

COLLAGE as the  
Foundation for  
an Effective Wellness Program,  
Vitality 360<sup>sm</sup>

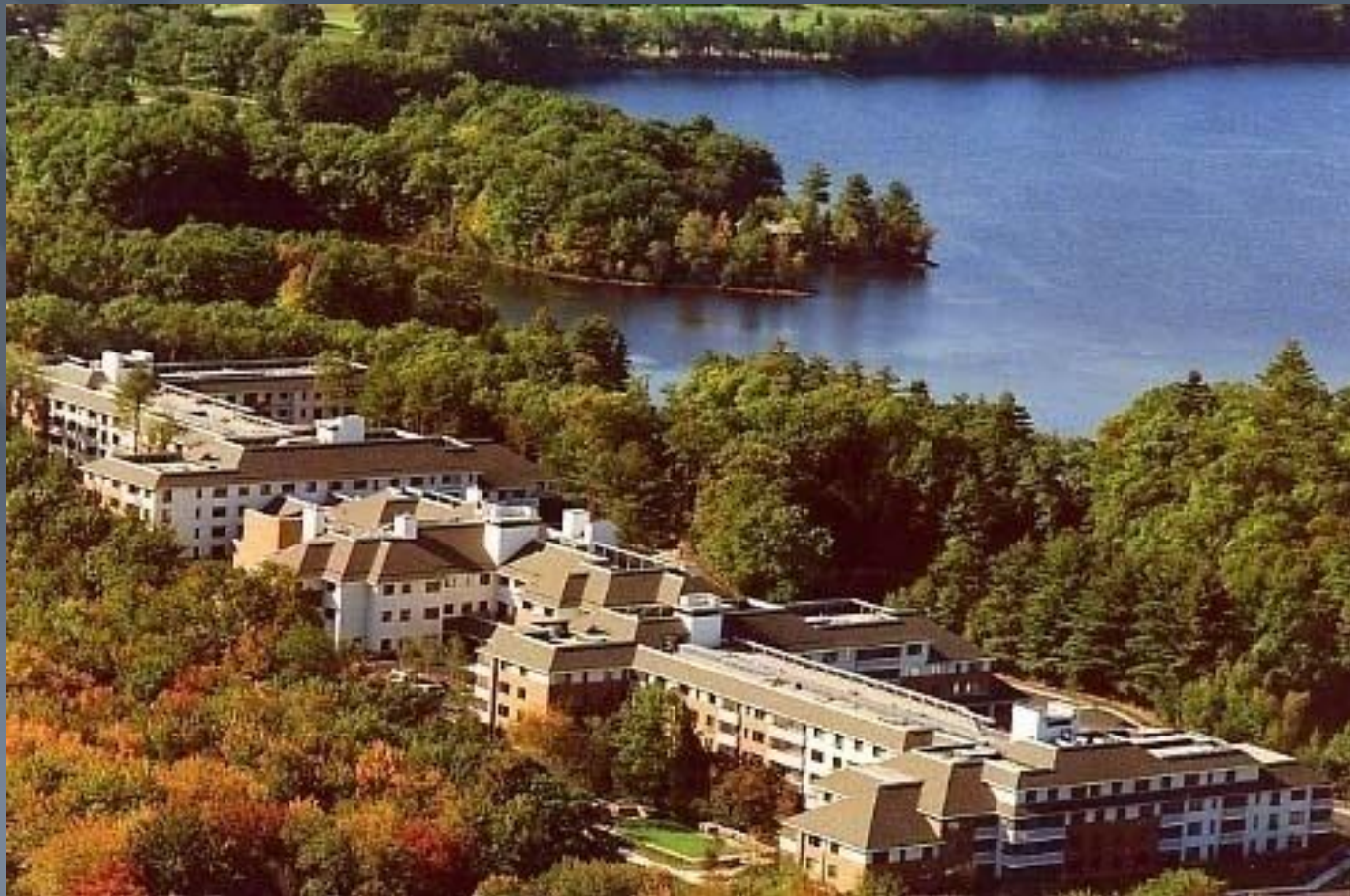
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Orchard Cove  
Hebrew SeniorLife

# Orchard Cove



Orchard Cove  
Hebrew SeniorLife

# Orchard Cove

- Built in 1993
- Average Resident Age, 88 Years
- 227 Independent Living Apartments
- 28 Assistance in Living Studios
- 45 Skilled Nursing Beds



# COLLAGE

- Evidence-based interview our scientists developed
- First used at Orchard Cove, now being introduced to our other sites
- Produces a wealth of knowledge for our residents and organization



# Strategic Direction

- Position us as a forward thinking, innovative community appealing to vibrant seniors
- Associate Exec. Director, Aline Russotto, to develop a wellness concept as a pilot for HSL, using COLLAGE as its foundation
- Hire a Wellness Coach and create an Interdisciplinary Team



# Vitality 360<sup>sm</sup> with COLLAGE

- Holistic View
- Empowering Resident
- COLLAGE Interview Foundation
- Resident Result:
  - Personal Goal Setting
  - Individual Vitality Plan
  - Supporting Interdisciplinary Team



# Utilizing COLLAGE for Vitality 360<sup>sm</sup>

Focus Changed From:

- Reactive to Proactive
- Diagnoses to Resident Wellness Goals
- To Do List Appointment to Inspiration



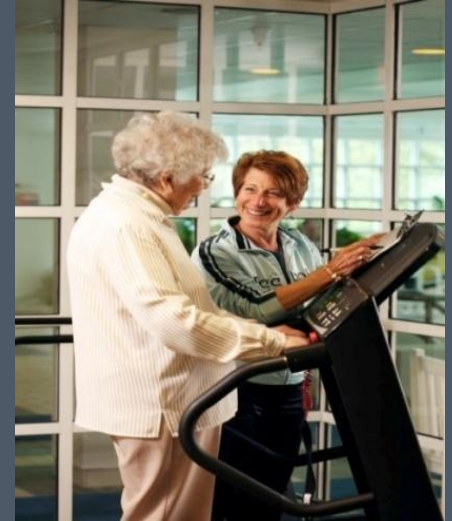
# Outcome Data



- 90% IL Residents took part in Vitality 360<sup>sm</sup>
- 33% of Residents have had a follow-up interview



# Outcome Data: Fitness



- 93% of Vitality 360<sup>sm</sup> participants agree to referral to fitness
- 85% of Vitality 360<sup>sm</sup> participants develop a fitness plan
- 41% of referred residents did not exercise before Vitality 360<sup>sm</sup>
- Total membership fitness participation: 75%

# Outcome Data: Groups

- Self Management Programs
  - Chronic Disease Self-Management Program:  
*“My Life, My Health”*
- Evidence-based Programs
  - *Healthy Eating for Healthy Aging*
  - *Matter of Balance*
- Support Groups
  - *Low Vision*
  - *Care Giving*
  - *Bereavement*



# Outcome Data: Programs

- Orchard Cove Singers
- Day Trips & Weekend Trips
- Swing Into Spring
- Meditation
- Memoir Writing



# Improving Independence

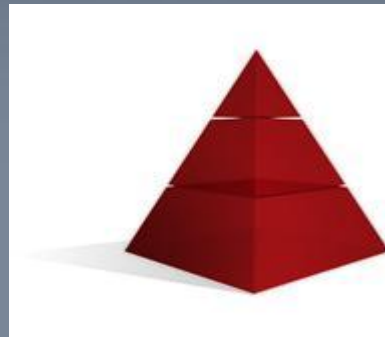
- Empowering Resident
- Evidence-based Techniques
  - COLLAGE
  - Cognitive Behavioral Therapy
  - Motivational Interviewing
- Programming
- Interdisciplinary Team



# Continuity of Health Services

## Utilize COLLAGE Assessment Indicators Report

- Physical concerns not shared with PCP
- Emotional concerns limiting life
- Mental struggles



# Effectiveness Proven in Data

- Loneliness
- Satisfaction
- Fitness
- Support in Community
- Depression



# Effectiveness in Services

- Health Care Services
- Programming
- Member Services
- Administration
- Social Work
- Chaplaincy
- Fitness



# Empowered Residents



## Resident Life Goal “ To Lead a Full Life”

- “I will improve my health”
  - “I will improve weight bearing on my knee”
  - “I will improve my sleep”
  - “I will improve my physical conditioning “
- “I will increase my activities”
  - “I will volunteer in the community library”
  - “I will join an outdoor sports group”





Our program is the first in the country to use the nationally known COLLAGE assessment in conjunction with an interdisciplinary team of professionals to help older adults set and achieve goals to create a full, vibrant life.

