

EnhanceWellness

EnhanceWellness is an individualized, evidence-based program designed to promote the health and functioning of adults at risk of decline.

The EnhanceWellness Program works with adults ages 22 and over one-on-one in their homes. The goal is to identify potentially modifiable risk factors for disability and promotes behaviour change to reverse risk factors with goals of maintaining or increasing functional status in the community.

This program uses motivational interviewing and behavior change to reduce the impact of chronic health conditions in adults. A trained EnhanceWellness Coach conducts home visits and follow up phone calls to help the participant reach their personal goals. The EnhanceWellness research study found a 38% decrease in hospitalizations, a 72% decrease in hospital days, a 35% decrease in psychoactive medication and an 11% decrease in depression. Participants reported higher levels of physical activity and better functioning in daily living tasks.



How EnhanceWellness Works

- 1. The Screening** - The participant completes a detailed health questionnaire which helps identify their personal strengths and risks focusing on health issues, social activities, lifestyle, feelings, physical activity, falls and nutrition. Together, the EnhanceWellness Coach and the participant review the results and explore health goals.
- 2. The Plan** - The health action plan is developed by the participant with support of the EnhanceWellness Coach. The health action plan highlights areas of health risk the participant chooses to work on. The EnhanceWellness Coach is ready to assist the participant in clarifying goals and address motivational changes.
- 3. The Action** - The participant moves to action with the support of the EnhanceWellness Coach who offers encouragement, feedback and monitoring. The EnhanceWellness coach helps with problem solving, health education and referral to support groups. After the 6 months mark, participants complete a second health questionnaire. Responses are compared and new feedback is given to the participant. The participant can choose to graduate the program or re-enroll and work on another health action plan.

More Information

For more information call 978-946-1211 or visit www.healthyliving4me.org.