



Life Works Wellness Program

“Whatever the event or activity, keeping residents involved is key to helping them feel at home. Engagement in many dimensions guards against depression, promotes improved functional abilities, and helps seniors age successfully and enjoy their best quality of life.”

Benefits

- Allows Activity Directors to spend more time with residents (+ 20 hrs. per month, on average)
- Strengthens existing programs with additional tools and resources for a whole-person wellness approach
- Bolsters regulatory compliance and enhances the focus on resident-centered care
- Impacts CMS Star Rating by enhancing multiple dimensions of service quality and delivery
- Increases event participation and attendance
- Provides supplemental tools to further develop Activity Directors
- Supports training for those new to the role of activities
- Supports ongoing training and support for activity professionals.



Senior care leaders understand the importance of supporting their facility programs with resources to provide a comprehensive approach to care. The Life Works Wellness Program grants facilities a license to use our portfolio of tools and resources, designed to bring a resident-centered wellness approach to your activities.

Program Components

- Editable monthly calendar templates with suggested Life Works Signature Programs
- Customizable monthly newsletter templates for each location or facility
- Monthly Conference Calls – These calls are conducted to provide additional information regarding resources and answer staff questions. They are intended to build a sense of community and encourage the sharing of team experiences.
- Quarterly Webinars – Training webinars are provided each quarter to enhance ongoing education and learning for facility staff. Topic examples include: “How to Conduct Quality Assessments”, “Activities: Non-pharmacological Approach to Care”, “Wellness, Your First RX.”

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Program Components, continued

- Life Works Program Resources (delivered electronically):

Body Works

Includes a wide variety of exercise classes, as well as instruction and guidelines for exercises focused on balance, strength, and dance. Additionally, includes Laugh Well and Adapted Sport Fitness resources to allow for continued team exercise. Supports the physical dimension of wellness.

Mind Works

Provides an extensive range of cognitive stimulation resources such as: trivia and reminiscing activities, educational topics (e.g. Wellness University learning for Seniors), and Mind Work Packets for individual pursuits. Supports the intellectual dimension of wellness.

Art Works

Step-by-step instructions and supply lists for arts, crafts and creative programming. Staff can learn how to incorporate art into memory and emotional activities. Supports the vocational dimension of wellness.

Sensory Works

Includes multiple programs to engage all the senses and is intended to stimulate appetite, foster improvement in mood and emotions, and also ignite positive memories. Supports the emotional dimension of wellness.

Nature Works

Provides resources for gardening projects, engaging with nature, and both indoor and outdoor nature-focused activities. Supports both the emotional and vocational dimension of wellness.

Wellness Works

Each month, these resources will focus on overall health and wellness education. Resources may be a tool to offer for independent education, one-on-one or implemented in a group session. Wellness Works Newsletters are diagnosis-focused and a great tool to use for rehabilitation patients or long-term care residents.

Life Story Book

This resource provides residents with Life Story Pages to assist them in capturing their life story. A new topic is provided every week to stimulate unique ways to chronicle the life of the residents. Activities are completed either in groups, one-on-ones, or with family, and provide opportunities for meaningful interactions.

Bonus Resources

Additional resources are provided to go with seasons, themes or holidays to enhance overall programming. These will include both individual and one-on-one resources.

Exclusive Add-Ons

- Client will also have access as needed to the following resources:
 - Complimentary one-time 50% chart audit specific to activities (e.g. assessments, care plans, one-on-one documentation, program participation – through EMR access)
 - 100% chart audit specific to activities as requested
 - Staff Training: Additional assistance and support for activities staff available as requested

**For more information or to schedule a consultation, please contact:
info@lifetimewellness.us**

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