



To: Barbara Dombrowski
Agency for Health Care Administration

From: Ansley Holt, Executive Director
Village on the Green

Date: October 31, 2006

Re: Report # 4 for AHCA Funding Agreement No. AFA17

Program Evaluation

At Village on the Green, a strong emphasis is placed on health and wellness for the Health Center residents. As an interdisciplinary team, it was discussed that in addition to our current fitness activities, our residents could benefit from aquatic therapy. In order for this component to be added to our fitness program, a pool lift would be necessary. The pool lift was purchased per AHCA Funding Agreement #AFA17 on December 9, 2005 and received January 16, 2006.

The interdisciplinary care team had determined that 13 residents were eligible to participate in the program. Upon admission, new residents are screened as to their ability to participate. Family members assisted with the purchase of swim wear for those

residents who were interested in the program. Safety equipment was ordered as well as special swim wear for those residents who have incontinence concerns. It was decided that the program would be offered from May through October.

The Aquatic Program was off to a successful start on Tuesday, May 2. Initially the program started with two residents but participation increased to at least 14 residents. Tuesdays are “free swim” days in which the residents swim at their leisure. Using the pool lift, they are lowered into the pool where a staff member is waiting for them. They are given a flotation device and some can float independently, others require the assistance from a staff member or volunteer. We have had a great response from volunteers, both from the Independent Living community and from outside of the community, offering to help with this program.

On Thursday, the Fitness Coordinator teaches a low intensity aquatic program, attended by residents from both the health center and from independent living. The program helps to build muscular endurance, increase strength and improve mobility.

Training

After installation, an in-service was held on proper operating procedures of the pool lift. The in-service was attended by members of the Activities Department, the restorative aide, and the maintenance technician. The Wellness Coordinator was certified by the Arthritis Foundation to teach the low intensity aquatic program.

Recommendations

There are no problems with the pool lift. It is easy to use and there is no maintenance required. The residents have shown no apprehension in using the lift to be lowered into the pool. We would highly recommend the lift to other facilities. The therapeutic value is beneficial and without assistance from the lift, many health center residents could not participate in the program. The policy and procedure for our Health Center Aquatic Program is attached for your review.

Benefits

Resident #

Benefits

1. This resident has enjoyed swimming all of her life and due to inability to walk down the steps was no longer able to swim. The acquisition of the lift has enabled her to resume swimming.
2. This gentleman had a pool at his residence and swam almost year-round. Prior to admission to the health center, he had to stop swimming because he could no longer safely get into the pool. After being admitted to the health center he now participates in the aquatic program on a regular basis. He states that on his last doctor's visit his cardiologist was very pleased with his health and attributed his overall condition to a good diet and exercise, which he receives in the pool.
3. This resident taught swimming lessons in the past and greatly enjoys being able to get back into the pool.
4. This resident formerly taught aquacise to the residents of the Independent Living community. She suffered a stroke and was admitted to the health center and was no longer able to teach. She is now able to swim again, and is "delighted to be back in the pool."
5. This gentleman has always been very athletic, and swimming was a favorite past time. He is now able to resume that activity.
6. This woman has lived in the community for 20 years and had enjoyed the pool in the past. Now she is once again able to enjoy swimming.
7. This resident does not participate in many activities. However, he does enjoy swimming and invites his daughter over to swim with him.
8. This resident loved to swim and had a pool in his home before admission. He is now "thrilled" that he can swim again.
9. This resident enjoys being outdoors and swimming gave her another outdoor activity to engage in.
10. This resident taught both of her daughters to swim. Now one of her daughters comes to the facility weekly to swim with her.
11. This resident had in the past fractured her shoulder and had limited use of that arm. After participating in the program, working on strengthening and range of motion exercises, she now has increased range of motion in the arm. Her physician was pleased with her progress and encouraged her to continue with the pool exercises.

12. This resident says the pool exercises have helped him in his rehabilitation and he can see a difference when he walks.
13. This resident simply loves to swim and until recently was not able to do so.
14. This gentleman started out with assistance and is now able to float around by himself in the pool.

The pool lift has been a wonderful acquisition for the Health Center and it has given us an opportunity to add an exciting and therapeutic component to our fitness program. Not only are the residents enjoying the pool on a leisure level, they are also benefiting from the therapeutic value.





authorization & release forms signed