

CASESTUDY

Facility Develops *Vivid Living*, an Innovative Mobility-Recovery Program that Helps Seniors Walk Again

New Perspective Senior Living



BIODEX
Biodex Medical Systems, Inc.

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Seniors troubled by failing strength and memory get a second chance via Biodex

New Perspective Senior Living operates 12 senior care facilities in Minnesota, Wisconsin and Illinois. All offer memory care and short-term-stay services, while several also offer assisted and independent living. Five of those centers are equipped with the latest Biodex mobility-rehabilitation systems to improve the lives of residents recovering from stroke, hip and knee replacements, or fighting the effects of progressive conditions such as Parkinson's disease. These new Biodex systems include:

- The Biodex Balance System SD, to help balance-challenged seniors recover the ability to properly weight-shift
- The Biodex Gait Trainer 3, a specially instrumented treadmill that helps gait-impaired elderly learn how to step appropriately and evenly
- The Biodex BioStep Semi-Recumbent Elliptical trainer, on which even wheelchair-confined residents can exercise

In addition, some centers have the Biodex FreeStep SAS overhead track and harness safety system and the Biodex Upper Body Cycle. All the Biodex systems enable Lighthouse-based physical and occupational therapists to provide the same degree of state-of-the-art exercise and rehabilitation services as those provided by the nation's leading rehab hospitals and university clinics.



Upon admission to the Vivid Living program, Viola was almost completely confined to a wheelchair. After six weeks in the program using Biodex mobility-rehabilitation and exercise systems, she reduced her wheelchair use to only 10% of the day.



Life engagement coach, Cathy Messen, of the *Vivid Living* program at New Perspective Senior Living, encourages resident Helen on the Biodex Upper Body Cycle.

Using Biodex systems to restore failing function

At several Lighthouse facilities, New Perspective Senior Living has applied these devices in an arguably first-in-America mobility recovery program for declining seniors, called *Vivid Living*. Cathy Messen, one of the life-engagement coaches who manages a Vivid Living program at the Lighthouse of Waconia, showed off the Biodex-assisted recovery of two residents, and explained the demonstrated benefits it can yield for residents.

“The Lighthouse of Waconia has 83 residents, and will shortly celebrate the opening of a new expansion, which increases our capacity to 143 residents,” Ms. Messen reports.

“Within the Lighthouse, we have a variety of ‘neighborhoods’ – assisted living and independent living together, a separate memory care section, and our new Vivid Living section.

“Vivid Living is a wonderful new concept in senior residence services created by the parent company of The Lighthouse, New Perspective Senior Living,” Ms. Messen said.

“Vivid Living is a neighborhood that takes residents who are showing a slight decline, and attempts to reverse that decline. We provide Vivid Living residents with additional mental, spiritual, social, nutritional and physical support, managed by a life coach, like me. We recently implemented it here at the Lighthouse of Waconia.”

Ms. Messen explains that when the staff observes decline in a resident in assisted living, or when a family reports a parent exhibiting signs of age-related decline, they enter our Vivid Living program with which we hope to slow down or reverse the decline. Key components in the program are regular sessions on the facility's Biodex BioStep, Balance System, Gait Trainer and Upper Body Cycle – a life engagement coach to manage and monitor

their progress – and “a lot of cheerleaders.” In just the first six weeks of implementing the program, she reports results the staff finds amazing.

“We have one resident, Viola, who upon admission, was almost completely confined to a wheelchair,” she recalls. “We implemented the nutrition, the physical, which is Biodex systems, a mental exercise program, and the spiritual community, forming a neighborhood.

“After six weeks, Viola could get out of her wheelchair on her own, and now uses her wheelchair only about 10% of the day. She went from primarily dependent on a wheelchair to not dependent on a wheelchair.

“Another resident, Helen, came to the Lighthouse and joined Vivid Living due to a staff-recognized generalized weakness. She was not engaging in activities with other assisted-living residents because of her limited physical ability. We started working with her in the four Vivid Living components, and within six weeks, was practically jumping out of her chair. When she came, she could not walk down the hall and go to tea, and now she races down the hall in her walker, eager to get there and socialize with the other ladies.

Ms. Menssen commented on a third Vivid Living resident, Bandy, who has also benefited from the innovative multi-factorial rehab program instituted by New Perspective Senior Living.

“Bandy was a prior art student of mine, so I was very familiar with how much direction she had needed in the past. Before Vivid Living, I had to constantly assist her and remind her of the next steps in a project. After joining Vivid Living, I observed how greatly her length of concentration increased – I could give her a direction and she could follow it on her own, and finish the project, which is huge.

“We offer Vivid Living to current and prospective residents as an extra-fee option, but it has proven a magnet to attract new residents from outside of the Lighthouse. Family members in the community hear about the program, and ask us to evaluate their senior for possible admission. We explain the program on our routine tours for family members, and they have responded very positively.”



Cathy Menssen, Life Engagement Coach, Vivid Living at New Perspective Senior Living, Minnesota, WI.

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