



An innovative program by
Lutheran Homes of South Carolina

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Lutheran Homes of South Carolina, Inc.



Who is Lutheran Homes of SC?

- We are a non-profit ministry of the Lutheran Church dedicated to the service and care of older adults.



LHSC Communities and Services

- **Franke at Seaside - Mt Pleasant**
 - Active Lifestyle
 - Independent Living
 - Assisted Living*
 - Memory Support*
 - Skilled Nursing and Rehabilitation
- **Lowman Home - White Rock**
 - Active Lifestyle
 - Independent Living
 - Assisted Living*
 - Memory Support*
 - Skilled Nursing and Rehabilitation

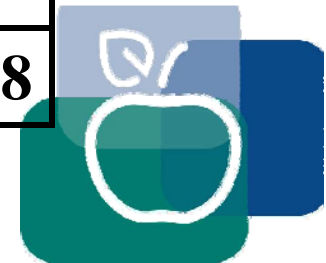
* Memory Support Care
Level

- **Rice Home - Columbia**
 - Independent Living
 - Assisted Living*
 - Memory Support*
 - Skilled Nursing and Rehabilitation
- **RoseCrest Retirement - Inman**
 - Active Lifestyle
 - Assisted Living*
 - Memory Support*
 - Skilled Nursing and Rehabilitation*
- **Trinity Lutheran Home - Aiken**
 - Independent Living
 - Assisted Living
- **BeWell Home Services – Richland and Charleston Counties**
 - Non-medical home care



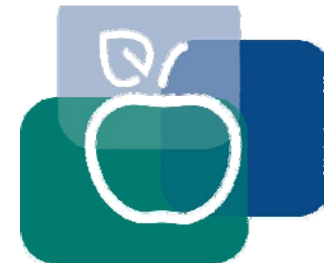
LHSC Current Residents

Program Service Area	Census
Active Lifestyle	209
Independent Living	118
Assisted Living	237
Skilled Nursing & Rehabilitation	295
Assisted Living Memory Support	92
Hospice	127
Total	1078



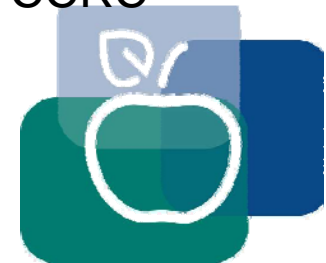
LHSC Wellness Operational Goals

- **Achieve Strategic Plan goals for Mission Critical Activities and Operational Objectives**
- **Improve process for resident entry and transition within community through utilizing scientific assessment tools**
- **Maintain status as premier provider of CCRC, hospice and home care services with innovative wellness programming**
- **Enhance care delivery systems**



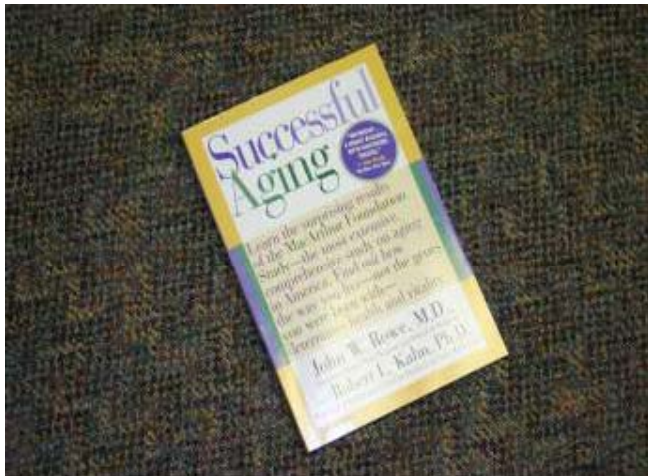
Be Well Purpose and Objectives

- **Purpose**
To implement “Be Well”-a comprehensive wellness program to promote the well being of older persons served by LHSC.
- **Objectives**
 1. To assist Be Well participants to achieve their personal goals for successful aging by preventing and reducing risk for chronic disease and disability, maintaining physical and mental function and engaging with life.
 2. To implement the Collage assessment process to assist with individual’s care and health maintenance program planning, resident entry and transition within the CCRC, and future Be Well Programming.
 3. To strengthen LHSC’s wellness programs to promote successful aging through development of programs and services to assist participants in preventing chronic disease and disability, maintaining optimal physical and mental functioning and continuing engagement with life at five CCRC campuses and in At Your Service.



The MacArthur Foundation Study of Successful Aging

- Three spheres influence how well one ages.



1. PREVENT

Avoiding disease and disability,

2. MAINTAIN

high physical and mental functioning

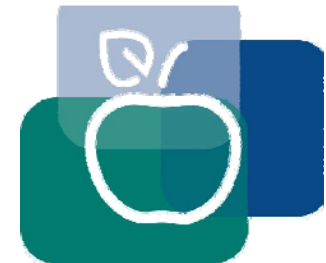
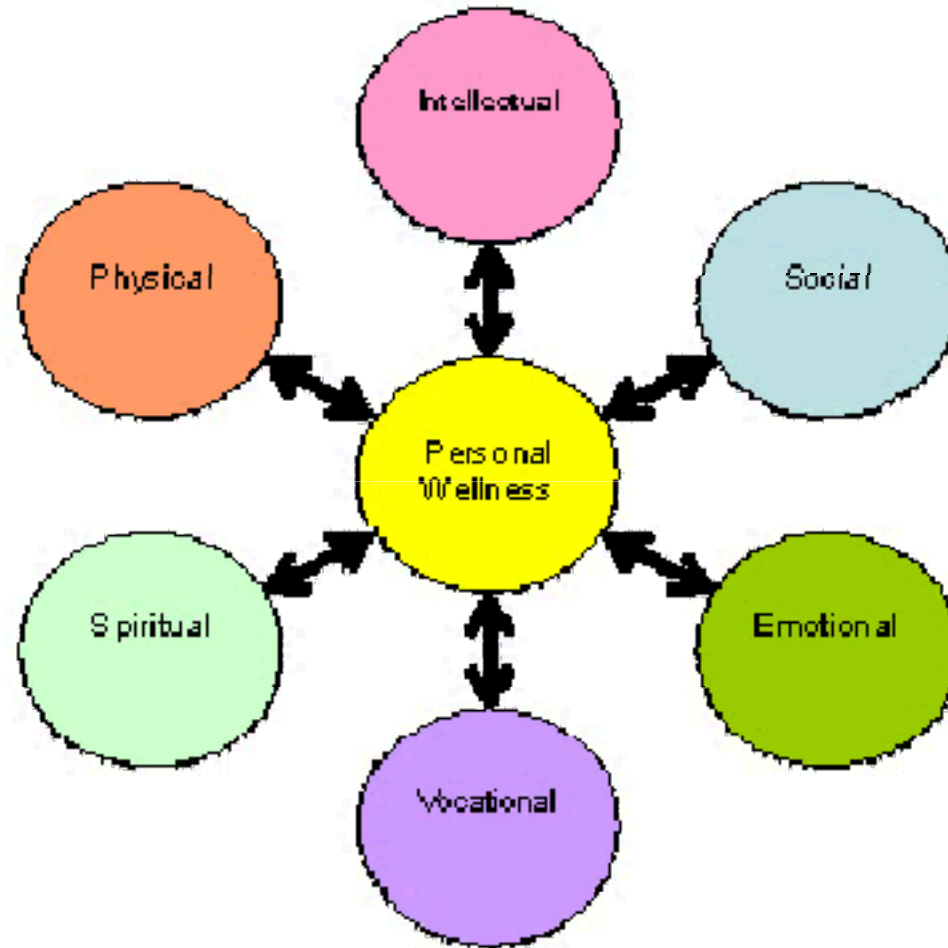
3. ENGAGE

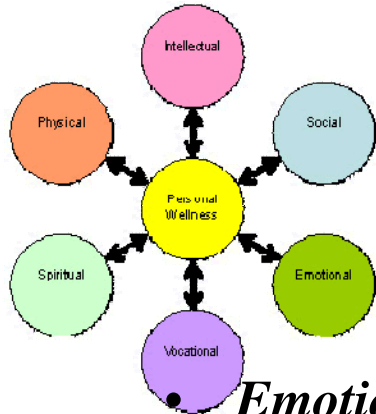
continuing to engage with life.



National Wellness Institute

Six Dimensions of Wellness

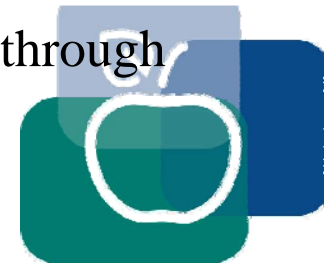




National Wellness Institute

Six Dimensions of Wellness

- ***Emotional***—Emphasizes awareness and acceptance of one's feelings. Reflects to what degree to which a person feels positive and enthusiastic about life.
- ***Intellectual***— Promotes expansion of knowledge through resources and cultural activities.
- ***Physical***—Promotes activities to increase muscular strengthening, cardiovascular endurance, and flexibility. Encourages healthy lifestyle habits.
- ***Social***—Fosters the creation and maintenance of healthy relationships. Fosters positive interaction within the CCRC/Agency to improve the welfare of the participants.
- ***Spiritual***—Involves development of personal values and ethics. Promotes the seeking of meaning and purpose in human experience. This area is self-determined.
- ***Vocational***—Encourages the development of new skills through meaningful activities



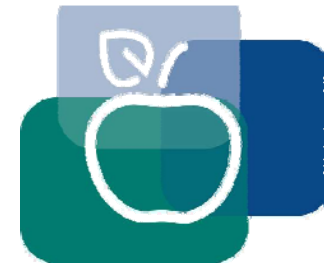
What works and what doesn't?

- Timing was key for LHSC
 - a local lawsuit with national presence filed by an independent living female at a retirement community refused a higher level of care. The retirement community had no documentation or assessment to back their recommendations.



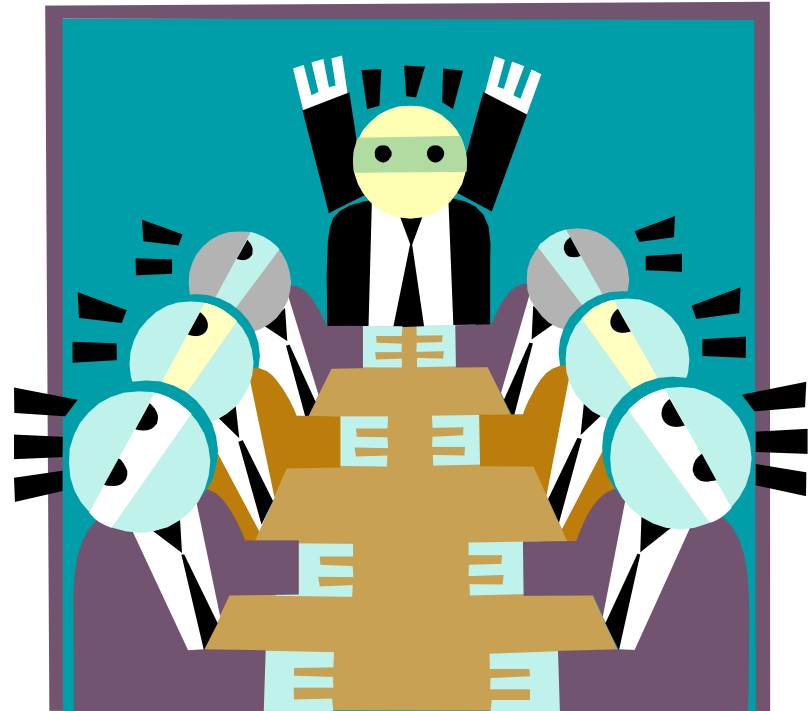
What works and what doesn't?

- Standardized assessments
 - At Lutheran Homes of SC we have health professionals at each of our communities. However, before implementing Collage, we had no one tool or process to assess our residents for transitions.



What works?

- Collage training & Implementation
 - Made a high priority by our LHSC Board and CEO, Dr. Tom Brown
 - Became part of LHSC's Strategic Plan



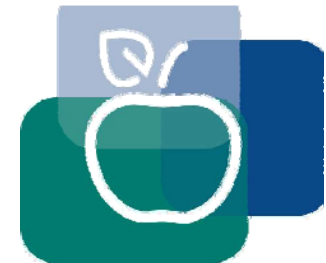
What worked and what doesn't?

- *It worked:* Combining at least 2 of our 5 CCRCs at a time for extensive training for a total of 4 training sessions state-wide.
- *It worked:* Provided training to COD's, Social Workers, DONs, ADONs, Wellness RN, Life Enrichment staff.
 - Success with CNA and 75 year old RN, both with no PC skills



What works?

- Accessibility to the Collage team
 - Reports provided
 - Trouble-shooting
 - Technical support
 - Feedback
 - Design and development
 - Quick responses from Collage team

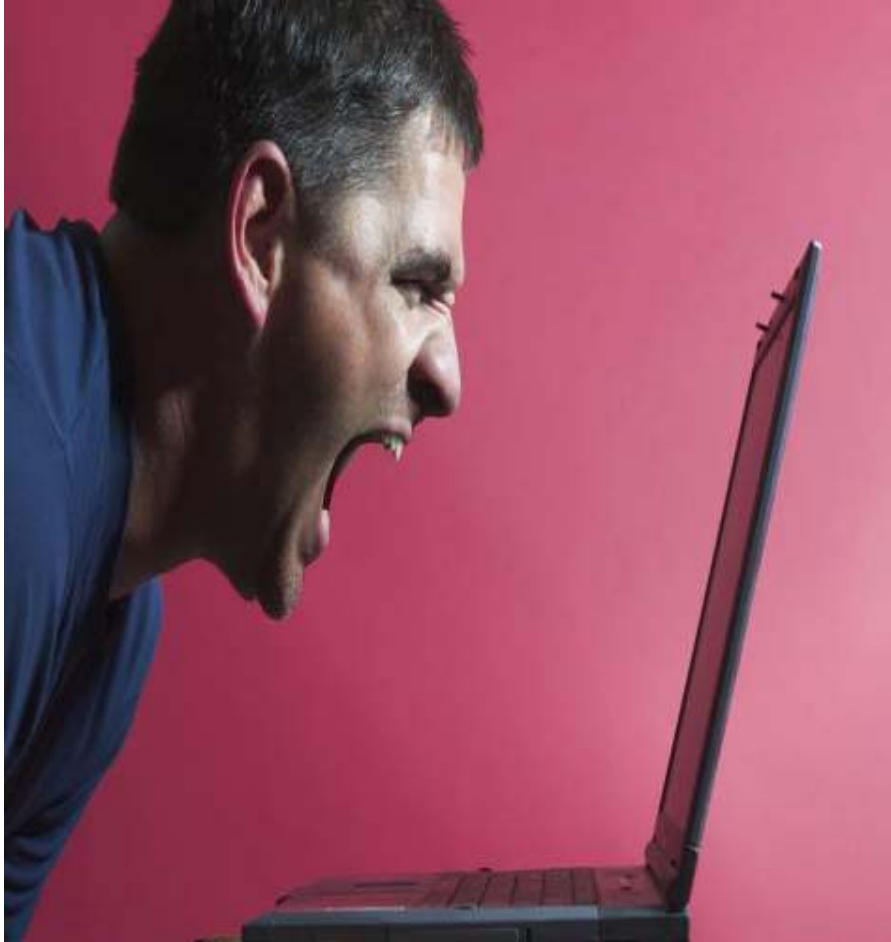


What doesn't work?

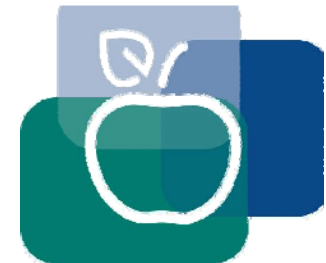
- Staff needed additional training and support to assist residents with setting wellness goals.
- Continued efforts with communicating standard Collage rules, deadlines, changes and assessment criteria.



What's next?



- Additional training for new 8.1 version.
- Training provided by LHSC corporate office for all Collage users.
- Periodic audits to assist Collage users with finding inconsistencies or errors.
- Teaching our Collage users to generate informative reports that reflect their residents at their CCRC



What's next?

- Now providing our resident's with a comprehensive Healthy Aging Plan and a At A Glance report that helps educate them on their health and wellness.



Thank you for listening!

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