**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.