



CLINICAL EXCELLENCE & OUTCOMES



Health Services Exclusively for Senior Living

10+ years as an industry leader. Now operating therapy, wellness & consulting for ~450 sites in 43 states.

Developed by RISE Senior Living | Q1 2022

Dear Senior Living Operators and Clinicians,

Thank you for learning more about RISE Senior Living – a HealthPRO Heritage brand. We deliver meaningful clinical/health solutions via a unique win-win partnership model for senior living communities nationwide.

Clinical Advantages:

- Better Meet Challenges of Higher Acuity Residents
- Assure Resident Safety
- Improve Functional Outcomes & ADLs
- Customize Care/Programming to Meet Residents' Needs
- Optimize Care Coordination
- Mitigate Attrition, Hospitalizations & Adverse Events
- Enhance Resident Engagement
- Bolster Resident & Family Satisfaction

How It Works:

At no charge, senior living communities have access to physical therapy, occupational therapy & speech therapy outpatient services (available in addition to & in collaboration with home health therapy services.)

Our partners can access abundant clinical resources, like:

- Advanced/Specialized Programming
- Outcome Tracking Capabilities
- Suite of Sophisticated Wellness Solutions
- Customizable, White-label Wellness Packages
- Dedicated Senior Living Consultants (For Strategy, Innovation & Risk.)

Contact us to learn more at info@healthpro-heritage.com,

The RISE Senior Living Team

“HealthPRO Heritage is a comprehensive & sophisticated service organization with the resources of a large national company that interacts as a small service-focused partner.” – Director of Operations

93 2021 Net Promotor Score
(scale 1 to 100)

RISE Senior Living – a HealthPRO Heritage brand – is among the only national organizations to deliver proven performance outcomes & consulting support exclusively for senior living.

TABLE OF CONTENTS

01 **Physical, Occupational, Speech Therapy**
Proven Outcomes

02

FALL PREVENTION
Defying Gravity

03

MEMORY CARE
Ageless Abilities

04

WELLNESS PLATFORM
SHINE Wellness

05

HEALTH & WELLNESS ASSESSMENTS

06

COORDINATOR
Wellness & Engagement

07

MONTHLY RESIDENT ENGAGEMENT
& Education Series

08

FITNESS & WELLNESS
Group & Private

10

CUSTOM BUILT SOLUTIONS
IT / AI

11 **CALL TO ACTION**
Community Involvement

ON-SITE REHAB SERVICES

RISE Senior Living delivers best-in-class physical, occupational, and speech therapies via a progressive partnership model that delivers proven outcomes.

RISE Therapists proactively identify residents' health & wellness needs; assist residents recovering from injury, discomfort or illness; assure residents' safety & independence; educate residents, staff & families; and deliver performance outcomes to prove effectiveness of therapeutic interventions. **RISE Clinicians are among the only therapists to use Section GG, the Berg Test, and the Modified Barthel Index to monitor resident improvement.**

95 National Average Resident Satisfaction Survey Score

30.3%

Improvement in balance using the BERG Balance Scale for Senior Living Communities partnering with RISE

17.5%

Improvement in functional performance using Section GG outcomes for Senior Living Communities partnering with RISE

17.9%

Improvement in ADL performance using the Modified Barthel Index for Senior Living communities partnering with RISE

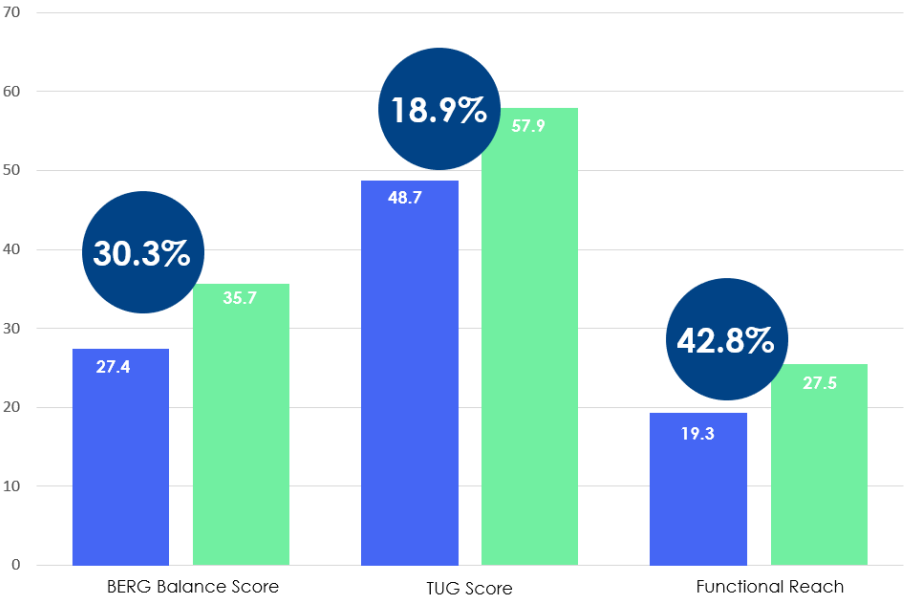
After completing the Wellness Assessment and starting with therapy, my therapists got me sitting up the whole week, and boy, that felt great, because I have been in bed for months and months. The therapists are incredibly caring and just two weeks into therapy, I already feel hopeful!

FALL PREVENTION PROGRAM: DEFYING GRAVITY

Therapists use evidence-based risk assessment tools to identify deficits & implement therapeutic interventions (inclusive of *Balance Bootcamps*, technology solutions & modifications of intrinsic & extrinsic risk factors, etc.). Success is measured to assure efficacy/ resident safety.

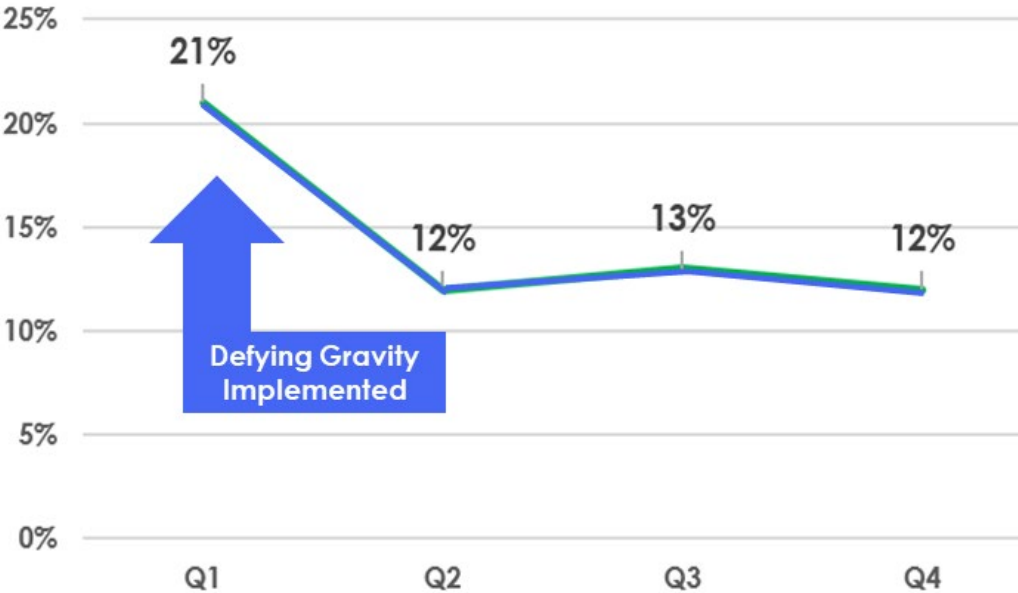
2021 Demonstration Project

6500+ residents improving from a moderate fall risk to a mild fall risk.



2021 Case Study

Reduced Percentage of Falls Minimizes Risk of Adverse Events + Move-Outs

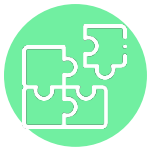


RISE therapists & strategists to **customize optimal technology solutions** to supplement clinical programming, assure reduced falls and streamline outcomes tracking. For example, RISE SL teams leverage **VirtuSense** in select SL communities with impressive clinical results.

MEMORY CARE PROGRAM: AGELESS ABILITIES

Certified RISE Senior Living therapists use a highly specialized clinical program featuring a comprehensive, customizable approach resulting in improved quality of life for residents & benefits for community staff, too!

Therapy-Specific Strategies



IDENTIFY

A resident's areas of interest



ENGAGE

Resident in purposeful activities to address physical challenges & quality of life issues



CUSTOMIZE

Strategies to be integrated into care plan



CELEBRATE

Individual strengths & quality of life improvements with dignity

Evidence-Based Outcome Measures

- Pain Assessment in Advanced Dementia
- Functional Assessment Staging Test
- Cohen Mansfield Agitation Inventory
- Global Deterioration Scale
- Brief Cognitive Rating Scale

"I cannot believe the dramatic difference in my husband's willingness to participate in physical and occupational therapy since coming to HarborChase!"

Wife, Husband with AD receiving Therapy Services/Ageless Abilities Program

"The team is amazing. They bring new programs to our residents and have helped us to implement new programs that have focus on sensory, the mind (cognitive) and physical. They also show us how to approach our residents when they have behaviors."

WELLNESS PLATFORM: SHINE WELLNESS

RISE's proprietary *Six Dimensions of Wellness* programming supports several proactive initiatives focused on achieving/ maintaining optimal resident health & engagement. Community may choose to title the wellness platform with their own 'brand.'

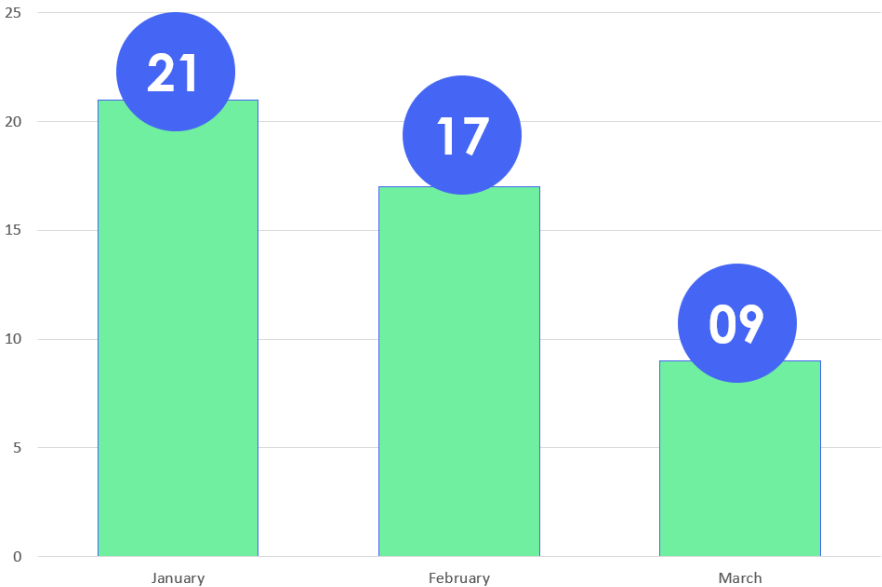
Elements Include:

- Coordinator/Liaison
- Health & Wellness Baseline/Annual Evaluations
- Exercise & Wellness Classes
- Private Fitness & Wellness Sessions
- Education / Engagement Series
- Health Literacy Series & Resources
- Fall Prevention Program
- Memory Care Program



2021 Case Study

Wellness Program Launched January 2021



57%
Reduction
of falls
within 1
Quarter

"Aside from the therapy they provide, therapists at Brightwood genuinely care about my mother and her wellness. They are kind and patient with her. They have adjusted their schedule to meet the needs of my mother as well as those of our family members who come to visit with my mother. I am so grateful for everything they have done for my mother. We truly appreciate them!"

COMPREHENSIVE HEALTH & WELLNESS ASSESSEMENT

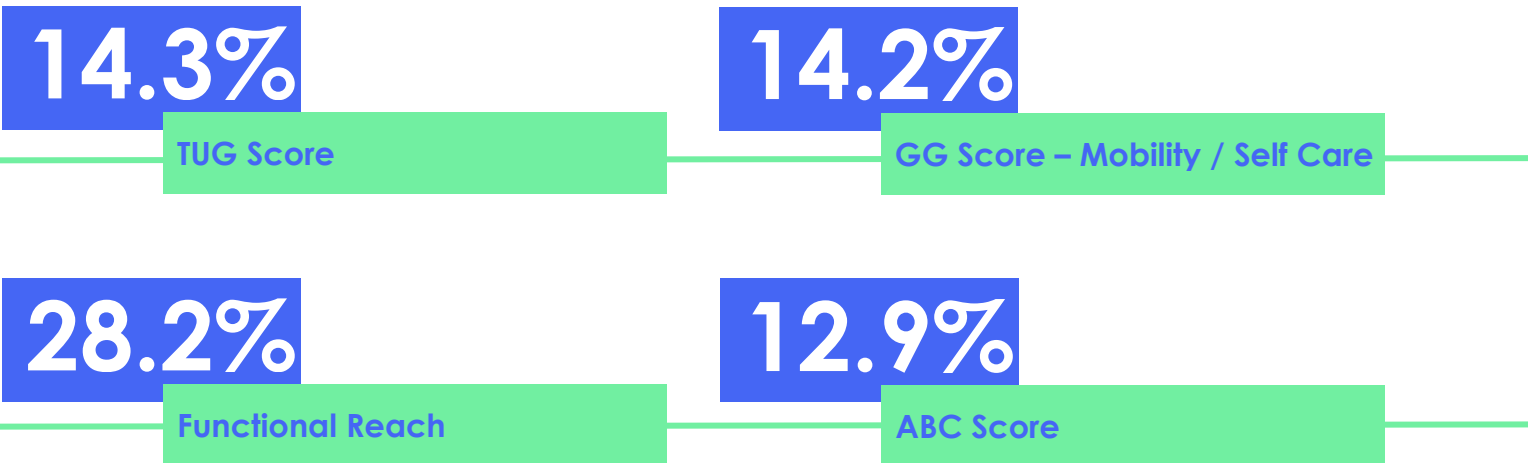
Baseline, annual, as-needed proactive assessments to mitigate risk + plan care & services + outcomes. Seven sections of this comprehensive evaluation include standardized tests for Physical Functioning, Medication Management, Emotional; Cognition; Daily Living Skills; Nutrition; Physical Health.

Eight Evidence-Based Measures

- U-Matter Self-Assessment (6 Dimensions of Wellness)
- STEADI Fall Risk Questionnaire
- Timed Up and Go
- Body Mass Index
- Nutritional Health Screening
- Geriatric Depression Scale
- Saint Louis University Mental Status Exam
- Drug Regimen Unassisted Grading Scale (assessment of medication management skills)

2021 Demonstration Project

- May through December 2021
- Identified Required Services for 200+ Residents:
- 209 Assessments Completed
- Improvement from Baseline



Thank you for sending the Health & Wellness Assessment Reports; the information was invaluable during our owners' meeting because the data helped demonstrate efforts to reduce hospitalizations and improve attrition rate – both of which have significantly decreased over this past year. RISE Therapy Team has played a huge hand in this success and our owners are very impressed with the effort and results!"

HEALTHYLIVING COORDINATOR WELLNESS & ENGAGEMENT LIASION

RISE team member functions as an integral extension of your Senior Living community team to identify resident needs & collaborate with staff to customize services. Full-time or part-time available.

How it Works

Community may choose to title the Wellness & Engagement Coordinator with their own 'brand.'



I really enjoy my role as Healthy Living Coordinator because I see it as my chance to make residents feel comfortable in understanding the importance of improving their overall health and wellness. I really love how the therapy team and I work together for all residents in the community.

Shannon, HLC

MONTHLY ENGAGEMENT & EDUCATION DISCOVERY SERIES & HEALTH LITERACY

RISE therapists deliver monthly enrichment opportunities for residents, staff, and family members including lectures, clinics, and workshops focused on the *Six Dimensions of Wellness* and is customized based on resident acuity levels, needs & interests.

Popular Topics Include:

- Brain Fitness
- Staying Active
- Nutrition for a Sharper Mind
- Health Jeopardy
- Be Balanced
- Management of common chronic diseases (COPD, CHF, Diabetes, Parkinson's, and more)

How it Works

Community may choose to title the series with their own 'brand' and RISE therapists actively drive this program:



Participated in RISE's monthly Discovery Series Engagement/Education events in 2021

"Keep these great sessions coming! This last one kept my interest; I am very satisfied!"

Hellenic Senior Living Elkhart

"This session was helpful, and I learned a LOT! I begin my therapy this week and I look forward to learning what else will be covered."

Belmont Village West Lake Hills

GROUP & PRIVATE FITNESS + WELLNESS CLASSES

Daily/weekly class schedule is custom-built based on resident acuity levels, needs & interests. Residents can elect private fitness sessions, too. Residents are provided with desired individualized, one-on-one comprehensive wellness sessions to maintain progress attained after skilled therapy services have ended or personalized wellness in an engaging, supportive environment.

How it Works

Community may choose to title the wellness & fitness classes with their own 'brand' and RISE therapists actively drive this program. Community may opt to pass cost on to residents.



Also Available
Concierge Personal Training, Fitness, + Wellness Services
Individual or Group Setting
Virtual Options Available
Programming Developed + Overseen by Licensed Therapists
Incorporates the 6 Dimensions of Wellness

"The therapist did a great job leading the presentation. It was clear and well supported by the slides and handouts!"

Elmcroft of Muncie

CUSTOM-BUILT IT/AI SOLUTIONS

RISE Senior Living facilitates integration of customized technology / artificial intelligence solutions to meet specific community/resident needs.

50+

Vetted companies & products in 2021

100+

Product database of description, specifications, pros/cons, start-up and ongoing costs and performance data

Pilot studies & demonstration projects underway:

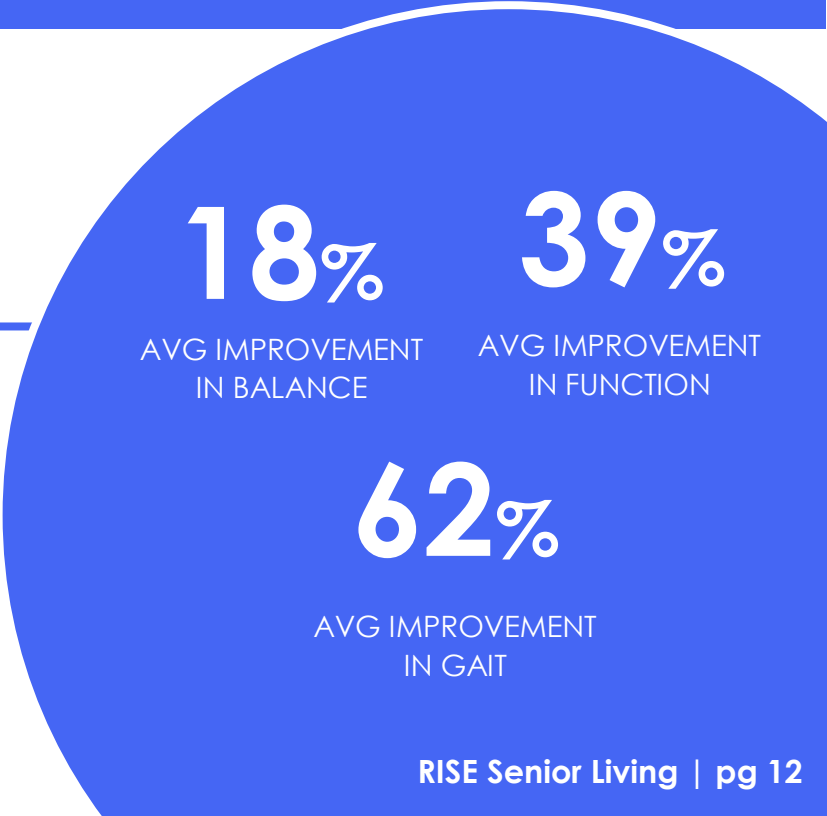
ImpactHealth	VirtuSense
HyperIce	& More

HealthPRO Heritage and VirtuSense worked together to create programming that specifically addresses SNF, AL/IL, Memory Care, and CCRC campuses' individual needs. The stats below are from a case study using this custom programming where 80% of the residents showed improvement.

CASE STUDY: Sedgebrook (LCS Community)



of the residents who returned for a second screening improved their overall mobility.



CALLING SENIOR LIVING CLINICAL TEAMS

RISE Senior Living is seeking partnership opportunities with Senior Living Clinical Teams to collaborate on tracking/trending clinical & ROI measures such as:

- Clinical Progress (% Change In Fall Rates, Functional Measures, Self-care, etc.)
- Resident Engagement (Attendance, Trends, Satisfaction)
- Resident Satisfaction of Skilled Services (% Scores To Track Resident & Family Member Satisfaction)
- ROI: Financial Impact Of Clinical Amenities (e.g.: On-site Therapy &/or Wellness Services, etc.)

Advantages of Robust Outcomes Reporting:

- Assure Resident Safety, Independence, Satisfaction
- Objective Measures Guide Future Clinical Strategies
- Leverage in Negotiations to Lobby for Reduced Rates with Insurance Carriers
- Utilize in strategic marketing campaigns or initiatives to referral sources or prospective move-ins

CONTACT RISE SENIOR LIVING TO LEARN MORE!