



FOX OPTIMAL LIVING PROGRAM (FOL) SIGNIFICANTLY DECREASES TURNOVER RATE AND INCREASES LENGTH OF STAY IN SENIOR LIVING

Introduction: FOX Optimal Living is FOX Rehabilitation's premier wellness model. It is provided to senior living partners who recognize the importance of functional wellness. It is entirely evident that strength, balance, endurance, and flexibility must be maintained for older adults to lead the lives they desire and deserve. Older adults are highly unlikely to age in place if they do not have access to progressive, intensive, and individualized wellness programs.

FOX Optimal Living proactively monitors clinical indicators of functional decline to provide every resident with a personalized wellness plan. Programming is carried out by highly trained clinicians who specialize in geriatrics and chronic disease management. Outcomes are collected, analyzed and shared in real-time with partners via custom-designed web applications.

Chart 1: Falls by Exposure to Program

Chart 1 depicts monthly fall rate per resident over the course of program exposure. We are proud to see a 38% decrease in falls over 12 months and a 39% decrease over 18 months. Falls are a leading cause of bone fractures and hospital admissions among senior living residents. Reducing fall risk helps to maintain vitality and stability of both individual residents and community census.

Fall Rate vs Program Exposure – All FOLs Combined

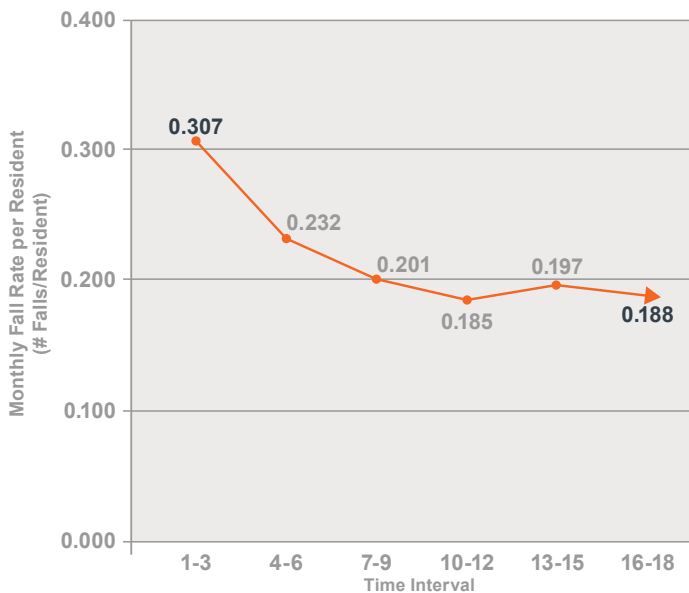


Chart 2: Hospital Admissions by Exposure to Program

Chart 2 depicts monthly hospital admission rate per resident over the course of program exposure. We are proud to see a 35% decrease in admissions over 12 months and a 60% decrease over 18 months. Hospital admissions and higher care needs are leading causes of resident move-out in senior living environments. Reducing hospital admissions helps to maintain census, reduce resident turnover, and increase length of stay.

Hospitalization Rate vs Program Exposure – All FOLs Combined

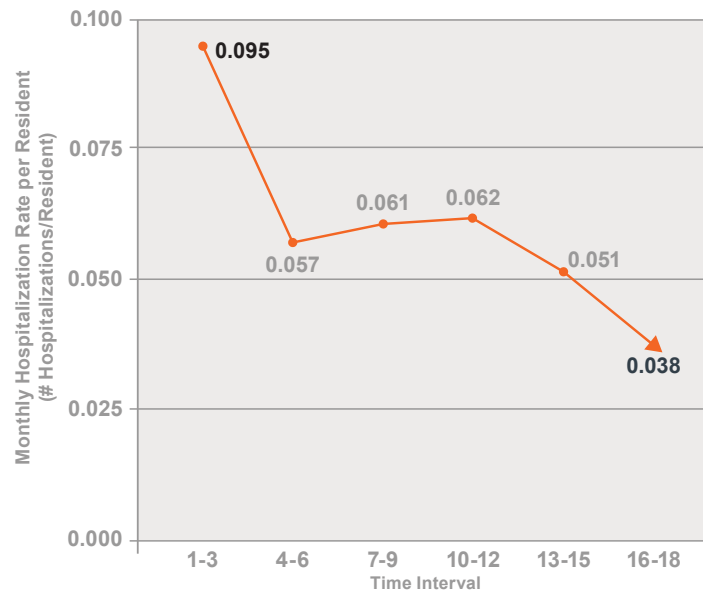
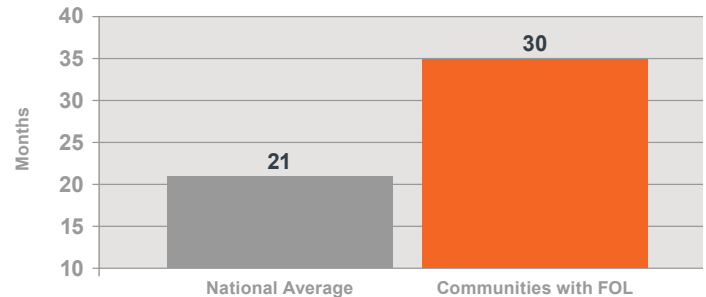


Chart 3: Length of Stay

Chart 3 compares the average length of stay in FOX Optimal Living communities to the national median length of stay in AL/ALZ properties. The average length of stay in FOX Optimal Living communities is 9 months, or 42% greater.

Length of Stay



Conclusion: By managing the functional wellness of every resident, FOX Optimal Living allows senior living residents to age in place. Due to its monumental impact, 100% of our partners surveyed would recommend FOX Optimal Living.

References available upon request. Please contact Jason Hazel PT, DPT at jason.hazel@foxrehab.org.

PHYSICAL, OCCUPATIONAL, & SPEECH THERAPY. FOX REHABILITATES LIVES.