



## **Evaluating Senior Wellness Programs: Important Questions to Ask**

When researching potential senior living communities, consider the following questions to help evaluate their senior wellness offerings:

1. Are fitness programs designed to meet a range of abilities and interests?
2. Is there a dedicated wellness center or staff specializing in older adult fitness?
3. How is nutrition integrated into overall wellness?
4. Are meals both health-conscious and enjoyable?
5. What opportunities exist for creative, spiritual, or intellectual engagement?
6. How are residents encouraged to build connections and purpose?
7. Is healthcare support available on-site or through trusted partnerships?
8. How do staff members describe wellness—as a checklist or a lifestyle?

### **Senior Wellness Program Checklist**

Refer to this checklist to help you find a quality holistic senior wellness program. We left space for you to add other senior wellness program must-haves that are important to you.

## **Physical Wellness:**

- ☐ Tailored exercise plans created by certified fitness professionals.
- ☐ On-site wellness centers that prioritize safety and are equipped with adaptive equipment for older adults.
- ☐ Group fitness classes that cater to a variety of interests and skill levels.
- ☐ Rehabilitation support and physical therapy for recovery after illness, surgery, or injury.
- ☐ [\_\_\_\_\_]
- ☐ [\_\_\_\_\_]

## **Nutrition and Culinary Wellness:**

- ☐ Chef-prepared meals that balance taste and nutrition, supporting heart, bone, and brain health.
- ☐ Menus crafted in collaboration with dietitians to meet diverse health needs and dietary preferences.
- ☐ Dining spaces designed for social connection, where meals are an experience that brings people together.
- ☐ Nutrition education or consultations for residents who want to make informed food choices.
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- ☐ [\_\_\_\_\_]

## **Emotional and Mental Wellness:**

- ☐ Access to counseling or emotional support.
- ☐ Mindfulness programs like meditation, yoga, or guided relaxation.
- ☐ Creative expression programming, such as art, music, and writing groups.

- ☐ Peer support groups, clubs, or discussion circles that strengthen emotional and social bonds.
- ☐ [\_\_\_\_\_]
- ☐ [\_\_\_\_\_]

### **Social Wellness:**

- ☐ Clubs, hobby groups, and regular social events that make it easy to meet others.
- ☐ Intergenerational initiatives that bring residents and local youth together.
- ☐ Resident-led committees that empower individuals to shape community life.
- ☐ Volunteer and service opportunities that give residents a purpose.
- ☐ [\_\_\_\_\_]
- ☐ [\_\_\_\_\_]

### **Intellectual wellness:**

- ☐ Educational lectures, classes, or guest speaker series.
- ☐ Book clubs, discussion groups, and cultural outings.
- ☐ Opportunities for residents to teach or mentor others.
- ☐ [\_\_\_\_\_]
- ☐ [\_\_\_\_\_]

### **Spiritual wellness:**

- ☐ Worship services or spiritual gatherings that honor diverse traditions and religions.
- ☐ Meditation and mindfulness practices.
- ☐ Quiet reflection spaces, walking trails, gardens, or chapels.
- ☐ Grief support or pastoral care when needed.

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