



E X E C U T I V E   B R I E F

**Together, Elite Living™ and  
Therapy Co-Exist in Long  
Term Care**

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**We Make a Difference**  
*in the lives we touch*

# Summary

According to the Centers for Disease Control and Prevention, over the past decade, the death rate from falls has increased 63% for men and 83% for women. While rehabilitation and wellness services have always coincided with long-term care, Functional Pathways is focusing on such trends and becoming innovative by promoting programs that will keep people living independent longer and beat the statistics.

To start, Functional Pathways encourages communities to offer both services and facilitate a relationship that assists with referrals for each program. For example, Wellness Coordinators see residents daily and often notice weaknesses within residents before they become a major problem. This daily interaction helps build trusting relationships as Wellness Coordinators become confidants and advisors for daily living. When Wellness Coordinators are proactive with referrals to therapy, it helps target the source of the problem and prevent it from escalating into a major issue.

On the flipside, therapy is a beneficial referral source for wellness programs. Following therapy, wellness programs can offer on-going exercise and maintenance for residents which provide them the elite care they deserve. One-on-one personal training, group exercise, and education are all beneficial resources for seniors in long-term care. When Functional Pathways partners with facilities, our therapy programs coincide with our Elite Living™ wellness services; this model has been proven to help decrease falls, increase muscular strength/endurance, and ADLs to help residents maintain their independence.

## THE FINALE

In the next decade, the number of Americans 65 years and older is expected to double and the need for more innovative options to maintain their independence will increase. Functional Pathways provides new innovative therapy and wellness programs for the long term care communities we partner with.

## THE SIGNPOSTS

It is important that we all, as health care providers, be thinking together, expand on innovative ideas and understand why our loved ones need a variety of programs that focus on all dimensions of wellness.

## THE TAKEAWAY

Therapy and wellness are two vital components in the creation of a positive, successful, and overall healthier campus. They work hand-in-hand when providing individualized, elite care for our loved ones.

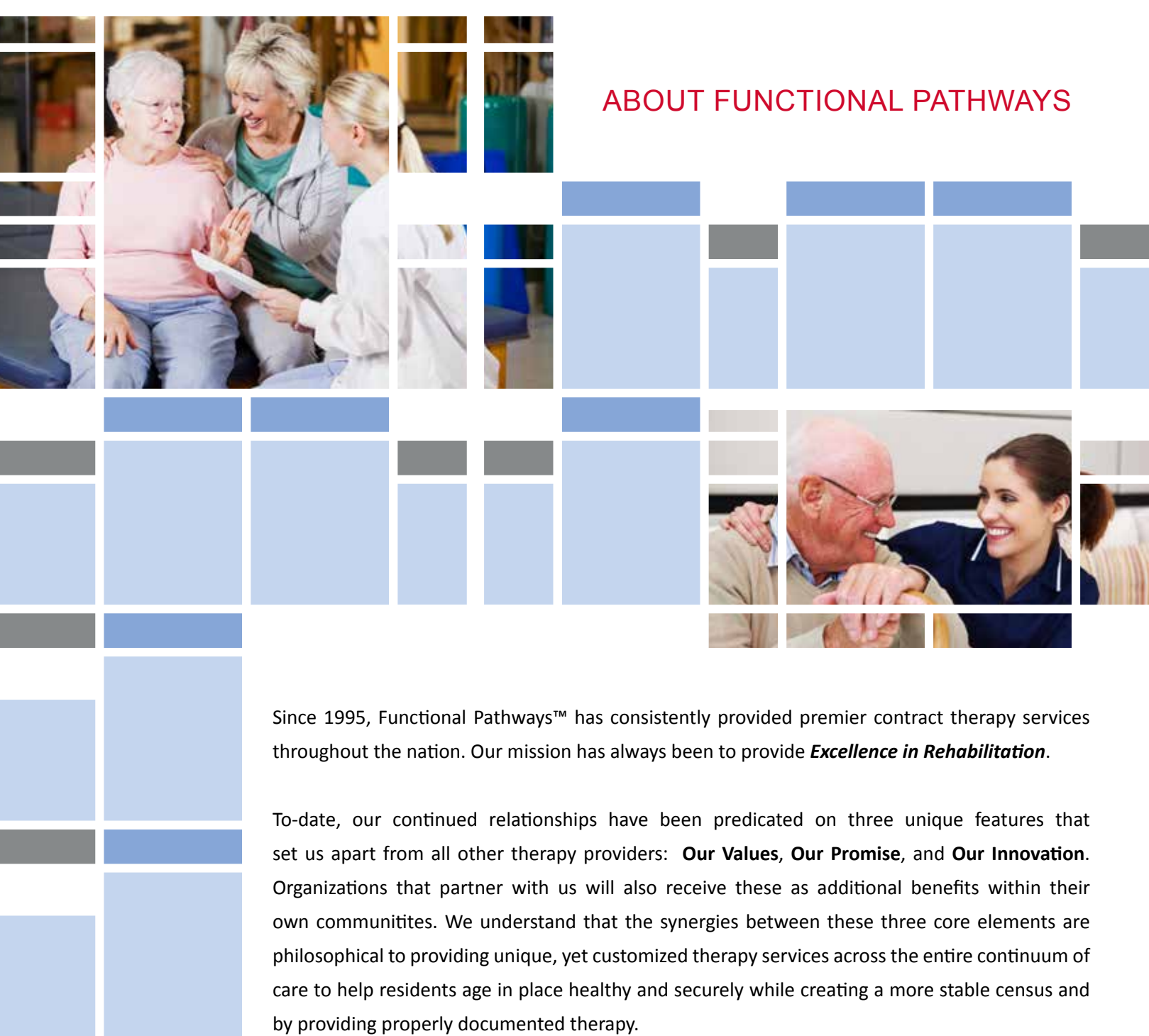
# Live Happier, Healthier, and Longer



There are several critical components to providing an elite wellness program. Educating seniors is a vital part, below are seven tips everyone can follow to live a happier, healthier, and longer life.

Seven tips to live a happier, healthier, and longer life.	
<b>1</b> Drink more water	At least eight full glasses every day
<b>2</b> Decrease the stress in you life	Learn to “Let it go!”
<b>3</b> Know your numbers	Family History, Blood Pressure, Cholesterol, and Blood Sugar, etc.
<b>4</b> Listen to music every day	Music is the one stimulus that uses all parts of your brain.
<b>5</b> Move more	Incorporate physical exercise and activities in your daily routine
<b>6</b> Nutrition	Know what you are eating and learn to read a food label
<b>7</b> Get your Zzzzzzzz	Allow your body to rest and maintain a schedule.

## ABOUT FUNCTIONAL PATHWAYS



Since 1995, Functional Pathways™ has consistently provided premier contract therapy services throughout the nation. Our mission has always been to provide ***Excellence in Rehabilitation***.

To-date, our continued relationships have been predicated on three unique features that set us apart from all other therapy providers: **Our Values, Our Promise, and Our Innovation.** Organizations that partner with us will also receive these as additional benefits within their own communities. We understand that the synergies between these three core elements are philosophical to providing unique, yet customized therapy services across the entire continuum of care to help residents age in place healthy and securely while creating a more stable census and by providing properly documented therapy.

We encourage you to partner with us to ***Make a Difference in the Lives We Touch.***

