

Personal Wellness Program Information Sheet

What is Personal Wellness?

Personal Wellness is an individualized exercise program designed to help Still Waters' guests improve their health and well-being.

Who benefits from the Personal Wellness program?

Anyone who is recovering from a stroke, heart attack, fall, or surgery, will benefit from Personal Wellness. Those who have gradually lost strength, balance, or endurance as the result of the aging process can also benefit from this program.

How does it work?

Before starting, the Personal Wellness Coordinator, a Certified Occupational Therapy Assistant, will meet with the caregiver and guest to discuss their goals. If the guest has previously had OT or PT services, the Coordinator will review the therapist's recommendations. She will also go over any medical or physical conditions that would limit activities or movement.

The Coordinator will then develop a personalized plan which will be carried out at the Center by our direct-care staff. Personal Wellness sessions are scheduled during normal Center hours and can be tailored to the person's days and hours of attendance. Personal Wellness sessions are 20-30 minutes in length and may be broken into several shorter periods throughout the day. Most people will benefit from having several sessions a week.

What's the difference between Personal Wellness and Occupation or Physical Therapy?

Physical and Occupational Therapy services are **medically necessary services** provided by licensed professionals **under physicians order**. They are **health care services covered by Medicare and other health insurance**. The length of time someone can receive these services is limited.

Personal Wellness can complement OT or PT after those services have ended. Personal Wellness helps ensure that the individual continues to follow exercises recommended by their occupational or physical therapist. But, even someone who has not received OT or PT services can benefit from having a "personal coach" work with them to improve their health and well-being.

How would my loved one benefit from Personal Wellness

While most of us understand the benefit of regular exercise, we don't always follow through. Older adults are no exception. A person with cognitive impairments may be unable to follow an exercise program without constant supervision. Someone who has had a fall or injury may be afraid to exercise on their own. Many older adults just lack motivation. The Personal Wellness program can help folks in any of these situations.

Where do Personal Wellness sessions take place?

The Personal Wellness program operates exclusively at Still Waters Eastgate Center. Participants in the Personal Wellness program must be enrolled at the Center.

Won't my loved one get exercise at Still Waters anyway?

YES! Still Waters has a rich variety of activities scheduled each day. Many participants are able to get their needs met through all the group activities and socialization that take place as part of the regular schedule. The Personal Wellness program is designed for those who need more one-on-one attention or have a specific wellness goal.

How much does Personal Wellness cost?

There is a one-time fee of \$60 for the Personal Wellness Assessment and Care Plan. Each Personal Wellness session costs \$20-\$30 depending on length. Personal Wellness fees will be added to the guest's monthly Still Waters bill and paid by electronic debit.

There is no contract and services may be discontinued at any time. Still Waters normal cancelation policies apply to missed Personal Wellness appointments.

How will I know if Personal Wellness is helping?

The caregiver will receive regular reports describing what was done in each session. If there are specific goals such as "able to walk 200 feet without resting", the report will indicate progress. Keep in mind that much of the benefit of Personal Wellness is having that special someone to offer direction, assurance, and encouragement every step of the way.

For more information about Personal Wellness at Still Waters, call the Center at 317.820.3233 and speak with the Personal Wellness Coordinator or the Still Waters' Site Director.