



health  
ability™  
Making the choice

---

# HealthAbility: Wellness for Independence, Vitality and Joy

---

Wellness programs are extremely popular in retirement communities. Can you imagine... a truly successful wellness program on your campus? One that is dynamic, engaging, and inclusive? A wellness offering that attracts new prospects and keeps the majority of your residents involved and excited about life? It is possible!



Sodexo Senior Services decided to take on the challenge of creating a wellness program that would spur high participation, satisfaction and most important, retention. Our research led us to HealthAbility, a program that:

- Encompasses the mind, body and spirit—the whole person.
- Has a primary objective to help residents maximize their independence and total life experience.
- Engages every resident—not just the few who usually participate in every activity—and involves every level of care.
- Is research-based and designed specifically to enhance 8 dimensions of wellness in older adults.
- Is built upon four guiding principles—commitment, empowerment, purposeful programming and retention.
- Ensures improvements residents can celebrate and results your community can market.



# The Research Behind HealthAbility

HealthAbility is based on an array of research into the lives and longevity of older adults that has produced many common themes.

- A study of populations with a high number of individuals living to age 100 (funded in part by the National Institute on Aging) found that people who live to 100 don't smoke, put **family first**, are **active every day**, keep **socially engaged** and eat **fruits, vegetables and whole grains**. Other traits of the long-lived include making and keeping **lifelong friends, finding purpose** in their lives and **having faith**.
- Harvard and Yale researchers studied cultures who revere the elderly and found **when a society *doesn't* expect the elderly to decline, they retain more of their physical and mental capabilities**. Of special interest to retirement communities: the oldest old retained almost as much function as the youngest old.



- A Harvard experiment asked a group of older adults to pretend they were themselves 20 years earlier, even talking about the news of 20 years ago. **In just one week, the study showed participants had improved mental function and looked younger physically.**

Studies have also identified that while values change as we age, the values held by older adults are relatively stable over time.

- Older adults see less black and white, more gray.
- “Things” matter less, experiences matter more.
- They are re-prioritizing what matters most.
- Self-reliance is prized.
- They care about serving the community.
- Older adults seek balance in their lives.

# 8 Dimensions of Wellness

Based on the research, HealthAbility considers the whole person with our 8 dimensional model.

**NUTRITIONAL** – Making positive choices to nourish your body so it can be as healthy as possible, while you enjoy social, intellectual and emotional experiences.

**INTELLECTUAL** – Exercising and strengthening your brain and stretching your creative and mental abilities through life-long learning.

**PHYSICAL** – Taking care of your body to maintain and improve strength, flexibility and function.

**SPIRITUAL** – Enjoying a continued sense of well-being, providing meaning and purpose that enrich your life and nourish your soul. Creating a mind and body connection through your personal value system and other personal resources.



**ENVIRONMENTAL** – Feeling safe, secure and comfortable because of the condition and circumstances of your surroundings.

**EMOTIONAL** – Facing life with a positive attitude and enthusiasm, even in difficult times, because of how you see yourself, your goals, and your role in life and in the lives of others.

**SOCIAL** – Connecting and interacting with your environment and community through family and friends.

**COMMUNITY** – Reaching out to help others by providing support and sharing your experiences, talents and abilities.



# HealthAbility is a Full-Featured Program That's Ready to Use

HealthAbility is a fully developed program, with a comprehensive web-based management system, step-by-step training, ready-to-present educational talks, professionally designed literature, motivational programs and much more. Activities that encompass all 8 dimensions of wellness are included, and you can incorporate your existing activities as part of HealthAbility.

## **HealthAbility Program Modules**

Organizational readiness, senior level readiness, resource commitment, knowing your culture, building collaboration and involvement, building a communication plan

## **Training and Orientation**

Recruitment and selection, training of wellness coordinator and support staff, workshop for leadership and department directors, employee forums, resident forums

## **Web-Based Wellness Management System**

Web-based wellness management and measurement system for directors, tracks outcomes for functional fitness and participation in all 8 dimensions' activities, prioritizes workflow, detailed reporting and program analysis

## **Customized HealthAbility Website**

Web-based resource center for all programs, for residents, families and employees, wellness assessment personal wellness activities, supported and approved resources, medical, prescription drug, food, fitness and other reference guides



### **Participant Wellness Assessment**

7 lifestyle behaviors, biometric health risk assessment, readiness to change, organizational behavior, personal profile, personal wellness report and score with detailed information

### **HealthAbility Purposeful Programs**

Nutritional, physical, spiritual, intellectual, social, emotional, environmental, community outreach

### **Guiding Principle Programs and Activities**

Launch and enrollment, semester activities, self wellness goals, challenges, incentives, celebrations, education, communication

### **Physical Exercise Structure**

Senior fitness assessments, functional level specific, education, assisted living structure, healthcare structure and training, HealthAbility signature programs, your current offerings

### **Internal and External Marketing**

Tools for sales and admissions, branding with integrity, internal promotional pieces for HealthAbility activities and events, public relations, website customization



---

# HealthAbility Begins with Making the Choice

---

Wellness doesn't just happen.

It's a conscious choice.

Residents—and employees, if you choose  
to include them—make the choice by:

- Understanding they have a choice
- Defining personal goals
- Completing a lifestyle assessment
- Completing senior fitness tests (SF)
- Committing to purposeful programming



Based on the enrollment information, your Wellness Coordinator will consult with each resident and recommend activities that can deliver measurable results. The resident makes a commitment to participate in purposeful activities that lead to prevention, maximize independence and more joyful living. Residents receive progress reports to empower them to keep making the choice—an informed one. With success come celebrations. And the desire for greater success spurs retention.

The measurable results built into HealthAbility not only encourage residents to continue to participate and to set even higher goals, but also can be a powerful marketing tool for your community.

**For more information about the how Making the Choice can create advantages for your residents and your community, call HealthAbility at 800-969-7696.**



HealthAbility was developed by Sodexo Senior Services, the most experienced company serving retirement communities in the U.S. We provide resident dining and nutrition services, housekeeping, laundry and maintenance services to more than 425 retirement communities in the United States and are part of Sodexo Alliance, the worldwide leader in quality of life services.

86 HOPMEADOW STREET  
SIMSBURY, CT 06089

800.969.7696

