Personal History
Have you ever participated in or been a member of a social group(s)? (example: cooking group, card club, gardening club, book club, etc)? Yes No
If yes, name the social group(s): _____

Social Circle Personal Interests
Place a check next to any Social Circle category that interests you.

<input type="checkbox"/> Cooking	<input type="checkbox"/> History	<input type="checkbox"/> Dancing
<input type="checkbox"/> Photography	<input type="checkbox"/> Sports	<input type="checkbox"/> Theater
<input type="checkbox"/> Painting / Art	<input type="checkbox"/> Gardening	<input type="checkbox"/> Writing
<input type="checkbox"/> Woodworking	<input type="checkbox"/> Animals / Wildlife	<input type="checkbox"/> Men's or Women's Group

Include any additional interests for social circle topics or categories not listed above: _____

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Wellness Programming: *How do we market?*

- Consider both marketing and brand management plan
 - Social media considerations
 - Online review considerations
 - Image considerations: sincere / relevant / real images
- Co-brand with therapy and other providers
- Request talking points from other departments/providers
- Take advantage of other providers' networks
- Track the ROI on your efforts



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What we reviewed today ...

- Illustrated how a *robust* and *sustainable* wellness program promotes aging in place
- Discussed items to consider when developing a wellness *strategy*
- Examined how collaboration with your rehabilitation provider and *marketing* your wellness program can drive patient advocacy (and community occupancy)

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Questions?

Thank you! Enjoy the rest of LeadingAge
IL 2023!!

Jordan Bowman
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pause on
purpose



LeadingAge®
Illinois

MOMENTUM

**2023 ANNUAL
MEETING & EXPO**

MARCH 7-8, 2023

Renaissance Schaumburg
Convention Center - Schaumburg, IL