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Presentation Objectives

	<p>Review Senior Wellness Trends</p> <p>Discuss Primary Domains of Wellness</p>
<p>Discuss Benefits of a Holistic Wellness Program</p> <p>Review Strategies to Launch Your Program</p>	

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Trends in Senior Wellness




Rejection of stereotypical aging
Cognitive/Brain Health



Embracing Technology
Maintaining Friendships
Purposeful Longevity


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Rejection of Typical Aging

Access to information, changing mindsets, better healthcare and alternative medicine are helping people live longer, happier and healthier lives.

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Cognitive/Brain Health

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	<p>Embracing Technology</p> <p>Seniors realize the ways technology can keep them in touch with friends/family and overall make their lives easier and more enjoyable.</p> <hr/>
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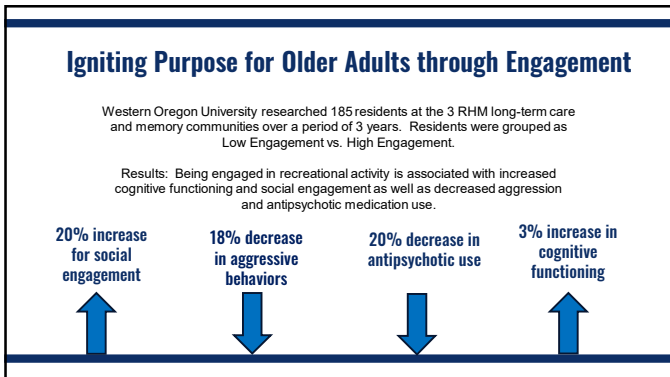
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Purposeful Engagement —

Purposeful engagement is the act of being fully present and involved in an activity or role, with the goal of deriving the most benefit from it. It can also mean being open to new experiences and participating in activities with an open mind



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Industry Response

76% of organizations have adjusted services and programs to appeal to adults 70 years and younger.

80% of organizations will continue to expand their wellness programs by adding more activities, classes and programs.

43% of IL/AL Residents "strongly agree or agree" that the wellness program was a primary reason for move-in.




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Six Dimensions of Wellness



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Physical Wellness

Physical Wellness is the ability to maintain a healthy quality of life that allows us to get through our daily activities while maintaining comfort and **INDEPENDENCE**.

It also includes the ability to recognize that our behaviors have a significant impact on our wellness and adopting healthful habits.


Dance Classes • Tai Chi • Nutritional Classes
• Walking Clubs • Corn Hole Tournaments

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Spiritual Wellness

Spirituality is a highly personal set of practices and beliefs. Like religion, spirituality goes far beyond our day-to-day experiences, ultimately informing our perspective on our place in the world. It involves a **HOLISTIC** approach to inner satisfaction and well-being that encompasses the body, spirit and soul.

Meditation Clinics • Reflection Gardens • Bible Study
Hymnal Singing Groups • Religious Services



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Occupational Wellness

Occupational wellness is the dimension of one's well-being that focuses on the personal gratification and enrichment a person derives from work.

However, "work" doesn't have to mean your prior **VOCATION**, and it doesn't mean you have to make money from an endeavor. It can mean whatever pursuit provides the feeling of being useful and the opportunity to develop and exercise one's skills and talents.


Resident Committees • Mentoring • Volunteering
Fundraisers • Newsletters

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Social Wellness

Social wellness is the ability to relate to and connect with others. Our ability to **ENGAGE** with and maintain positive relationships with friends and family contributing to our social wellness.

Game Nights • Happy Hour • Group Outings
Special Interest Clubs • Lawn Games



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Emotional Wellness

Emotional wellness is knowing, understanding and accepting the things that happen in our lives.

Emotional health can be compromised due to life-changing events such as loss, health issues, financial struggles, or even the transition of moving. **TRUST** is an important element in our emotional health.

Laughter Yoga • Journaling • Support Groups
Pet Visits • Music Therapy

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Intellectual Wellness

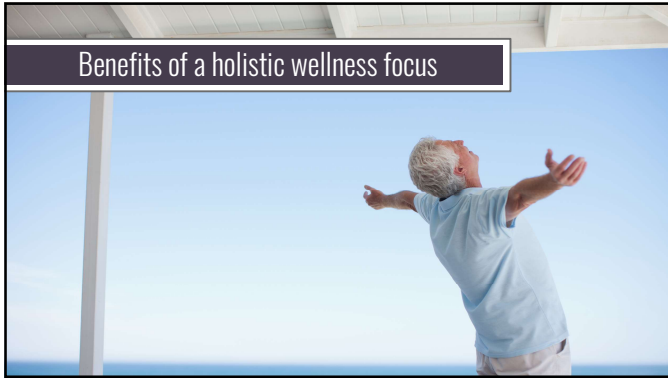
This dimension is integral to improving your ability to adapt intellectually while also continuing to learn new information throughout the course of your life.

It encourages you to expand your knowledge and share it with others. Research suggests cognitive decline can be slowed or even prevented in aging adults who are frequently engaging in cognitively stimulating activities.

College Courses • Guest Speakers • Book Clubs
Trivia Nights • Computer Labs • Brain HQ



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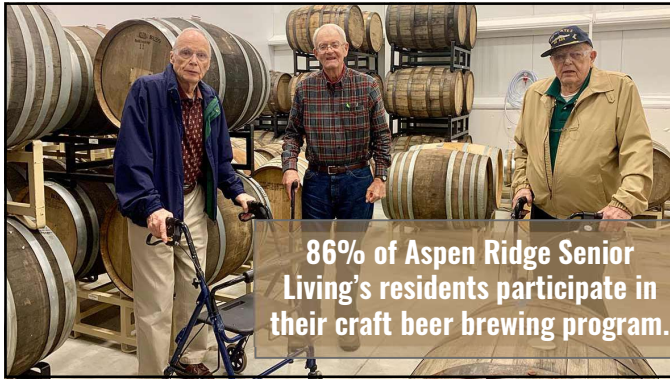
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Strategies to Launch

- 1 Define your why
- 2 Enlist stakeholder support
- 3 Empower Residents

The slide features a three-step process on the left and a photograph of an elderly woman wearing a wide-brimmed hat and a blue shirt, holding a large wicker basket filled with fresh vegetables like tomatoes, peppers, and leafy greens. The background of the photo is a lush garden.

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Ask the why

Questions to assess the degree to which wellness and resident preferences are incorporated into your current program:


- Does this help people achieve their fullest potential?
- Does it recognize and address the whole person (multi-dimensional approach)?
- Does it affirm and mobilize people's positive qualities and strengths?
- Do we have the needed buy-in to make this culture shift?

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Enlist Support —

A holistic wellness focus does not live only in Activities!!!! All departments have a job to do when adopting a Whole Person Wellness focus.

- Human Resources
- Chaplain
- Clinical
- Therapy
- Sales/Marketing



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Dining —

- Plant Based Revolution
- Global Flavor Fusion
- Farm-to-Table Freshness
- Comfort Food with a Twist
- Sustainable Dining



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Empower Residents

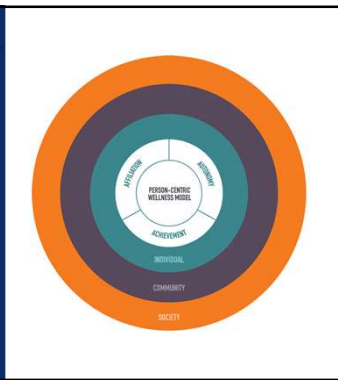
- Resident Assessments
- Resident Directed Programming
- Resident Workgroups

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Design around the three A's

Successful Person-Centered Wellness Programs focus on:

- **Autonomy**
- **Affiliation**
- **Achievement**



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Self Assessment —

Personal Wellness: understanding your own feelings and recognizing emotions is a constructive way, including the ability to deal with your emotions with life challenges.

	Score	Really	Sometimes	Usually
1. I find it easy to express my emotions in positive, constructive ways.	1	2	3	4
2. I recognize when an emotion and take steps to manage my own feelings, apart from medication.	1	2	3	4
3. An emotion and can become bad after a disagreement or problem.	1	2	3	4
4. I manage my emotions through my work, family, friends and other programs.	1	2	3	4
5. An emotion and able to adjust or change a point in my life.	1	2	3	4
6. I am able to make decisions with emotions in mind or anger.	1	2	3	4
7. When I am angry, I try to let others know a non-conflictual or non-harmful way.	1	2	3	4

Total _____

Environmental Wellness: recognizing the interaction between yourself and your environment (natural and social), especially using available resources, and learning safer and healthier environments for others.

	Score	Really	Sometimes	Usually
1. I respect the needs of my neighbors or community.	1	2	3	4
2. I respect the wishes of my community or my health.	1	2	3	4
3. I am aware of and make use of my own health, fitness, and safety resources.	1	2	3	4
4. I practice environmentalism, conservation, and safety.	1	2	3	4
5. I look for ways to improve the social environment of my community.	1	2	3	4
6. I continue to work on my own environment, safety and health plan.	1	2	3	4
7. I am aware of and help people who appear to be in my way of being healthy and well.	1	2	3	4

Total _____

U matter
Actively caring for yourself and others.

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When all else fails
listen to the real
experts....

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