

COLLAGE and Kendal at Oberlin

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How we use COLLAGE?

- Appointment for a physical and Community Health Assessment (CHA) scheduled
- Confirmation letter and a blank WELLNESS form placed in resident's box
- Chart review completed
- CHA completed prior to the residents physical
- Goals and referrals are reviewed
- Healthy Aging Plan is completed and sent to resident



Healthy Aging Plan (HAP)

Reviews goals and actions steps

- Emotional Wellness
- Intellectual Wellness
- Physical Wellness
 - Fitness
 - Health
 - Nutrition
- Social Wellness
- Spiritual Wellness
- Service/ Vocational Wellness



Utilizing COLLAGE Data

- Lectures – stress, depression, incontinence, pain, dementia, gastrointestinal issues, spirituality and podiatry issues
- Matter of Balance classes
- Fitness Program Development
- Support Group Development
- Physical Wellness: Bio-feedback for Bladder Health

Utilizing COLLAGE Data (cont')

Fitness Program Development

- “Super Strong” and “Build your own Bones (BYOB)” for Osteoporosis concerns
- “Bodywork” a stretching and Pilates class
- “Reiki” for alternate healing
- “Breathing and Mindfulness” for meditation

Utilizing COLLAGE Data (cont')

Support Group Program Development

- Partner with Health Center to create a day program for independents residents who have dementia issues
- Provides respite for spouse and/or caregiver
- Provides vocational, educational, recreational and socialization opportunities
- Helps with transition from independent living to nursing home living

Utilizing COLLAGE Data (cont')

Physical Wellness: Bio-feedback for Bladder Health

- Method that uses electronic instruments to accurately measure process and feedback information in the form of auditory and/or visual feedback signals
- Program includes: complete history/physical, bladder diary, exercise instruction (Kegel), bladder training, and pharmaceutical interventions, as necessary

Utilizing COLLAGE Data (cont')

Physical Wellness: Bio-feedback for Bladder Health, Results

- Up to bathroom less times at night
- Longer times in between bathroom visits
- Less incontinence (and use of incontinence products)
- A billable service
- Equipment almost paid for from Medicare reimbursement

Future Development

- Bio-feedback for stress reduction
- Report development focused on core community concerns: dementia, weight loss, depression, pain
- Chart auditing (Osteoporosis/Calcium supplements, Pneumovax clinic)

COLLAGE and Kendal at Oberlin

An evidence-based program that provides an efficient and effective way to identify, document and assist with our residents wellness needs.

“Aging is not lost youth but a new stage of opportunity and strength.”

--Betty Friedan

