



# **THE SENIOR HOUSING COMMUNITY THE SETTING FOR THE WELLNESS HUB**





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Increasingly, providers of senior housing are recognizing the essential importance of enabling access for their residents to wellness information and supportive services. However, such supportive activities, in the majority of cases, tend to be extremely limited.

Those providing primary care, especially for seniors, in great part stimulated by rapidly rising costs, are embracing the vital role of **PREVENTION** to avoid critical health events, control chronic conditions as well as maintaining personal vitality. Still lacking is an emphasis upon a **PERSONALIZED** and holistic approach to health which involves not just primary care, but also other forms of wellness opportunities as well as the impact of the physical environment in which persons socializes and reside.

Embracing a more comprehensive approach, has significant potential benefits to the housing provider including:

- Increased tenant stability by achieving extended resident independence
- Enhancement of staff awareness and sensitivity to health-related conditions and indicators of illness
- Reinforcement of the senior housing provider's reputation as an innovator, offering essential services to its residents
- Increased attractiveness of the housing provided especially as related to other senior housing options
- Achievement of mutually beneficial relationships with local businesses, integrative medicine and primary care providers

### **WELLNESS HUB GOALS**

In response, **Synthesis Interests Inc.** has evolved the **WELLNESS HUB** approach for senior housing providers to serve as the physical location for the delivery of wellness services to its residents. with the following major goals:

*To refine and implement, for senior housing residents, an affordable, effective personalized health and wellness program. A program based upon the application of a proven established technology assessment system, with support from professionally trained persons, to achieve positive and sustained outcomes*

Many senior housing communities have many resources that can support and enhance the implementation and on-going functioning of a Wellness Hub.

- ✓ Media center space equipped with flat screen TV
- ✓ Access to computers together with free Wi-Fi
- ✓ Fitness center with a range of exercise equipment

- ✓ Newsletters and other means to communicate with residents
- ✓ Dedicated transportation for residents
- ✓ Established referral relationships with local health providers
- ✓ On-site staff that could be trained to support a wellness program
- ✓ Existing spaces suitable for the location of a wellness hub

Health care providers are employing tele-medicine or telehealth to inform and enhance their communication with their patients. In order to help retain employees, improve productivity and avoid accidents businesses are also embracing a wide range of wellness programs. Many of the most effective programs integrate the use of established technologies with personalized guidance delivered face-to-face, telephonically or on mobile devices. Such technologies employ techniques to provide wellness assessments which then serve as the basis for creating personalized wellness plans that can identify risk factors for chronic or acute conditions.



**COACHES & STAFF GUIDES**



**MOBILE TECHNOLOGY**



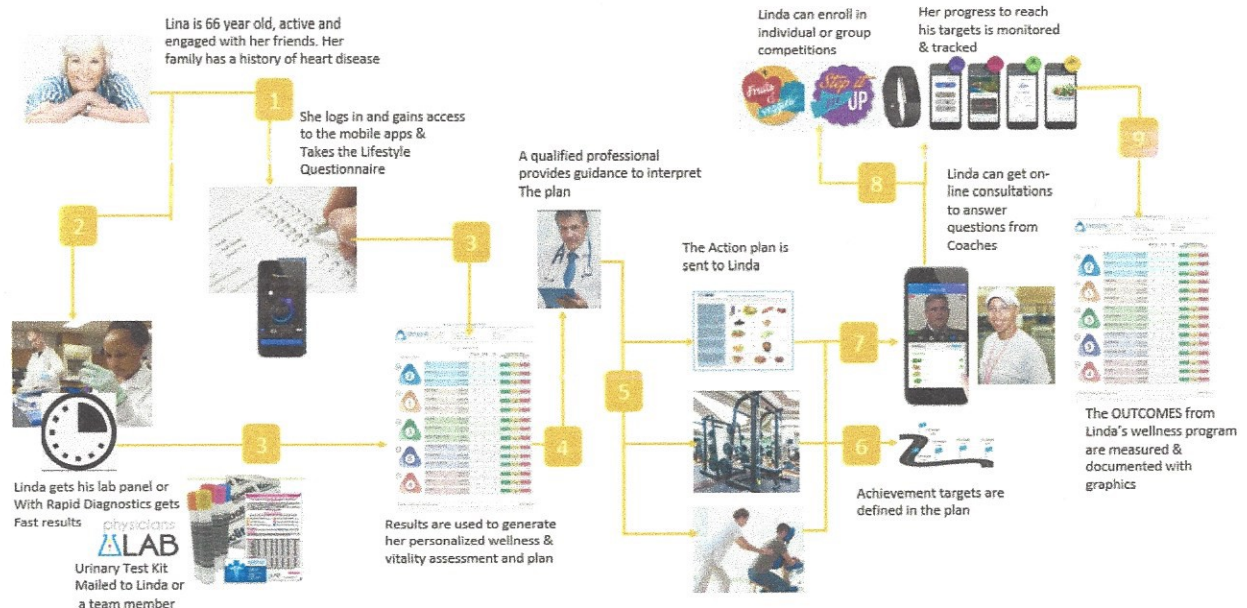
**ON-LINE PARTICIPANT COMMUNITY FAMILY & FRIENDS**

**WELLNESS HUB RESIDENT BENEFITS & OUTCOMES**

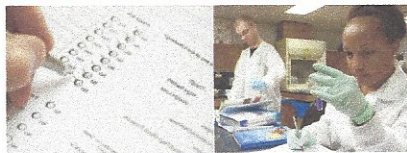
- Access to personalized health and wellness programs with achievement goals and the means to track progress
- Increased awareness by residents and senior community management of problematic resident physical and emotional conditions
- Encouragement of resident participants to take a more pro-active role managing their health and wellness
- Effective techniques to help gain participant engagement over the longer term to achieve lasting improvements to health and wellness
- The opportunity to be involved in an on-line health and wellness community with others that have common interests and needs



## THE WELLNESS HUB PROCESS



## CREATING PERSONALIZED HEALTH & VITALITY ASSESSMENTS



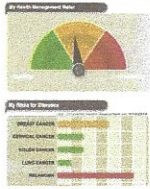
*the Personalized Health and Vitality Assessment* is provided to the

participants. It is made up of two parts: 1) the **Life-Style Questionnaire**; and 2) **Biometric Tests** of blood and urine samples. The questions address a wide range of factors, related to energy levels, stress, sleep, mood, prescription drugs, exercise, diet and pain.

The **questionnaire** would be made available in several ways and settings. It would be sent electronically to those participants comfortable using their mobile device or computer. Alternatively, participants could come to the Extension Center at pre-arranged times to fill out the questionnaire using the centers computers, assisted by the Guide or volunteer ambassadors.

**Biometric Testing** involves the gathering of blood and potentially urine or saliva samples from participants. Blood pressure, heart rate with blood and urine specimens could be collected by authorized personnel. Administration of test could be conducted at the Extension Center or within participating employee or senior facility locations. This testing may also address areas such as toxic levels, food allergies and drug-nutrient depletions. Annual blood panels are typically part of standard health monitoring. The inclusion of biometric data would not be required but offered to those approving including such information.

## PROVIDING PERSONALIZED HEALTH & VITALITY REPORTS & PLANS



information from answers to the questionnaire, together with the results from the laboratory tests are then processed by proprietary algorithms. A personalized report is generated which shows how the body is performing and also predicts the risk of certain future conditions. The detailed laboratory results can also be presented. Most importantly, personalized “alerts” are presented which address levels that are too high or too low together with the typical indicators for those conditions. The report can be able to be a printed as well as viewed on the participant’s personal devices.

The results of the assessment will be the basis for the *Personalized Wellness and Vitality Plan*. This plan defines specific actions to be taken to address the identified problem areas. This may include dietary guidance, exercise regimes, and other suggested behavioral changes that may affect stress, pain management and sleep together with certain “achievement targets”.

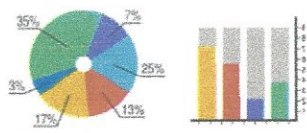
## MAKING THE PLAN UNDERSTANDABLE WITH HELP & ENCOURAGEMENT



The wellness plan is only of value if the participant understands its recommendations and how best to act upon those suggestions. Results take time, with longer term engagement critical to achieving positive outcomes. Each participant would be assigned to a professionally trained “Coach” with communication made by phone and/or on-line to monitor their progress and to help support their on-going engagement. These coaches would be complemented by a specially assigned trained extension center staff person(s), serving as “guide(s)”, aided by the volunteer ambassadors.

Gatherings of participants would also be held at the Extension Center, particularly for groups with similar wellness plan recommended actions. In addition, the monitoring of progress would make use of information from a wide range of wearable devices, some available at reduced costs, together with self-reporting. An **on-line community** will enable participants to share experiences and suggestions. The **invite capability** enables the wellness plan to be shared with family, friends and co-workers to provide further encouragement.

## DOCUMENTING OUTCOMES



Generalized information about the wellness program participants will be analyzed and reported, including participant demographics, the frequency of occurrence of certain problems and conditions from the assessments, network integrative medicine service provider referrals

and use, duration of participant engagement. All aspects of the project process and cost model will be evaluated including affordability, resident acceptance, perception and actual benefits together with the usefulness of the software applications.

Most importantly will be the statements of personal outcomes. One of the major values of the use of biometrics is that such information could be gathered as part of the initial assessment as well as later in the process. This would provide actual data about the participant's constitution to help define the actual level of improvement achieved.