Smart Moves is RehabCare’s customizable wellness program. It allows our team to better strengthen the continuum of care for the residents and patients we serve. It has offerings such as senior fitness testing, healthy learning lectures, group fitness classes, personal training, and dedicated wellness coordinators. Regardless of your setting, Smart Moves plays a key role in the discharge plan process and early intervention for therapy. Smart Moves is flexible, which allows it to complement the community and therapy offerings. Regardless of the offerings, the resident/patient is the winner.

Smart Moves can be used as a method of early identification for residents who might benefit from therapy before a major event or hospital stay occurs.
Ideas For Early Identification:

- **Healthy Learning Lectures** – Many residents don’t understand normal aging. Many of the lectures educate on this process and provide a tie to therapy, explaining how skilled intervention can help.
- **Senior Fitness Testing (SFT)** – The SFT is an age-based normative assessment. Residents rating below average may be appropriate for skilled intervention. The SFT is also used to gather baseline results on residents. Declines during subsequent tests may also indicate the need for therapy. Based on recommendations by the SFT authors, RehabCare has devised standard modifications to be implemented for all participants receiving an assisted living or SNF level of care. In these circumstances, the focus should be on baseline results and changes that occur thereafter.
- **Tune-Up Clinic** – Assess the appropriateness of assistive devices in a fun atmosphere. Invite residents to bring their assistive device to an event involving an obstacle course, device cleaning station, and station for minor repairs (if the maintenance department is available). In general, no adjustments should be made to the equipment, but a skilled therapist should assess the equipment while watching the resident walk an obstacle course. Doctor’s orders may be needed for height adjustments, changes to gait patterns, or for a new/different piece of equipment.
- **Group Fitness Classes** – Participants may be appropriate for therapy if they have stopped attending the class, have difficulty standing, have difficulty with gait, are not able to hold weights or tubing, have shortness of breath that doesn’t resolve, or have had a change in function.

Smart Moves can also be used as part of the discharge plan process. If the patient is appropriate for general exercise in addition to, or instead of skilled therapy, Smart Moves can help. For all options, the therapist should communicate contraindications and recommended exercises to the professional providing the patient follow up.

Ideas For Discharging To Wellness:

- **Group Fitness** - After therapy is complete, group fitness is a great option for residents to remain active. If the group fitness instructor understands the special needs of the recently discharged patient, they should be able to provide exercise modifications and watch for any change in status or need to return to therapy.
- **Personal Training** – This is becoming an increasingly popular option in the assisted living setting. The personal trainer is able to provide guidance and support as the patient completes their home exercise program. In addition, a qualified personal trainer should also be able to continually develop the exercise program as the participants becomes stronger or is looking for variety. This ability differentiates this offering from functional maintenance. If the patient has a decline or improvement (such as need to transition from walker to cane), a referral to therapy should be made.
- **Senior Fitness Testing** – This assessment can be completed at therapy discharge and regular frequencies thereafter to determine if there is a change in function.

For more information visit Knect >Rehab Division >Smart Moves or contact Lauren Kriz at lauren.kriz@rehabcare.com.