

# INTEGRATED WELLNESS PROGRAM

## Safety

Home assessment to ensure home is free of tripping hazards and appropriate for the client's physical abilities: facilitate adding grab bars in bathrooms, installing wheelchair ramps if necessary, widening bathroom doors to allow for wheelchair access, etc. Personal Emergency Response Systems and Wellness Calls help ensure client safety when a caregiver isn't present.



### Mental Stimulation

- Customized Exercises to promote left and right brain activity
- Memory Exercises
- Music and Art Therapy
- Specialized Activity Planning for Disease State Management



### Nutritional Plan

- Whole Foods
- Supplements
- Proper Hydration to prevent UTI's
- Special Diabetic Planning
- Specialized Menu Planning for Disease State Management



### Physical Exercise

- Daily Physical, Speech and Occupational Therapy Homework.
- Walking to Wellness Plan
- Individual Exercise Plans
- Specialized Planning for Neurological and Muscular Diseases/Injuries

### Emotional / Social

- Planned Social Activities
- Family Communication & Support
- Using the Web to Stay Connected
- Pet & Children Therapy
- Thoughtful and Loving Services Designed to Keep Client Happy.

