

LivWell Wellness Program: Improving Health, Wellness, and Social Connection for Older Adults

Springpoint Senior Living partnered with Parker Health Group to implement LivWell. This comprehensive wellness initiative promotes physical fitness and social, emotional, and spiritual well-being among residents of affordable housing communities.



Evaluation

The LeadingAge LTSS Center @UMass Boston evaluated the LivWell program at six Springpoint affordable housing sites where it had been implemented for at least six months.

The evaluation included:



Reviewing baseline health assessment data of participating residents
(n=220)

Follow-up assessment data

- ➔ 6 months (completed by 160 residents)
- ➔ 12 months (completed by 106 residents)
- ➔ 18 months (completed by 86 residents)



Using resident assessment data to track changes in health outcomes over time



Conducting resident focus groups and staff interviews

Findings at a Glance

Greater Strength, Safety, and Independence among Participants

- ✓ Improved strength, flexibility, and mobility
- ✓ Reduced incidence of falls:
21% → 13%
- ✓ Decreased reliance on arms to stand from a chair:
51% → 34%
- ✓ Decreased unsteadiness

Improved Health Behaviors

Percentage of participants completing weekly exercise (150 minutes) increased:


62% → 76%


Average weight loss:
3 pounds

Better Mood

Participants reported an improved mood.



High Satisfaction

Nearly all focus group participants reported high satisfaction (97%).

Participants described instructors as:

✓ Professional ✓ Patient ✓ Skilled at adapting exercises to individual needs

Most popular activities:



Brain health classes



Fitness and wellness activities, such as "Stick-To-It" drumming class



Meditation sessions



Outdoor walking groups

Meaningful Health and Social Benefits

Residents, housing staff, and program staff reported these benefits:



Physical Health

- ✓ Improved balance
- ✓ Increased strength and flexibility
- ✓ Enhanced physical functioning
- ✓ Improved mobility



Social Connection

- ✓ Greater sense of social connection and community
- ✓ Reduced social isolation
- ✓ Increased social interaction and friendships

Participant and Staff Voices

Participant:

“ (My) balance is definitely better. My legs (and) my knee move better, my back is better, I sleep better, I eat better, and I’ve lost weight with it, too. So, yeah, it’s all around just been so beneficial. ”



Participant:

“ Before, I was doing everything in my home. Now I’m always waiting for Tuesday and Thursday. I have to come out for exercise with everybody. They changed my thinking now. I’m always waiting on Tuesday and Thursday. ”

Staff Member:

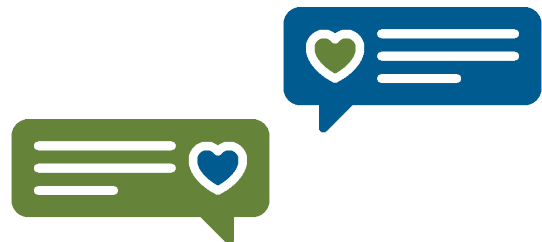
“ (The program) gives a lot of people a good sense of belonging, like they belong to this group, and they have more friendly faces to say hi to in the hallways. ”

Staff Member:

“ I feel like there are people who are getting a lot of help with their mobility issues, confidence in their mobility when it comes to getting around, and confidence in their balance, so they’re not so scared to move around the way they once were in their apartments. So, I think the confidence is huge. ”

Participant:

“ It gets me out of my apartment. I’m with a group of nice people, and it gets me in shape. ”



Conclusion

The evaluation of LivWell demonstrates that developing and implementing a health and wellness initiative in affordable housing is feasible and, most importantly, delivers distinct health benefits for residents.