



## Supportive Services

American HealthCare Group provides Supportive Services in affordable housing communities for both families and seniors. Our unique health & wellness model is both cost-effective and ensures compliance with all regulations.

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# Supportive Services that Make Financial Sense.



## Focus on What Matters

American HealthCare Group provides a unique blend of health and wellness programs that enable us to deliver unparalleled lifestyle improvements for the residents we serve. On average, tenants realize a savings of \$250 per month leading to increased demand in tenancy. Residents also experience:

- Reduction in social isolation
- Increased immunization rates
- Increased compliance with medical prescriptions
- Improved nutrition
- Improved ability of elderly and disabled persons to manage their housing
- Reduction in tenancy issues



# Supportive Program Elements

## Immunizations

Billable to insurance plans or Medicare

## Resident Assessments

## Screenings

Biometric, Blood Draw, Fitness Assessments, Bone Density, Dermaview, Hearing and Vision



## Health Fairs

On-site provider events

## Fresh Food Access



## Fitness Programs

Assessments, Tai Chi, Yoga, Pilates, Strength Using Your Body instruction.

## Stress Management

## Tobacco Cessation

In compliance with the ACA reasonable alternative standard for tobacco users.

## Online Wellness Tracking





# Core Program Highlights

## Resident Assessments

A critical component of each Supportive Services program is an assessment for each of the residents in the community.

These assessments are conducted by the Supportive Services staff who can better determine the individual needs of the building residents.

The residents in a Supportive Services program have greater access to community resources when working hand-in-hand with a social service professional.



## Health Screenings

Screenings alert residents to the state of their health and demonstrate the need to make necessary lifestyle changes, including nutrition, exercise, and smoking habits.



## Ongoing Wellness

Our coordinators meet with residents to develop individual wellness goals. Topics reviewed each session include diet, nutrition, exercise and fitness. It is designed to improve dietary and fitness routines and encourage healthy lifestyle changes.



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