**Assisted Living Keeping-Fit Program**

**Freedom Program**

 Assisted Living offers a Keeping-Fit program (Function Independence Training) to all appropriate, eligible resident at all 24/7 assisted living communities. One program offered is the Freedom Program. The program is coordinated under the direction of the of the Life Enrichment team including but limited to: the Activity/Life Enrichment Director, Memory Care Unit Coordinator, additional Life Enrichment staff, and or contractors.

**WELLNESS OBJECTIVE:**

The objectives of this program are to

1. Increase strength
2. Increase flexibility
3. Increase cardiovascular function
4. Increase endurance

An overall goal is to encourage independence and provide support for each participant to be as physically fit as possible. Skills will be gained and enhanced in this program to provide independence.

**PROGRAM CONTENT:**

In keeping with… “aging in place through wellness” philosophy the 24/7 Freedom Program provides exercise formats specifically designed to meet the individualized needs of the resident/participant through individualized/ one on one weight lifting program, walking program, and exercise. This means residents who meet the criteria will have goals set to their specific strengths and interests.

The following protocols are required for the program:

1. All appropriate residents are given information about the program at move-in. In communities initiating the program to an existing resident population, family meetings, flyers, posters and an emphasis on the program on National Senior Fitness Day (an annual May event) are required.
2. A Physical Therapist will evaluate the resident/participates and provide to Life Enrichment Director and Director of Nursing with goals to maintain and/or increase the resident/participates level of functioning.
3. Documentation of program will be documented by Life Enrichment Director and reviewed with Physical Therapist on a monthly basis or as needed to adjust the resident/participates program to his/her needs.

**APPROPRIATE PARTICAPNTS:**

Residents must be evaluated by a Physical Therapist in order to participate. This program is designed for one on one individual program. **However, residents who like group exercise programs can participate in other programs provided by activities program.**

Residents who choose to participate must agree to goals set by the Physical Therapist and agree to participate in the program on a consistent basis with Life Enrichment Director. Residents and family members must sign and agree to contract of Freedom Program. There is an additional cost for the program which the resident and family member must be aware of and agree to. In the event of a health decline, illness or any other factors which effects the ability to participate in the program Life Enrichment Staff will work closely with the Physical Therapist and health services to encourage re-entry into the program when and if appropriate.