

Caregiver Wellness Programs



“A caregiver wellness program can be the catalyst for ensuring staff are happier, stay on the job longer, and in the end, provide better resident care. Plus, news spreads fast in senior living. The more the word gets out about how well you take care of your own, the more likely you are to attract new employees. It’s that simple.”

The data is clear. Roughly 10,000 individuals turn 65 every day.

The senior care industry faces enormous challenges keeping up with this large aging population growth. Currently, the average staff churn rate in senior living is 42%. It is estimated that around 2 million new senior care workers will need to be added to keep up with labor demands.

Every year, around 45% of all senior care employees abandon the industry.

Leaders in the senior care industry understand that employee caregivers are the core foundation of their operations. With decades of experience in senior care, Lifetime Wellness offers a variety of solutions aimed at helping healthcare facilities improve patient outcomes and overall quality of care by holistically addressing the needs of their caregivers.

Lifetime Wellness customizes their Caregiver Wellness Programs to include:

Awareness, Modification & Prevention of Chronic Conditions

- Senior care industry research shows that 29% of employees are obese, 22% have hypertension/high blood pressure, and 22% are affected by tobacco use. Health problems associated with these conditions may lead to unhealthy staff which can affect quality of care and patient outcomes.

Stress Relief Techniques & Management/ Physical Toll & Recovery/ Emotional & Mental Coping

- Physical and emotional exhaustion can erode a caregiver’s effectiveness in managing their own health and that of their patients. Providing coping skills and self-care education can help decrease turnover and improve service quality.

Lifestyle Management & Education

- Providing staff with training on nutrition, exercise, stress management, and wellness is a powerful holistic approach that ensures caregivers nurture their wellbeing.

Compassion Fatigue & Life Skills

- For caregivers working in demanding environments, training in compassion fatigue is critical. Supervisors are also great candidates for training as these can help provide support for caregivers who show signs of emotional distress.

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"In a highly competitive senior care labor market, delivering a consistently positive experience for staff is key. A viable way to attract and hold on to dedicated staff is through a caregiver wellness program – designed to enhance the physical, mental, and emotional wellbeing of those who care for residents."

Lifetime Wellness offers two customizable Caregiver Wellness Toolkits to meet your staff's needs:

Basic Caregiver Wellness Toolkit

- 12 Monthly Wellness Roundtables (with virtual group coaching) – includes Train-the-Trainer Support Tools
- 24 Bi-monthly Employee Wellness Posters (for break areas, staff rooms, etc.) Supporting Monthly Wellness Roundtable Topic
- 48 Weekly Wellness e-Tips (weekly email reminders)
- 2 Wellness Challenges for Key Areas (e.g. healthy habits, peak performance, stress reduction, kindness, nutrition)
- 12 Wellness Videos: 3-minute clips featuring various topics (e.g. education, nutrition, stress reduction, healthy grocery lists, time management, motivation, laughter)
- 1 Onsite Event: Annual Caregiver Wellness Workshop with Wellness Champion Meeting

Comprehensive Caregiver Wellness Toolkit

- 12 Monthly Wellness Roundtables (with virtual group coaching) – includes Train-the-Trainer Support Tools
- 24 Bi-monthly Employee Wellness Posters (for break areas, staff rooms, etc.) Supporting Monthly Wellness Roundtable Topic
- 48 Weekly Wellness e-Tips (weekly email reminders)
- 4 Quarterly Wellness Challenges for Key Areas (e.g. healthy habits, peak performance, stress reduction, kindness, nutrition)
- 24 Wellness Videos: 3-minute clips featuring various topics (e.g. education, nutrition, stress reduction, healthy grocery lists, time management, motivation, laughter)
- 4 Onsite Events: Quarterly Caregiver Wellness Workshops with Wellness Champion Meetings
- Daily Reminder Giveaways (e.g. challenge coins, badge stickers, pens, etc.)

For more information or to schedule a consultation, please contact:
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Awareness,
Modification and
Prevention of
chronic
conditions



Stress Relief
techniques and
management



Lifestyle
Management
and Education



Physical Toll &
Recovery



Compassion
Fatigue & Life
Skills



Emotional &
Mental Coping