

-- Vitality Overview --

What Your Seniors Do

- Record daily activities in a log
 - ✓ Physical activities
 - ✓ Food intake
 - ✓ Social activities
- Earn stamps for amount of activities
- Redeem stamps for prizes

What You Provide

- Weekly contacts and record keeping
- Prizes

Available Program Materials

- How-to manual
- DVD explaining how the program works
- Worksheets, templates, forms, assessment materials in electronic format

Benefits to Your Organization

- Healthier, happier seniors that you serve
- Strong service image in your community
- Referrals
- Good relations with collaborating groups

If interested, contact

Active Seniors Options
1717 S. Philo Rd., Ste. 217
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Vitality in Aging
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What does your organization want to do for its seniors?

- Reduce the incidence of falls?
- Enhance nutritional status?
- Increase socialization?
- Improve physical functioning?

Do all this while enhancing your service image with



*a reinforcement program
to promote aging
successfully.*

How Vitality in Aging Works



Participants (seniors able to walk with or without assistive devices and keep an activity log)

- Engage in and record weekly activities in the areas of **physical activities**, **nutrition** (food and fluid intake), and **socialization**
- Receive stamps for their activities as motivational reinforcers
- Redeem the stamps for prizes as additional reinforcers
- Enjoy healthier lives with reduced risk of falling



Your Agency

- Recruits participants and orients them to the program
- Performs pre-program and post-program fall-risk assessments
- Collects weekly log data, award stamps and prizes
- Enhances the quality of life for clients and families
- Spreads the word about their quality and caring

The Program

- Usually runs 6-9 months
- Has high compliance rate—80% or more over 6-9 months
- Is flexible—can be changed and adapted to each different organization
- Is simple to set up and run
- Is low-cost—easy to attract sponsors
- Is data-based and outcome-based, especially with fall reduction



Materials and Support Available

- **How-to manual** explains how to set up run program
- **Orientation video** explains how the program works and how to conduct assessments
- **CD-ROM** with worksheets templates for publicizing and running event, soliciting sponsor support, customizing materials, collecting data, etc.
- **Guidance** from people experienced in Vitality in Aging implementation



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