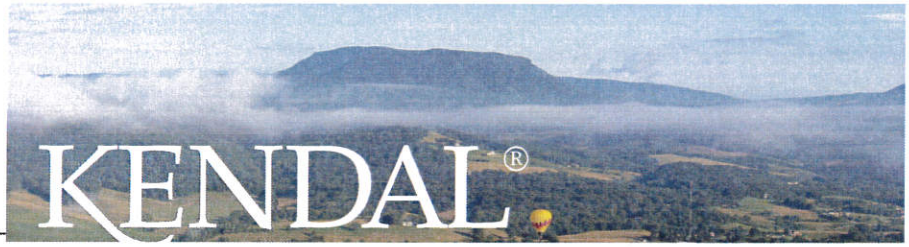


Vista



at Lexington

A continuing care retirement community
Not-for-profit • Serving older adults in the Quaker

Together, transforming the experience of aging.®

Vitalize 360 — What Matters Most To You!

Kendal at Lexington strives to go above and beyond typical expectations of what the word “care” means in a long-term care environment. A new system-wide Kendal program, Vitalize 360, has been launched to build on previous efforts by engaging, challenging and inspiring residents to live full, healthy and vibrant lives. The goal is for the community to be able to demonstrate appreciable improvement in successful aging.

How it works: Independent Living residents develop a Vitality Plan focused on meaningful Life Goals, Supporting Goals and Action Steps designed to support existing activities, inspire new achievements and foster a meaningful active life. The focus is not on “What is the matter?” but on “What matters most!” Resident goals can be anything from “I want to be a better listener” to “I want to swim four laps, three times a week,” or even “I want to skydive before I’m 80.”

Through development of a plan and on-going coaching and check-ins, the program is there to help one reach his or her goals.

Vitalize 360 combines an award-winning, innovative, person-directed approach to wellness coaching with the power of information derived from a scientifically grounded assessment system. The program is based on the principles of self-efficacy, self-management and the belief that a well-developed coaching conversation will guide, inspire, challenge and foster self-direction and action.

By focusing on the person, in both body and mind, Vitalize 360 keeps pace with evolving health care models and a new care paradigm that focuses on improving each resident’s experience of care, the overall health and wellness of the community and cost effectiveness.



PREVIOUS CARE PARADIGM

- Illness
- Outside in approach
- Numbers determine health
- Single dimension
- Direct
- Tell
- Wrestle
- Focus on what’s broken
- What I need to fix
- React

NEW CARE PARADIGM

- Wellness
- Inside out approach
- Perspectives determine health
- Multidimensional
- Guide
- Actively listen
- Dance
- Focus on what’s working
- What I want to fix
- Prevent



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