

COLLAGE and the Path to Your Personal Wellness Plan



Program Development

- Personal Wellness Plan
 - Often meet with trainer promptly
- Increased participation in the fitness center and in Wellness classes
 - Balance Class
 - Change in staffing patterns

Quality Improvement

- Resident Survey
- Positive Leadership leads to Healthy attitude
- Opportunities to expand knowledge
 - Religion and Chaplaincy

Participation

- Shuffleboard
 - Resident vs. Staff
- Putting, Pumpkin Painting, and Potluck
 - Resident and Staff pairs
- 73% Residential Living is involved in exercise
- 84% COLLAGE participants involved in exercise