

We Don't Need an Assessment System, Our Residents are Too Healthy!

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Overview

- This report is based on the self-report of CCRC residents to questions in the COLLAGE Wellness tool
- Topics covered: Satisfaction with life, fitness, nutrition, memory, social life, sleep.

Satisfaction With Life (Charts 1,2,3)

- The vast majority of CCRC residents are quite content with their life
- Yet, 5% to 10% do report problems in this area
 - 10% are not satisfied with life as a whole
 - 6% do not feel valued
 - 5% do not find meaning in day-to-day life
 - 8% are depressed

Chart 1. How Satisfied With Life as a Whole (%)

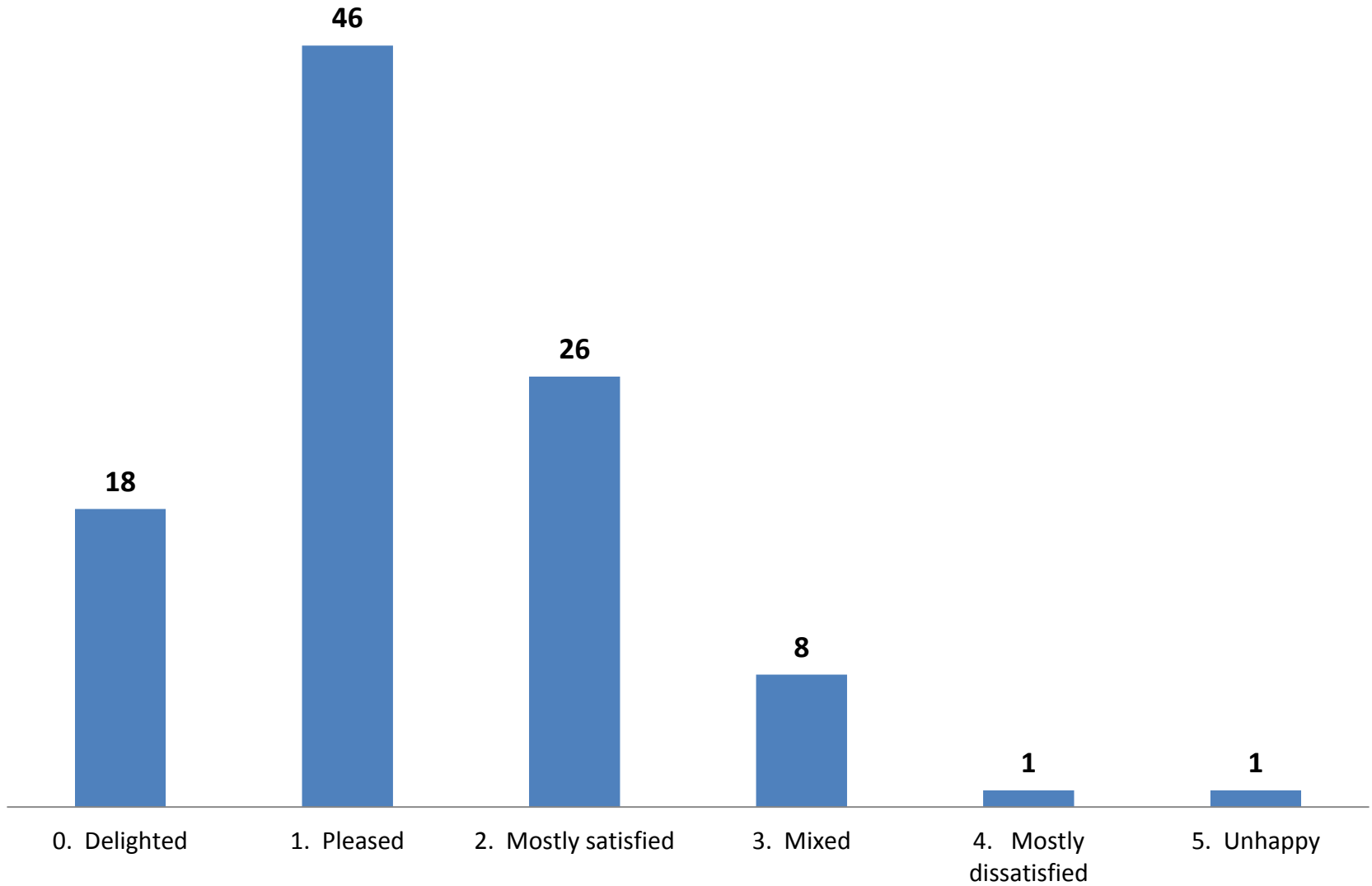


Chart 2. Sense of Value/Well-Being (%)

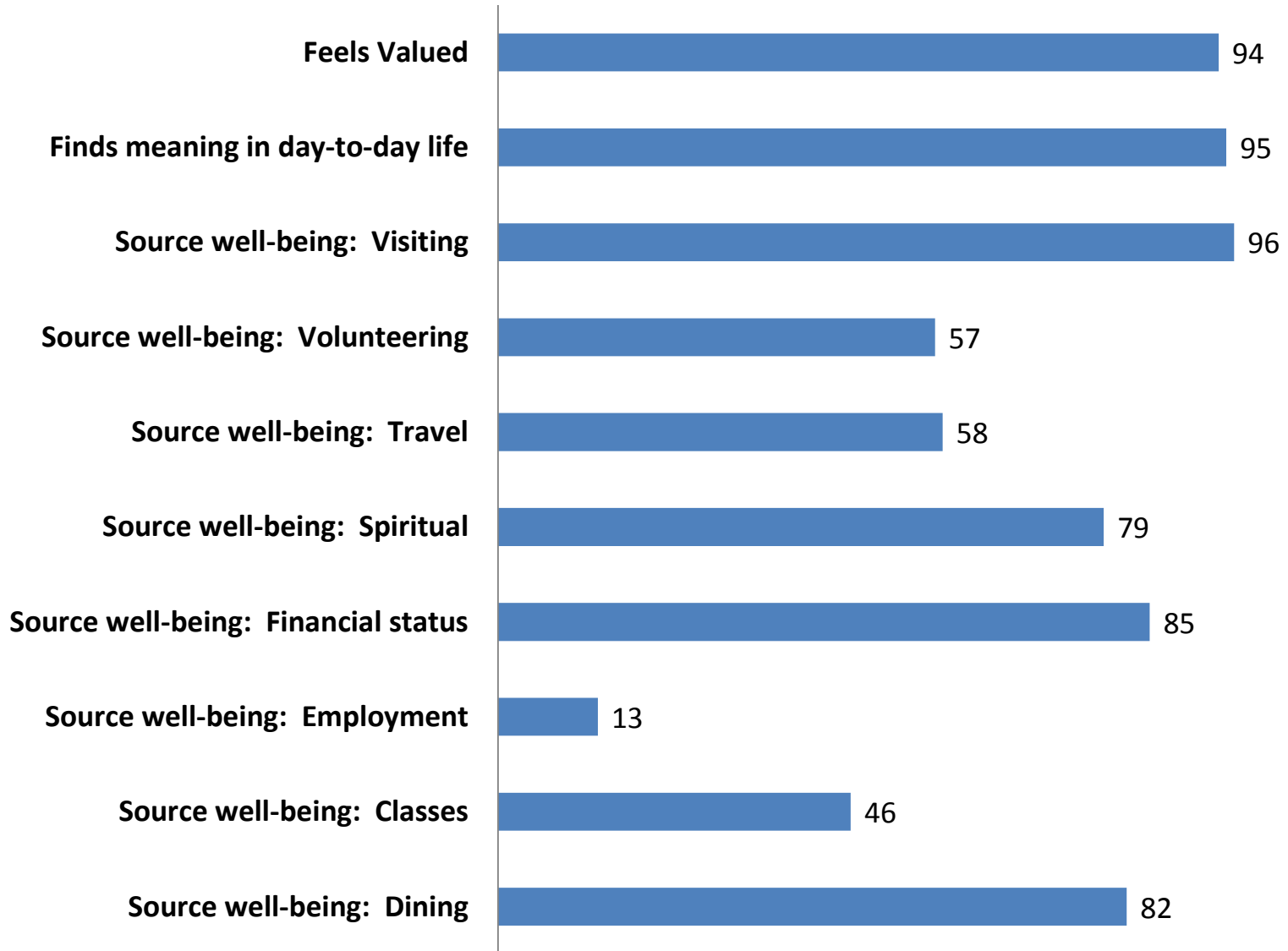
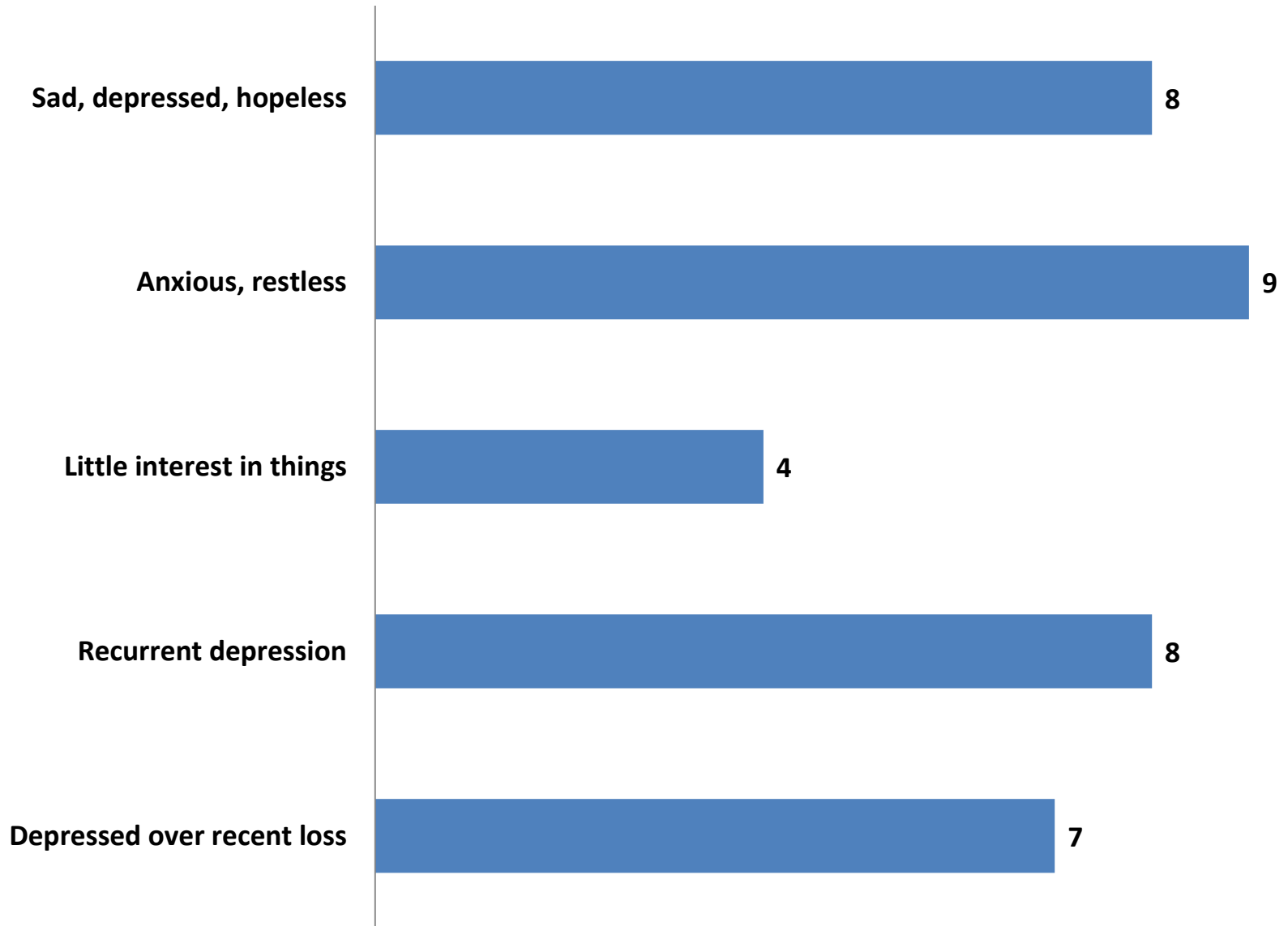


Chart 3. Mood State Overview (%)



Fitness (Charts 4,5,6)

- Here we began to see more residents in need
- About one-quarter of CCRC residents report NO physical activity in last 3 days
- 38% are interested in a program to improve fitness
- The most preferred physical activity is walking

Chart 4. Total Hours Exercise/Physical Activity in Last 3 Days (%)

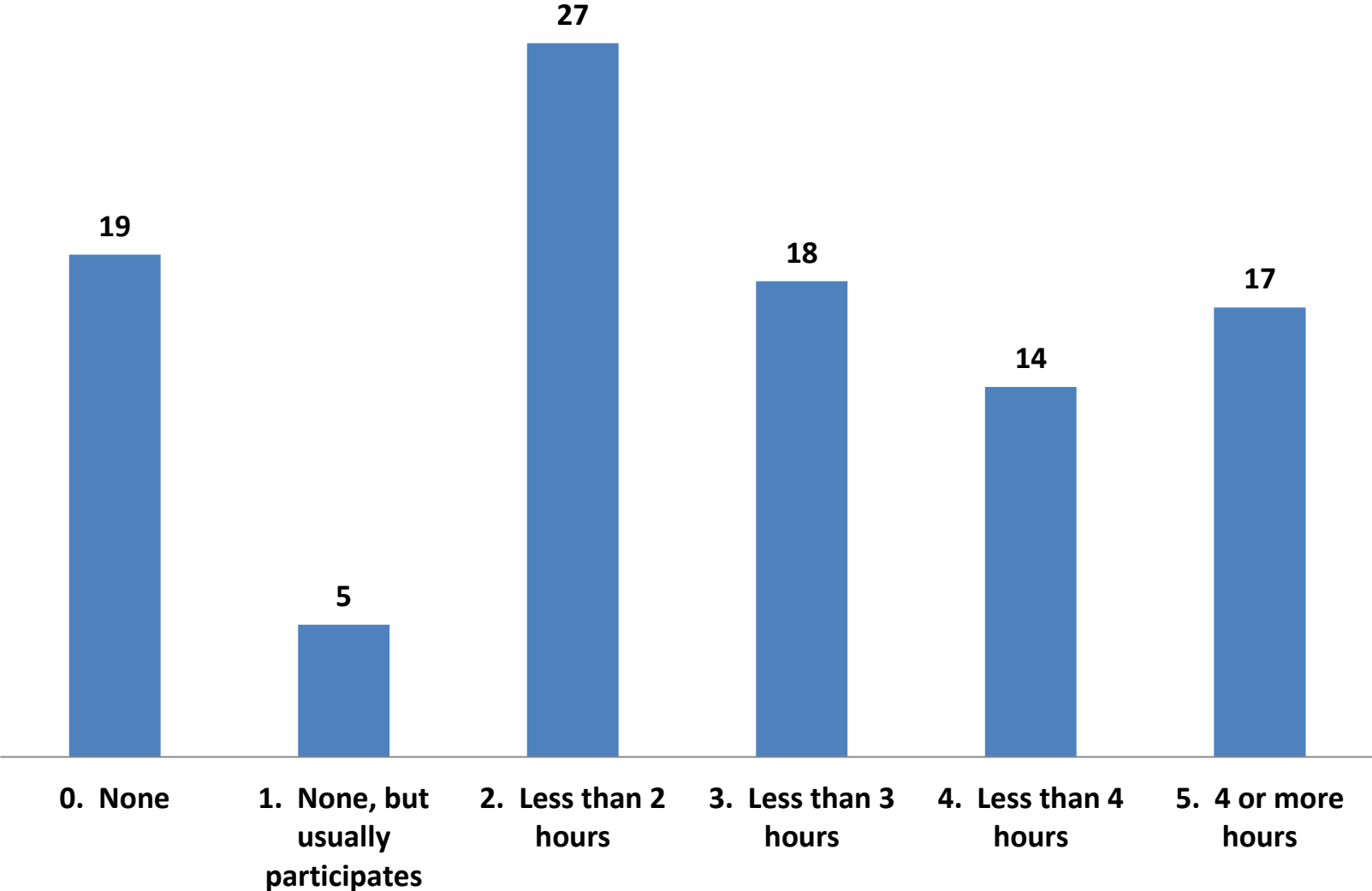


Chart 5. Fitness Overview (%)

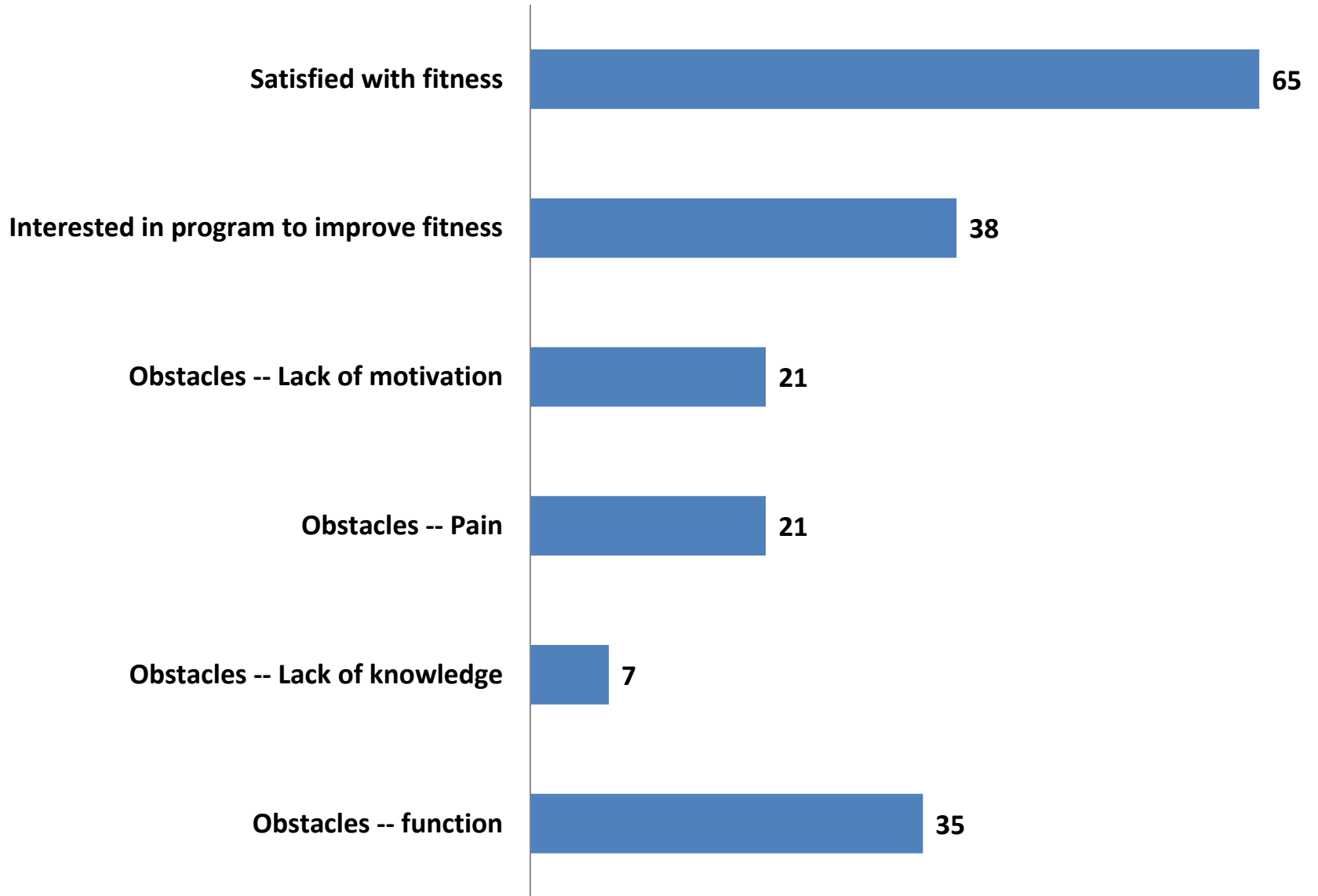
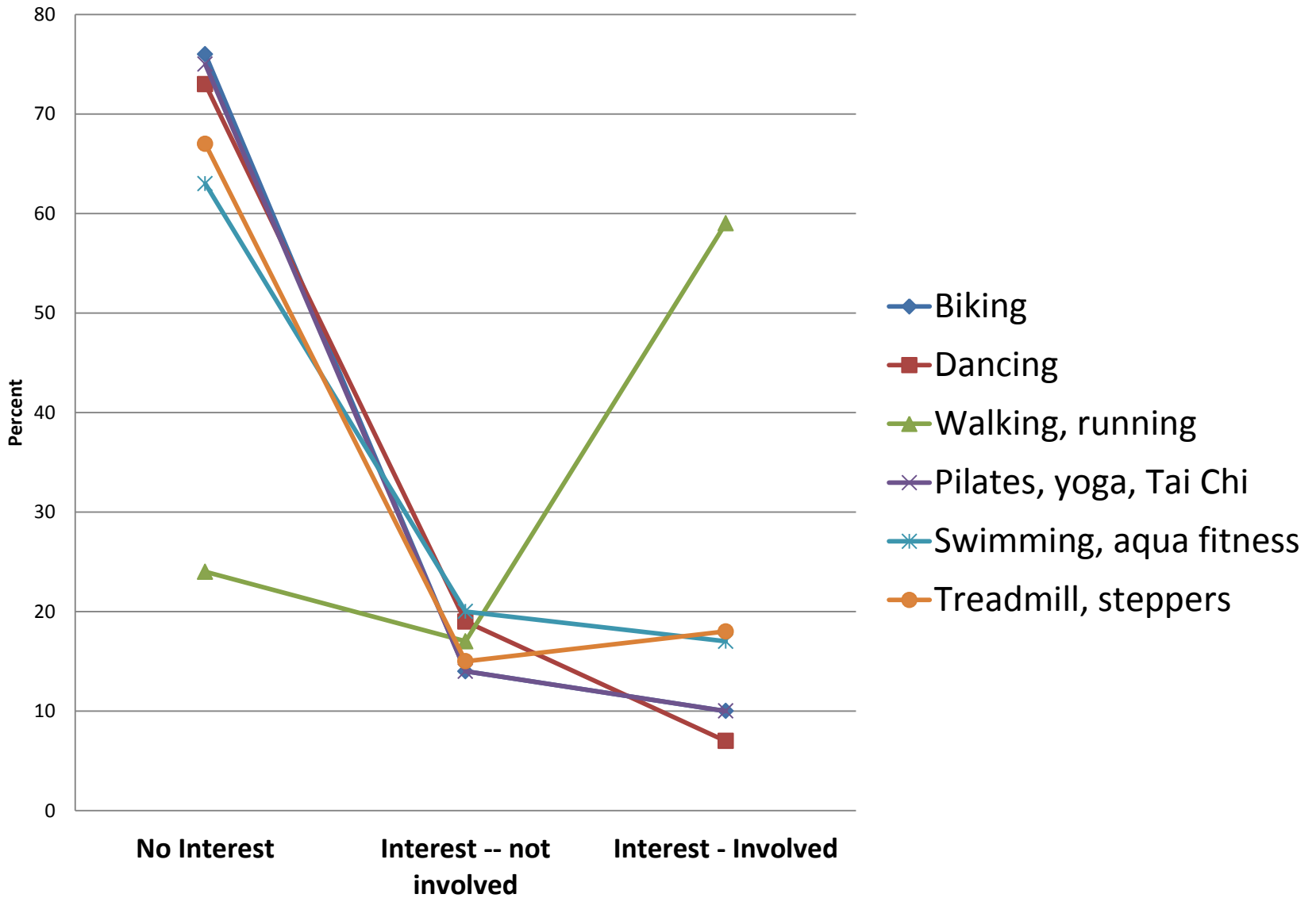


Chart 6. Exercise-Related Preferences

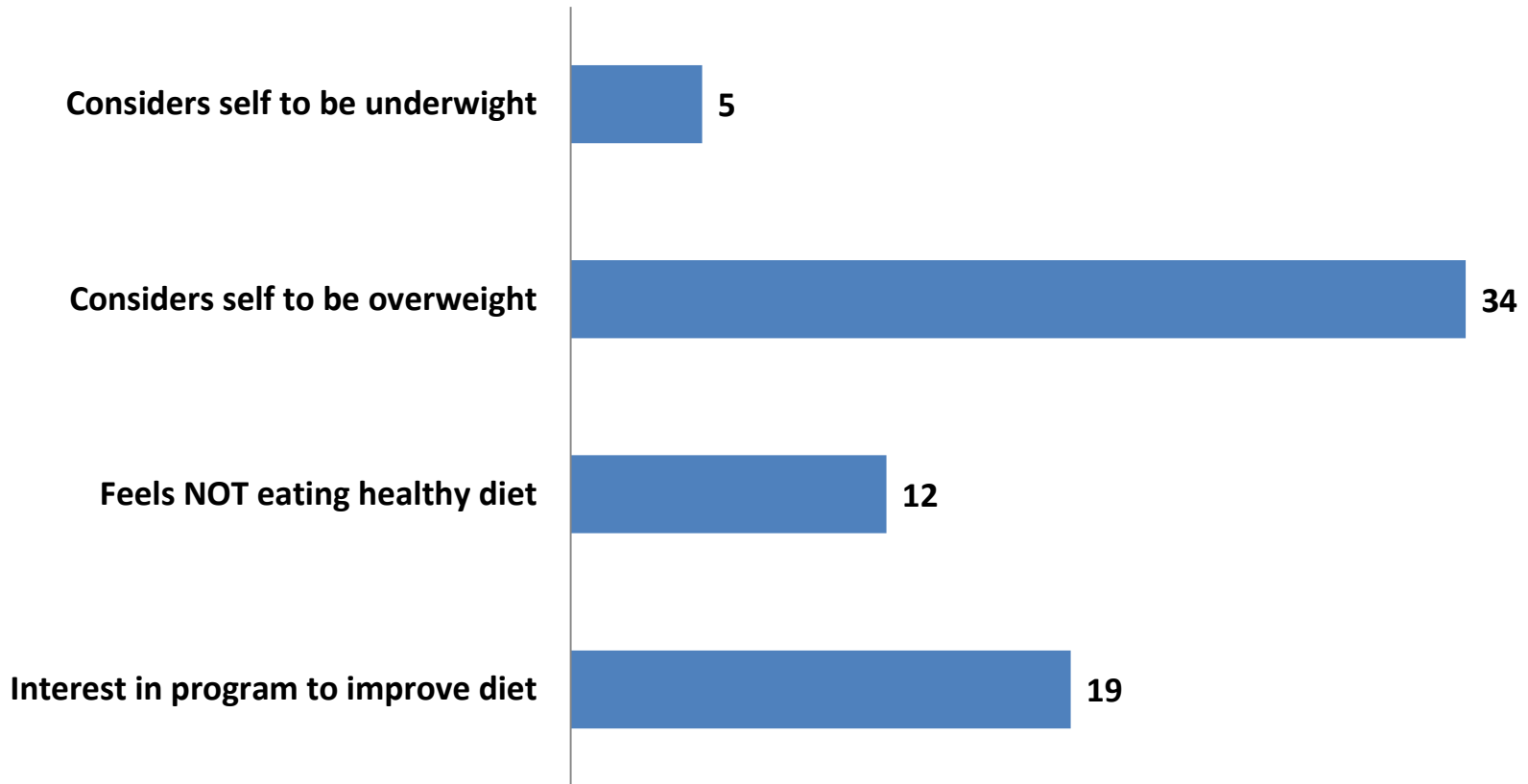


Other Areas

- Nutrition (Chart 7) – 34% say they are overweight
- Memory (Chart 8) – 34 % are interested in a program to improve memory
- Social Life (Chart 9) – 16% are lonely
- Sleep (Chart 10) – 17% report not getting enough sleep

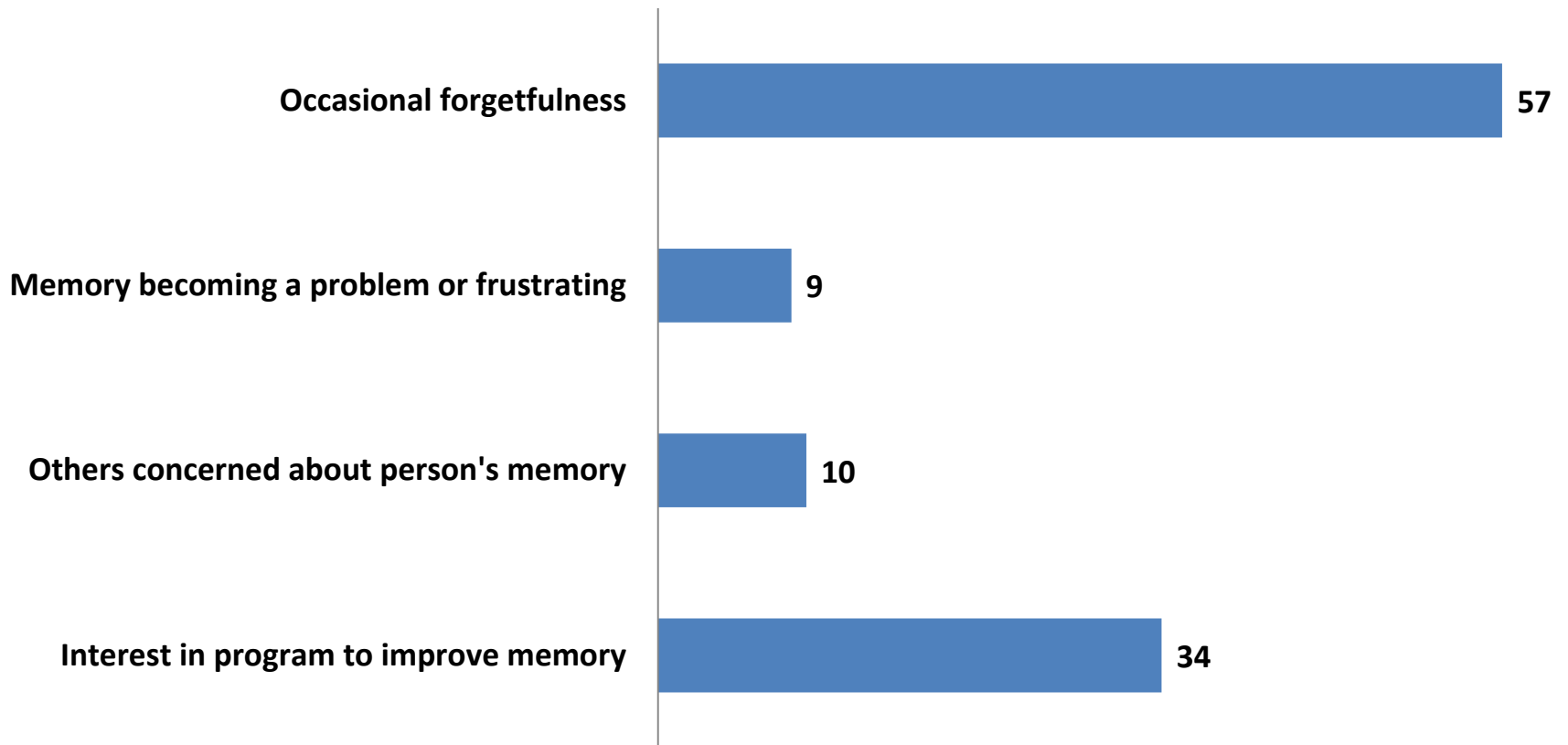
Nutrition

Chart 7. Nutrition Overview (%)



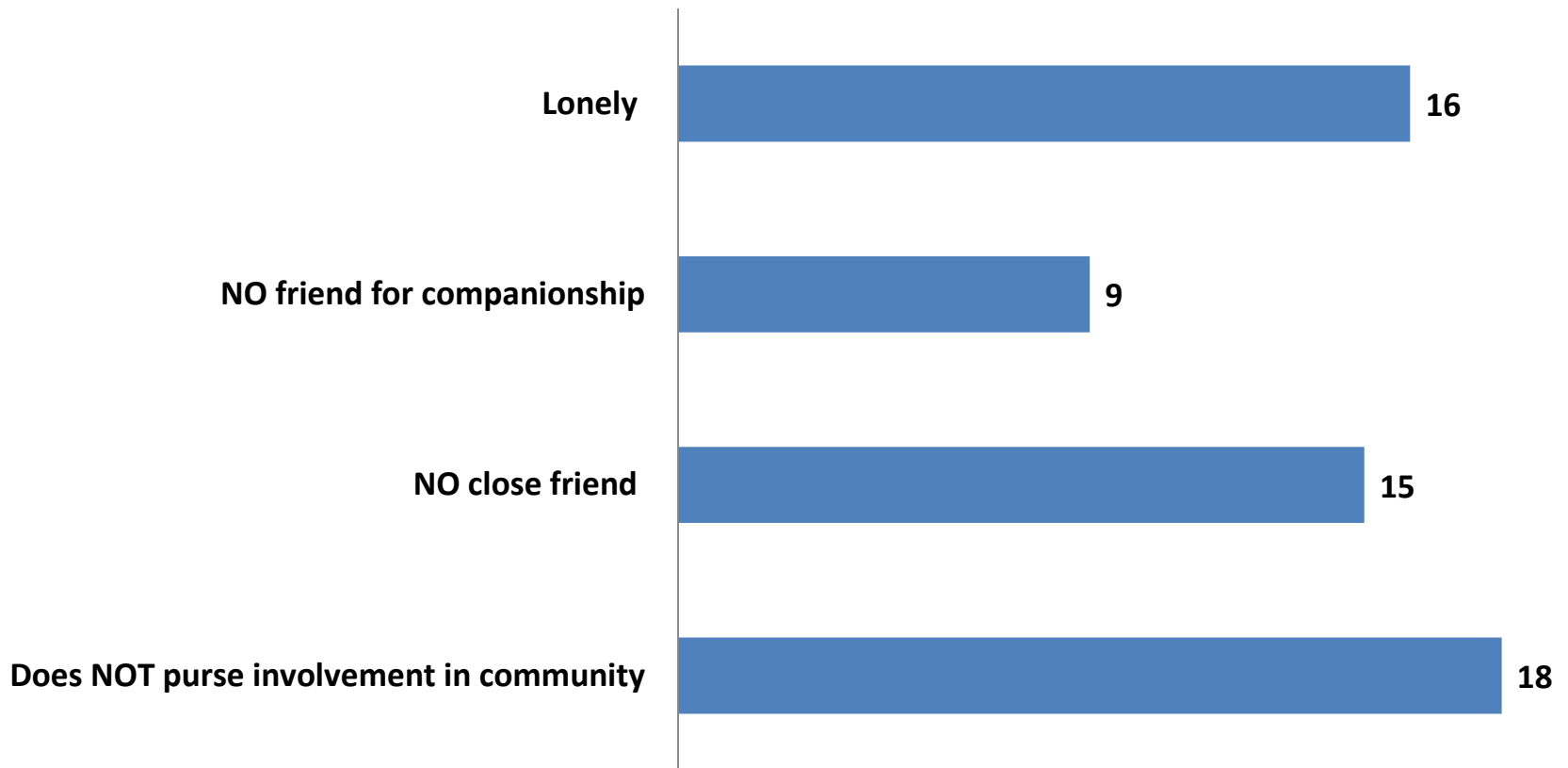
Memory

Chart 8. Memory Overview (%)



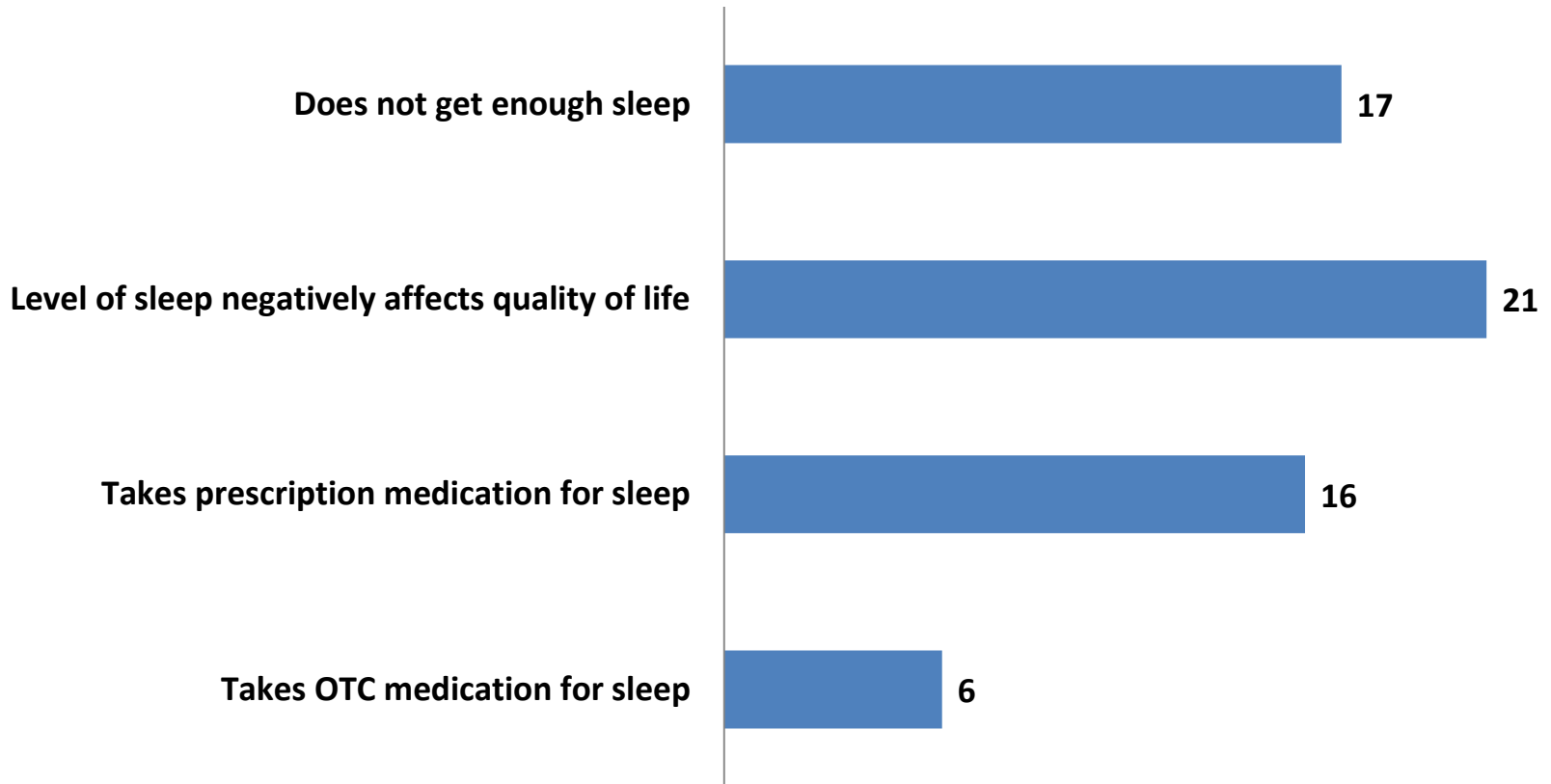
Social Life

Chart 9. Social Life Overview (%)



Sleep

Chart 10. Sleep Overview (%)



Conclusion

- The data from the COLLAGE Wellness assessment help us to better understand these residents
- Most are quite content with their lives
- But significant numbers have issues, would wish to something to improve