## www.lifetimewellness.us

LIFETIME WELLNESS, LTD.

What if your Senior Living or Memory Care facility had a hidden super power that could improve patient outcomes and increase overall satisfaction?





Enrichment activities designed to engage residents rather than simply fill their time.

Insight: Outcome-based enrichment programs that are person centered, help patients achieve their wellness potential. These programs address independence, community engagement AND allow facilities to meet and exceed the CMS requirements for quality of life.



Non-pharmacological interventions significantly improve mood, awareness, and engagement and are simple and cost effective to implement.

Insight: Psychotropic medications are over-used, expensive and mask symptoms. More importantly they do not address noncognitive symptoms such as agitation, aggression, and psychosis which lead to behavior issues. Improved mood, satisfaction, and well-being will facilitate patients' engagement in their care plan.





## Person-centered care programs give your facility a competitive edge.

Insight: The senior, nursing and memory care market is increasingly more competitive. Your hidden superpower to compete in this market is providing simple, cost-effective person-centered enrichment programs that equip residents with engaging activities and programs they want to partake in.

## **Residents want options. What if it were simple?**

Insight: You don't have to do it alone. Lifetime Wellness provides ready to purchase and easy to use program kits, as well as comprehensive programs that include training and resource support.



Lifetime Wellness - We have a fully developed program and trainings that focus on non-pharmacological interventions from providing meaningful exercise programs, health education, social opportunities, aromatherapy, music, and community engagement, that focus on meaningful engagement for your residents. The tools we use can work in concert with best practices to decrease symptoms of depression and help manage pain, resulting in improved quality of life.