



Boosting Senior Life

VSTBalance at UMC-Collingswood

UMC-Collingswood is a Continuing Care Retirement Community (CCRC) with a commitment to providing high-quality care and robust wellness and therapy programs for their Assisted Living (AL) and Independent Living (IL) residents. The community prides itself on its innovative approach, utilizing new technology to enhance the quality of life for senior residents. That is why in November 2018, UMC - Collingswood implemented the VSTBalance system in its Wellness Department.

VSTBalance is an automated fall-risk assessment tool that allows for proactive, long-term fall prevention. The system uses artificial intelligence and machine vision to objectively identify deficits in balance, gait, and function—the three leading indicators of fall-risk. The system automatically generates detailed objective data reports after each assessment. Clinicians use these reports to create more effective care plans providing appropriate levels of care for their residents, be it personalized home exercises, wellness activities, or therapy to provide for long-term fall prevention.

The primary goal of integrating this innovative technology at UMC-Collingswood was to conduct regular mobility screenings for AL and IL residents. Upon receiving the reports, the team will direct them to wellness activities or therapy programs, if needed, based on the assessment results. The team aims to screen and monitor all residents, providing appropriate care plans based on the interpretation of the VSTBalance data.

PRODUCT SOLUTIONS



Promotes Resident Independence and Aging in Place



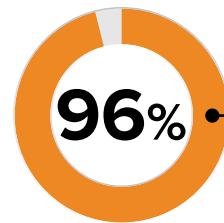
Improves Population Health Management



Increase Census in Senior Living

RESULTS

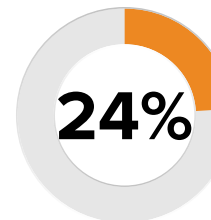
The implementation of VSTBalance has seen amazing outcomes. Between May 11, 2023, and Nov. 11, 2023, 96% of the residents at UMC – Collingswood received a mobility screening. Of these residents 24% showed improvement in their mobility scores, leading to a decrease in fall risk for these residents. The VSTBalance system also identified 26 residents who required proactive measures to prevent continued decline. All this information is easily obtained and objectively tracked using the VSTBalance system.



Residents Screened

Residents Mobility Improved

24%



Went from Low to Medium Mobility

Resident Spotlight: John's Journey Through Rehab

Mr. John Kremenz, a 98-year-old resident, was initially admitted to UMC-Collingswood following an allergic reaction to medication which resulted in a brief, yet debilitating hospital stay. His journey at UMC-Collingswood began in their sub-acute rehab area where his care plan was focused on exercises to increase his strength until he progressed to standing and walking.

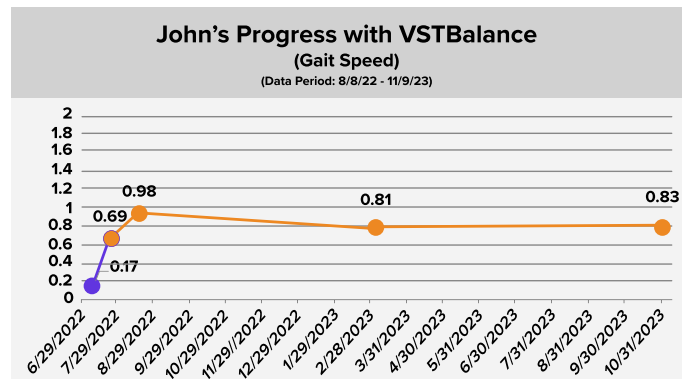
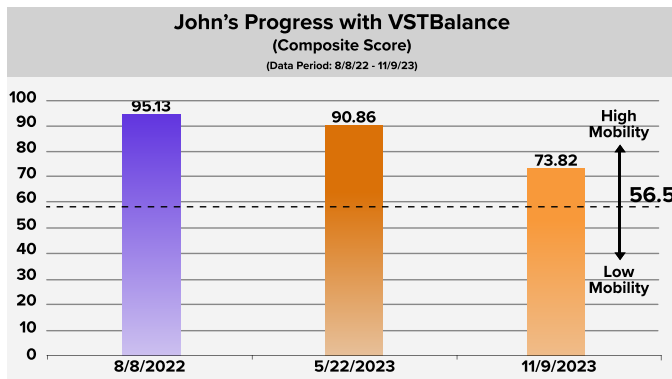


ENHANCING MOBILITY WITH VSTBALANCE

His care plan included a VSTBalance baseline assessment which indicated Mr. Kremenz had a 72% chance of a fall within the following 12 months, placing him in the low mobility category. His fall risk was determined by performing the gait assessment on the VSTBalance System which derives the data from a study by the NIH (National Institute of Health) and CMS (Center for Medicaid and Medicare Services) performed in the early 2000's. Through therapy interventions and continued activity with the wellness program, he progressed to a medium mobility level with a 25% decrease in fall risk. Routine reassessments continue to be performed, which allows the team to detect and address slight declines, ensuring Mr. Kremenz can maintain his improved mobility level. He continues to stay active in the community and remains healthy by continuing his wellness program, including both machines and dumbbell weights.

KEY METRICS AND IMPROVEMENTS

- Gait Speed improved from .17m/sec (low mobility) to .83m/sec (medium mobility). By maintaining this mobility level, he can ambulate throughout the community without an assistive device.
- Five Times Sit to Stand assessment indicates medium mobility, showing good lower extremity strength, ensuring he can get out of bed and stand from a chair on his own.
- mCTSIB assessment demonstrated strong standing balance, crucial for activities of daily living including standing at the sink to wash his face and brush his hair.



Because of these improvements, Mr. Kremenz and his family arranged for Mr. Kremenz to stay with UMC Collingswood and make it his permanent home. He valued the community support and access to proactive technology to maintain his health and mobility and identified them as valuable resources and a reassuring source of security. Mr. Kremenz and his family continue to be confident about their decision, and he continues to be a healthy, active resident at UMC-Collingswood.



CONCLUSION

The successful deployment of the VSTBalance system at UMC-Collingswood has not only facilitated comprehensive mobility screenings but has also contributed to individualized care plans, therapy referrals, and proactive interventions to maintain and improve residents' quality of life. Mr. Krementz's journey serves as a compelling example of how technology integration can make a significant impact on the well-being and independence of senior living community residents.

UMC – Collingswood continues to provide exceptional care for not only Mr. Krementz but for the many other Mr. Jones and Mrs. Smiths who depend upon them to ensure they thrive in their community.

PRODUCT FEATURES



Evidence-based fall-risk score



2-minute assessments for long-term fall prevention



Recommended Exercises



Learn more about VSTBalance and prevent falls.

Scan the QR code with your phone
or [click here](#) to request a demo.