



Service Spotlight

HealthPRO® Heritage offers individualized health and wellness services for residents as part of our HealthyFIT program. These one-on-one sessions allow residents to choose from a menu of private exercise or treatment sessions. HealthPRO® Heritage coordinates staffing, training, scheduling and how these services fit into the overall vision for providing an integrative model. Typically residents are charged for each of these private sessions.

At RiverMead LifeCare Community, HealthyFIT has been an integral component of the exceptional holistic care model at this wellness-focused community in New England.

For more than 1.5 years, many residents have participated in regular HealthyFIT sessions and understand the value of working one-on-one with a member of the HealthPRO® Heritage therapy team. Best practices associated with HealthyFIT include:

- An MD order should be obtained to “Eval & treat as indicated to develop an exercise program.”
- Residents are evaluated by a therapist when HealthyFIT services are initiated and at 3 month intervals.
- Customized one-on-one sessions are designed to specifically address each resident’s goals and concerns.
- Scheduling of session days/times must remain consistent week-to-week.
- Sessions are conducted by consistent staff of physical therapist assistants or occupational therapist assistants.
- Sessions for high functioning residents may include routine one-on-one pool exercises, out-of-doors ambulation sessions, pain reduction programming, weight training, balance training.
- Higher acuity residents especially benefit from HealthyFIT sessions (as with one-on-one attention to help with ambulating, transfers and routine care).
- Routine, non-skilled modalities are incorporated into sessions as appropriate (paraffin treatment, massage, stretching, strengthening, etc.)
- Therapy assistants may often refer residents back to skilled therapy if necessary.
- Sessions are typically 1-3x/week and last for about 30 minutes.

Documented Benefits of HealthyFIT Sessions

- Resident satisfaction! Enjoy working with the same therapist to focus on individualized needs; enjoy physical and psychological stimulation; maintain/gain strength, balance and cognitive skills thru a safe, prescribed program.
- Safety is a priority, and HealthyFit is an optimal program for maintaining activity level.
- Nursing staff appreciates that HealthyFIT residents receive additional support so as to support a resident as he/she ages in place and maintains independence with self-care.
- Adult children and resident representatives have piece of mind knowing their loved one is receiving one-on-one attention from professionals.
- Those potential residents visiting RiverMead are encouraged to learn about HealthyFIT as an important service option.