

FINAL REPORT

High-Risk Resident Program in 4 Frontier Communities S³ Personal Training Revenue in 1 Leisure Care Community S³ Balance Trial 12/1/2021 - 1/31/22

Introduction

This trial further quantifies S³'s impact on falls in high-risk residents, who were selected by EDs and/or ADs. According to staff, repeated EOs severely hampered consistency, making any changes that much more compelling. Staff effort in the face of adversity deserves recognition.

Silver Creek (data provided by Jessica, ED per RCC)

	Falls per month <u>before trial</u>	Falls per month <u>after trial</u>	<u>Change</u>
Shirley	2	.5	-400%
Robert	1	.5	-100%
Willie	2	1	-100%
Thomas	3-4	.5	600 – 800%
Francisco	2	0	-400%
Leah	1	.5	-100%
Donna	3	.5	-600%
Marilyn	3	1	-300%
TOTAL	17-18	4.5	-378% to -400%

Village at Keizer Ridge (data provided by Angel, AD per RCC)

	Falls per month <u>before trial</u>	Falls per month <u>after trial</u>	<u>Change</u>
Bonnie	1	0	-100%
Nancy	Angel: "improved so dramatically she was discharged by doctor"		
Mike	8-12	1	-800 – 1,200%
Ruth	Angel: "loves S ³ , trying not to depend on wheelchair"		
TOTAL	9-13	1	-900% to -1,300%

Washington Gardens (data provided by Asisla, AD per RCC)

	<u>Falls during 2 months before trial</u>	<u>Falls during trial</u>	<u>Change</u>
Merlene	4	0	-400%
William	1	1	none
Thomas	4	2	-200%
Janice	2	1	-100%
Zori	2	0	-200%
Shelli	6	0	-600%
TOTAL	19	4	-475%

Asisla:

“S³ has made a big difference to improving better balance & strength for our residents, evidenced by how often they were falling before & after using S³. It's also made it easier for staff & residents during transfers, as S³ has made it so that only 1 person guides a resident to stand instead of 2 people lifting. I highly recommend S³ as a "wow"! Excellent tool that's a pathway to overcoming the struggle of imbalance to maintaining balance and strength in motion and stability.”

Redwood Heights

At the trial's outset (12/2/21), Sammie emailed stating she would be leaving Redwood Heights on 12/28/21. Thus, a trial didn't start.

In lieu of objective data, the following are statements from Sammie:

“I've been getting a lot of questions about S³. One 97-year old gentleman who uses a wheelchair to be mobile starting using S³ and he loved it. He was able to do “See No Evil”, “Squat” and “Cliffhanger” and would sit and then pull himself up. It took me several times to convince him he had done enough. He was smiling the whole time. Other residents have stated they can't wait to start the class.”

“Residents continue to ask about S³ and I have already spoken with a PT that one of our residents visited yesterday and took some S³ information. He was excited to learn more and have his client use it.”

“Residents love S³! It's really a great program. I'm trying to figure out how to put a 3rd class on the calendar. I'm working with 2 high-risk residents at a time.”

“All going well with S³. Many residents have improved, but Sylvia took a break and now I’m trying to get her going again. We’ve also had an influx of new people, most are in electric wheelchairs or still in rehab. Will get them to start training on S³ ASAP.”

Leisure Care Community ([MacKenzie Place, Fort Collins, CO](#))

Trainer: Sue Kartheiser
Days/week: 5
Hours/week: 3 – 4
Sessions/week: 15 – 20
Clients: residents & non-residents
Revenue: \$3,000.00 to \$4,000.00/month

Sue:

“I incorporate S3 into every client program to improve balance, mobility, range of motion, proprioception, strength and function. For example, I had a client in a wheelchair stand for 10 minutes and play catch; another with vision loss has gone from sitting to standing to dancing with confidence and a man with Parkinson’s who has not been able to stand straight can now do so with S3, saying, “I feel like a man again”. Thank you, Colin and the S3 team!”

Summary

1. Using S³ may significantly reduce falls **when staff encourages participation**.
2. To reduce **overall fall score**, the number of residents in S³ should be maximized.
3. S³ can generate up to **\$4,000.00 per month** as a personal training tool.
4. ADs may benefit from **SPARK/motivational training** to get residents involved in cost-effective activities such as S³ (especially those who are high risk). **Dr. Camp** saw S³ at Windsong Memory Care in 2018 and said, “What an impressive program!”.
5. Using S³ as a **transfer device** to reduce staff demand & injury risk should be considered.
6. S³ may have greater impact without EO interruptions.