



Kindred **ONE**Source

For Assisted and Independent Living



Home Health



RehabCare

**Outpatient
Rehab**

Smart Moves
RehabCare's Wellness Program

Wellness



As elderly Americans continue to live longer lives, remaining safe and independent in their place of residence becomes a significant challenge. According to the National Survey of Residential Care Facilities, assisted living is the preferred long-term care option among seniors in the United States, but the average length of stay at an assisted living facility is only 22 months.

Independent and assisted living providers that proactively anticipate and address the changing needs of their residents **are able to significantly reduce the need for resident relocation.**

This is where Kindred Healthcare can help. We are a solution-driven organization, which includes providers that offer preventative wellness programs as well as outpatient and home health therapies with a common goal to keep or return adults to independence and safely prolong their stay in their current residence.





Home Health



Outpatient
Rehab



Wellness



Kindred ONESource allows residents to work with one source of providers focused on identifying and providing the most appropriate and seamless skilled services. Working with a single source of providers offers benefits beyond a quality patient-clinician relationship. Continued care from within one provider system helps to create fast and efficient transitions through all levels of care when needed. Working with affiliated providers smoothes communication so the chance of information being lost or overlooked is reduced – as a resident transitions from home health to outpatient to wellness, or back again.

Importantly, a single source of affiliated providers may also allow the resident to keep the same clinician throughout their care across settings. This eliminates confusion, for example, on whom to call if a resident suffers a fall or is struggling to overcome an obstacle.

**Continuity
of care from
consistent
clinicians**

**Efficient and
complete
communication
through all levels
of care**

Keeping Your
Residents Happy,
Healthy and Aging
in Place with
ONESource¹

**Building healthy
lifestyles through
the aging process**

**Fitting into the
culture of the
community**

¹ Use of any Kindred provider is always subject to patient choice and patients using one Kindred provider will not be required to receive all services from Kindred affiliates.

Your **ONESource** to Bring **Better Care to Your Community**



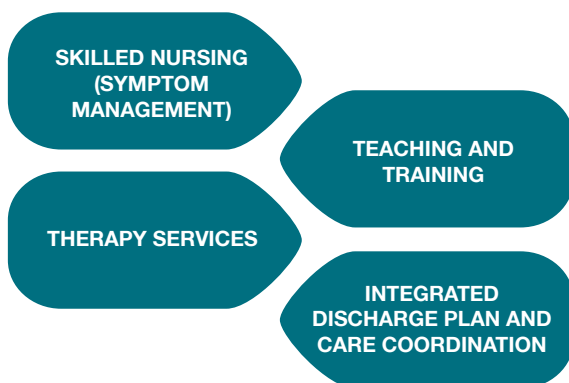
Therapy for the Homebound Resident: Home Health Therapies and Skilled Nursing in Assisted and Independent Living

Kindred at Home can provide home health services for residents who are homebound and eligible for Medicare Part A for home health services following the recommendation of a physician. These services are key to getting residents the therapy they need in the comfort of their residence.

Innovative, Disease-Specific Approach That Better Assists Residents with Individual Needs

Patients with a new onset, an exacerbation of a current or existing condition, or those with chronic conditions can qualify for and benefit from home health. Home health services can include skilled assessments, treatments, and education.

Core Offerings of Home Health



Home health services are key to getting your residents the therapy and nursing care they need in the comfort of their home setting.



Therapy for Residents Who Are Not Homebound: Outpatient Offerings/ Medicare Part B

Some residents may conclude home health therapy and continue to benefit from additional therapy services in order to achieve the highest practical level of functional living. It is also common for residents to be referred directly to outpatient therapy for skilled rehabilitation services. We work with your resident and his/her physician to determine the best outpatient speech/ language, occupational or physical therapies to return the resident to his/her maximum potential.



Outpatient Therapy with Kindred ONESource Means:

- convenience
- treatment within the privacy of the current residence
- no transportation challenges
- retaining the same familiar therapy team

Outpatient therapy with ONESource allows your residents treatment in the privacy of their home without transportation challenges and a familiar therapy team in contact with campus caregivers.



Preventing Avoidable Declines: Smart Moves Wellness

We work in concert with you to help residents embrace wellness, stay out of the hospital and age in place.

What Smart Moves Offers

- Wellness coordinator
- Fitness testing to set goals, measure success and ensure programs meet resident needs
- Group fitness classes
- Personal training
- “Get Thinking” cognitive training program
- Healthy learning lectures on topics such as fall prevention, exercising with certain conditions and how to set physical activity goals
- Safety clinic
- Smart Moves goal-tracking website

Outcomes From Our Wellness Programs Can Include:

- decreased incidence of falls
- reduced incidence of diseases such as heart disease, diabetes and osteoporosis
- improved sleep quality and decreased depression
- reduced agitation in patients with Alzheimer’s
- fewer hospitalizations and emergency department visits

Kindred is happy to work with your facility to offer as many or as few of the above offerings that you feel are appropriate for your community.

Smart Moves provides proactive monitoring of each individual’s fitness level to ensure that programming is always personalized, goal-oriented and effective.



PREVENT
AVOIDABLE
DECLINES

ESTABLISH
HEALTHY
HABITS

AGE IN PLACE

Enhancing the Positive and Lively Culture Within Your Community

EMPOWER

This is Kindred at Home’s self-guided but powerful uplifting, healthy, positive plan for better living:

Engage

Master your medications

Partner with your physician

Overcome

Welcome a new healthy you

Eat to do more

Reduce fall risk

STEP ON IT!

Step On It! is an additional senior wellness program designed to keep your residents active and independent while specifically working to reduce fall risk. Studies show that those who move more are able to see more, do more, and flat out enjoy life more. This program keeps everyone moving, grooving, and remaining as independent as possible.

AGING AMERICA BY THE NUMBERS



10,000 individuals
enroll in Medicare EACH DAY



By 2035, **80 MILLION**
Americans will be
OVER 65 YEARS OF AGE

Of the current 54 million Medicare
beneficiaries:

- ● More than 2/3
have 2 or more
chronic conditions,
● ● ● ● and 14% suffer from
6 or more chronic illnesses



More than **70%**
have heart disease



Nearly **60%**
have arthritis



25% are obese



20% have diabetes



Kindred **ONE**Source

One Provider Across Home Health, Outpatient Therapy and Wellness