

Why Water Worx for Senior Living FALLS REDUCTION CASE STUDY



Lakeview Village, Lenexa, KS
Non-profit Continuing Care Retirement Community
750 residents

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Falls Assessment and Reduction Program Employed:

Lakeview Village uses the following assessments to improve balance and reduce falls; Fullerton Advanced Balance Scale, Berg and Senior Fitness Test. All the assessments have been researched and are proven and valid. The information provided was compiled over a three-year period and is directly related to an aquatic environment. We use a combination of the HydroWorx 1200 and our regular pool for our fall prevention program called FallProof H2O.

Assessment Results:

- 37% gain in lower body strength
- 28% gain in center of gravity training
- 26% scored better on their turns
- 19% of clients moved out of fall risk category

Fall Data Results:

The above statistics all affect balance and mobility. What we do know is those who participate in our program are not falling, or if they are falling, it is not requiring hospitalization.

- 30% decrease in falls from 2009 to 2014
- 50% of decrease in more than one occurrence per year
- We are seeing less hospitalization visits as a result of falls

Research Validation:

Research performed at Utah State University, Texas A&M University as well as the University of Wisconsin proves that underwater treadmill exercise benefits aging adults. Their findings show:

- Lean body mass increases with underwater treadmill training, with gains seen mainly in the legs.
- High Intensity Interval Training (HIIT) for subjects with Osteoarthritis displayed reduced joint pain and improved balance, function and mobility after a 6-week aquatic treadmill program.
- Hydrotherapy is a positive way to improve flexibility, sleep patterns and reduce muscle and joint pain in older adults.

What Lakeview Village Participants are Saying:

"I am working hard on my balance. This has been a great class and I plan on continuing on with the next level."

"The class has helped me to be more aware of my posture and how I walk. Also, I have noticed some improvement in my balance."

"This class has given me strength to get out and enjoy more activities. I was strong enough to climb up on the back of an elephant and take a ride with one of my grandchildren!"