

CASE STUDY



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LIVEWELL HEALTH
your partner in successful aging

A collaboration on improving aged care outcomes



ANDREW SOKOLOWSKI

Founder, LiveWell Health

BSc in Exercise Physiology, Bowling Green State University

Master of Arts in Gerontology, University of Southern California

LiveWell Health work with over 30 different aged care facilities in South Florida.

Find Andrew online



Andrew Sokolowski, LiveWell Health's founder and owner, uses ForceDecks and TeleHab in his practice to compare baselines and make clinical decisions to assist his aging clients to continue living in the residence of their choice.

"Individuals want to see progress themselves, but they also want to understand how they stack up against another individual in a similar cohort." Andrew's approach helps keep clients engaged by pointing out potential asymmetries and showing them their progress towards equilibrium, as well as where they stand in comparison with their peers."

"A comparison like this was not possible prior to utilising ForceDecks. We previously had to sell the individual on our services and how we can provide them – now we let the data sell itself. After all, numbers don't lie."

"We chose the squat assessment as one of our leading indicators for our members due to its robust application to everyday life. If an individual cannot squat, they simply cannot go on with everyday life. The force and power parameters allow us to understand what we need to focus on, *in one simple, reliable test.*"

SOLUTION

Helping aging clients to live an independent life

DEMOGRAPHIC

Aged care

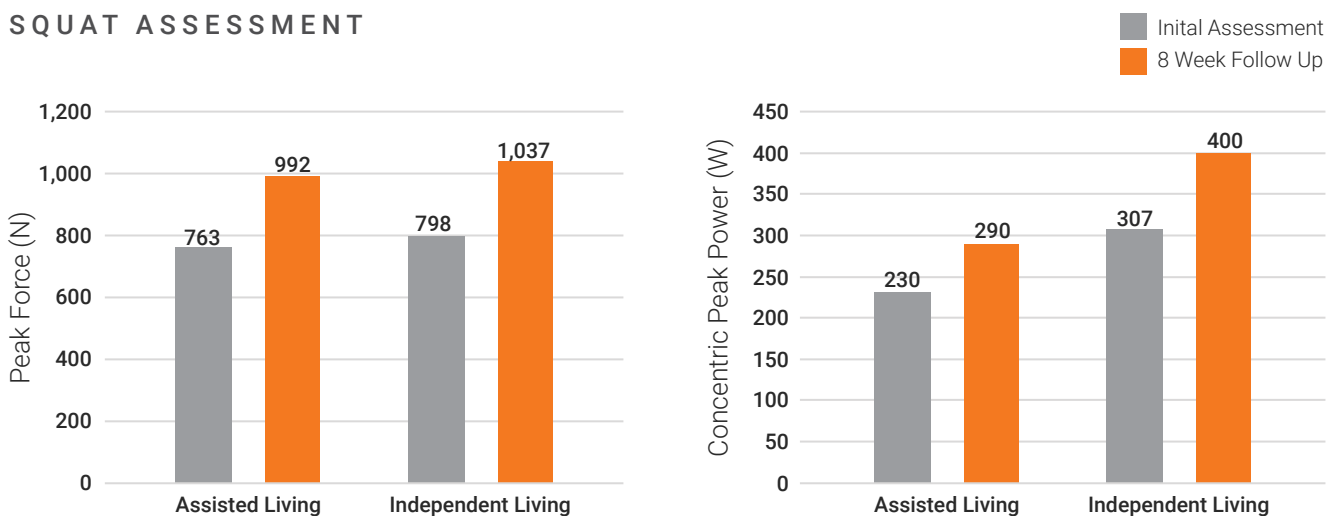
PATIENT GOALS

Independent living through mobility

BUSINESS GOALS

Retain and engage clients

SQUAT ASSESSMENT



After the initial assessment, LiveWell Health sets up an 8-week program to target an increase of 30-40% in peak force and concentric peak power. That increase results in a reduction of pain symptoms and an improvement in physical functioning, consistent with research.

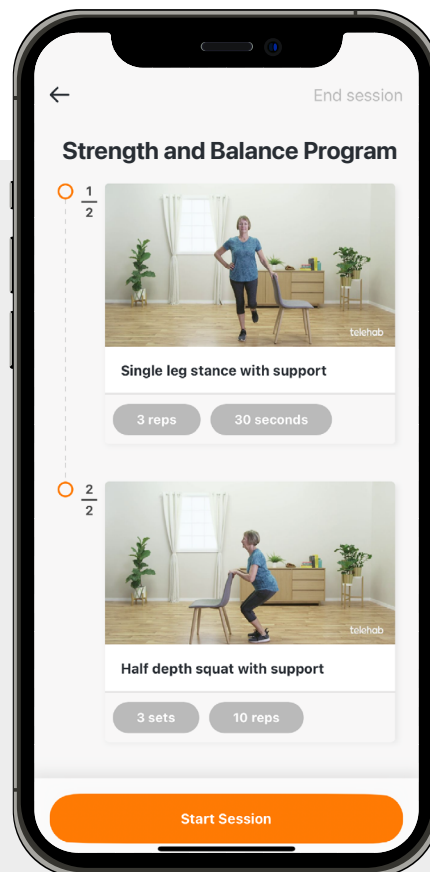
“Our results show that peak concentric power was more effective than peak force at identifying differences between those in assisted living compared to living independently. This is not surprising as the research behind power output is astounding.”

One of the key selling points for Andrew was the fact that prior to using ForceDecks, there was no accurate and reliable way for them to measure strength and power, without putting their geriatric clientele through some sort of a maximal effort test.

“The data collected within each individual assessment allows us to create an exercise program tailored specifically to our clients.”

LiveWell Health delivers their exercise program using [TeleHab](#), VALD’s free Exercise Prescription App. This allows Andrew to stay connected with clients who may not need their one-on-one services directly but may need direction or would like to have some issues resolved.

In summary, objective and tangible data allows LiveWell Health to improve the standard of care, increase client engagement and retention by raising the stakes in their journey to longevity and health.





TELEHAB

- Library of over 6,000 exercises
- Flexible program scheduling
- Instructions delivered in a variety of ways such as video, picture, text and voice over
- Teleconferencing for remote consults
- Sign up for free [here](#)

*“Our clients absolutely **love it!** They cannot get enough. When we mention ForceDecks to our prospective clients, they tend to become far more intrigued and more likely to sign up for our LiveWell Health services.”*

KEY TAKEAWAYS

 Great for **patient engagement**

 Raising **standard of care**

 Improving **client retention**