WATERCREST
KINGWOOD

A Family Roadmap

to our

Healthcare Partners



WATERCREST
KINGWOOD

TABLE OF CONTENTS

INTRODUCING OUR PARTNERS 03

SELECT REHABILITATION 04

ACCUSHIELD 06

LIFELOOP/IN2L 07

PALCARE 08

RED CHAIR LAVENDER 09

ELDERGROW 10

SAFELY YOU 12

RENDEVER 14

CONCLUSION 16



INTRODUCING OUR PARTNERS

Making the decision to transition a parent or a loved one into an assisted living community is not always easy and can become deeply emotional at times. At **Watercrest Kingwood**, we believe that moving into assisted living should never be looked at as taking a step backward. Instead, it should be seen as a step forward into a new chapter of greater community.

This is why we don't just provide a beautiful place to live; we provide a community of complete connected care. With the help of our healthcare and wellness partners, our community brings successful medical, cognitive, and social platforms directly to your parent's bedside.

Traditional senior living relies mainly on reactive care. Reactive care happens in response to a resident falling, becoming lonely, or losing their mobility. Here at **Watercrest Kingwood**, we use technology to pivot from reactive to proactive care.

> The Best of the Best. Every person's dream for their aging parent.

WHY SELECT REHAB?

Our community, **Watercrest Kingwood,** has partnered with Select Rehabilitation to help residents improve mobility, safety, and independence through outpatient PT, OT, and ST. Using advanced technology and a team approach, Select Rehabilitation therapists work closely with residents, families, physicians, and our care team to prevent injury, and restore daily function.

Physical Therapy combines exercise, pain management, and adaptive equipment to build strength and coordination after illness or injury.

Speech therapy improves communication after stroke or injury by addressing swallowing, memory, safety, cognition, and hearing support.

Occupational therapy restores daily living skills with home modifications, equipment, and personalised plans for self-care, work, and leisure.

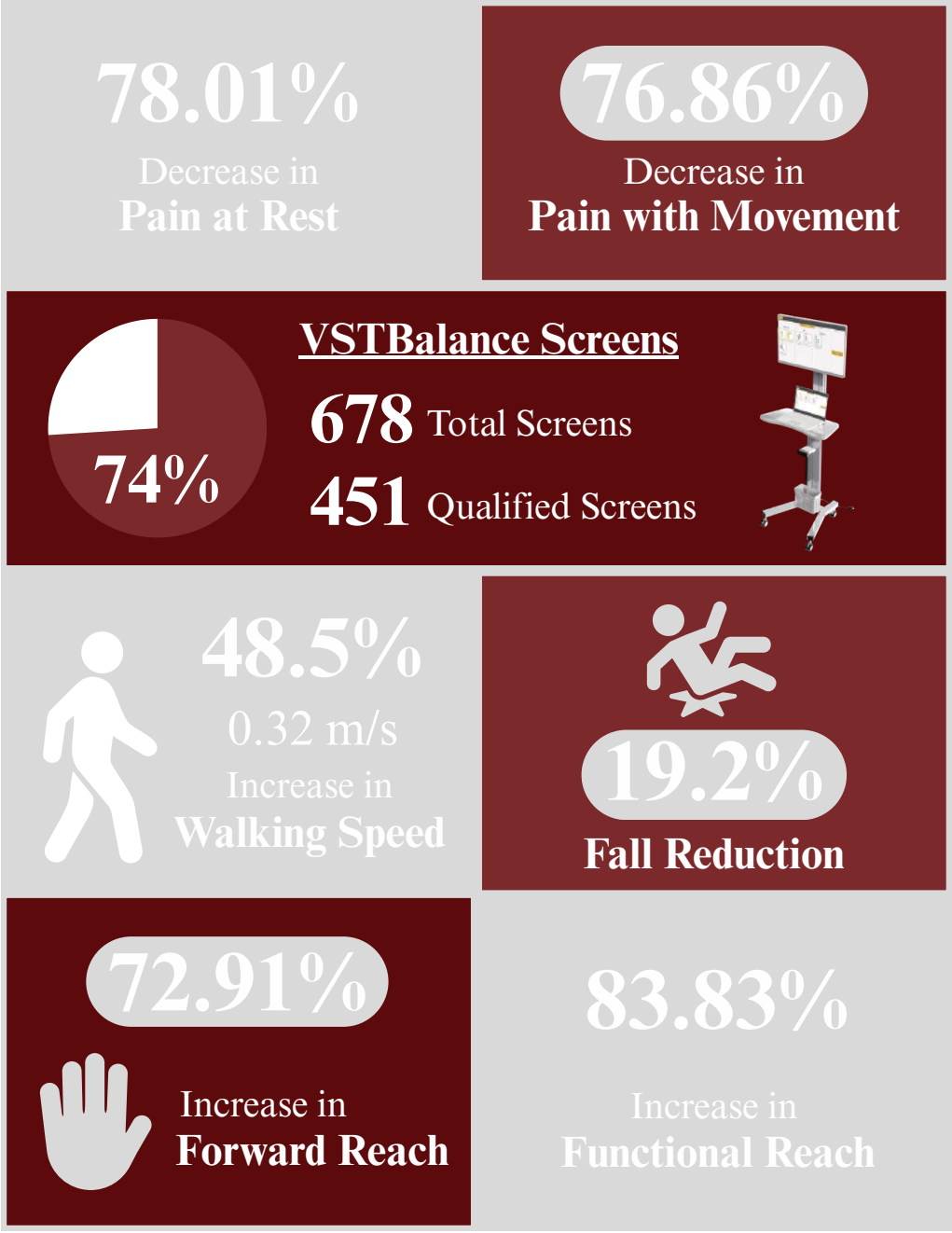
Our residents are screened upon admission and anytime they have a fall. This helps to examine their condition and level of care. Their teams provide constant care plans to ensure that residents recieve personalized care.

Through our partnerships, we have 2-4 daily group exercise classes and tailored personal training programs 5 days a week within our community. We also provide a dementia and memory care program for residents in need.





Select Rehabilitation integrates VSTBalance technology. This system uses artificial intelligence to identify and predict fall risk by analyzing deficits in balance, gait, and function. These three factors are the main indicators of fall risk.



Accushield®



At **Watercrest Kingwood**, your parent's safety is our top priority. That is why we use Accushield. It is a modern touchscreen kiosk that sits right at our front entrance. The system makes sure we know exactly who is in the building, and the reason for their visit. Having a completely mobile version of a check-in system eliminates the hassle of using paper, and keeps better track of who is coming in and out of the building.

How it works

- All visitors are required to digitally register when entering the community and wear a name tag.
- A facial photo is taken upon arrival and is securely stored for privacy purposes.
- Authorized staff can view who is in the building and why at all times.
- Accushield is able to block people who are not permitted to enter the community.
- In the event of an emergency, everyone on campus including residents are able to be notified quickly in real time.
- Required background checks and credentials are always enforced.

Why Accushield?

Accushield's system has successfully processed and screened over 28 million visitor entries nationwide, and has proven to keep unauthorized people out. Entry management is tracked digitally for our community, so we can see how long each visitor stays and what their visiting purpose is at our community.

In one month, **Watercrest Kingwood** received **401** visits with a **35.41%** sign out rate. Accushields platform allows our staff to see what type of visit each one of those **401** visits was. This information helps us remind those who may be forgetting to sign out when they leave the community. That way we are able to ensure a smooth process in entering and exiting the building.

We use LifeLoop as a central digital hub that connects our residents, our staff, and your family. It gives residents total control over their own schedules, while offering families a joyful window into their loved one's daily world. LifeLoop puts calendars, and social outings all within our residents' reach. LifeLoop offers a portal for family members to connect to in order to see what their family members are up to daily. Residents can plan out their schedules, RSVP to upcoming events, and even submit maintenance requests all from their phone!

iN2L

iN2L (it's never too late) serves as a content hub for so many different outlets. The content is built around different dimensions of wellness and consists of brain games/trivia, virtual travel experiences, music, spiritual wellness, and all forms of lifelong learning content!



The Lifeloop Effect

1. With the implementation of LifeLoop, residents can experience up to a **172-day** increase in length of stay
2. LifeLoop has proven to show a **97%** improvement in rapid communication between families, staff, and residents.
3. **94%** of staff reports that LifeLoop reduces resident loneliness.

> We use iN2L technology in so many groups for meaningful engagement that support cognitive, social, spiritual, and physical engagement throughout the day.

PalCare is a wireless emergency alert system for senior living that sends instant help signals from resident wearables or room sensors directly to staff smartphones. To protect resident privacy, any integrated safety video or radar data is continuously overwritten and automatically deleted unless a fall occurs, at which point only the emergency clip is saved for staff review. This setup drastically cuts response times.

This actionable data allows us to reassess your parent's level of care as needed. With PalCare, help is always just the press of a button away. You get the profound peace of mind knowing that our team will be at your parent's side within minutes.

With the help of PalCare's technology, **20% faster** response times within the community have been proven, making an average of **2 minutes** faster than using traditional pager methods.

Our partner's platform also has an accurate level of care tracking. Call volume data flagged **17.6%** of residents who were pulling their emergency buttons at unusually high rates.



Who they are

Red Chair Lavender is a therapeutic provider that harnesses the clinically proven power of organic lavender aromatherapy. Integrated seamlessly into our Assisted Living community, Red Chair Lavender acts as a calming anchor, that reduces anxiety and promotes peaceful rest without relying on heavy medications.

How it works

As the sun begins to set and the late-afternoon hours approach, our care teams introduce Red Chair Lavender diffusers into our shared living spaces. This shifts the mood of the entire room, filling the air with a calming, comforting aroma that naturally eases the transition into the evening.



Why Red Chair Lavender?

Clinical studies tracking the use of pure lavender essential oil in dementia units consistently show a **30%** to **35%** reduction in nighttime agitation, pacing, and verbal aggression. Research demonstrates that introducing organic lavender into a senior's nighttime routine improves sleep quality and duration by up to **70%**, helping residents fall asleep faster and stay asleep longer.



Our community, **Watercrest Kingwood,** partners with Red Chair Lavender because we believe in natural remedies to help aid your parent's anxiety and produce the best quality of life possible for them.

eldergrow

Many seniors love to garden and grow things and we want to make sure as a community they still are able to do that. With the help of our partner Eldergrow, we ensure that your parent still has the opportunity to do that even with making that transition into assisted living or memory care.

Our community offers indoor garden beds on wheels, equipped with grow lights and full filtration systems. These gardens are filled with non-toxic, herbs and colorful flowers, and they are built at wheelchair-accessible heights so every resident can comfortably participate.

Eldergrow is an award-winning therapeutic horticulture program that brings nature inside of our community. This provides residents with hands-on, mind stimulating exercises that give seniors more purpose.

Twice a month, an Eldergrow Educator visits our community to lead hands-on workshops. For residents navigating advanced memory care, the Eldergrow garden serves as a calming element in daily life.

The Benefits behind Eldergrow

Clinical research show that daily gardening can **lower risk factors for dementia by up to 36%.**

Up to **96% of residents** meet some of if not all of their specific therapeutic goals with the help of our partner Eldergrow.

90% of residents have stated that gardening improved their overall quality of life.



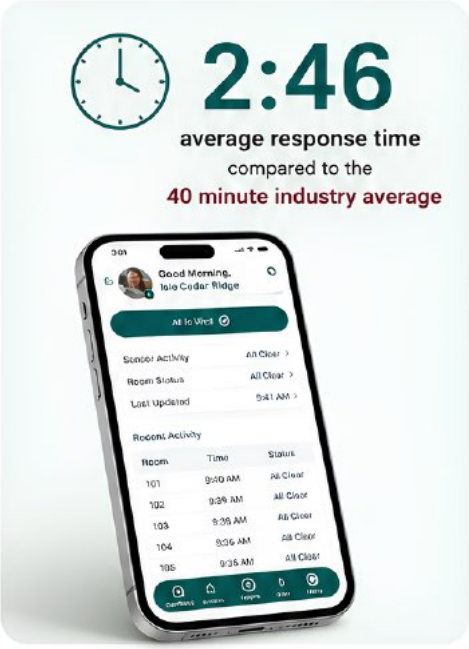
RESIDENT SATISFACTION

In the same way we've seen music and singing unlock something beautiful in our residents with dementia or cognitive impairment, gardening has unlocked something special as well. Hands that were folded in laps and unable to complete simple tasks of daily living came alive when it was time for harvesting. Smiles were broad and full of life when managing the planting of seeds. The muscle memory of gardening was remarkable. I expected the garden to be fun for our residents, but I truly underestimated how lifegiving it would be.

SafelyYou



Often times a senior may fall when alone in their room, unable to call for help. At **Watercrest Kingwood**, we partner with SafelyYou, a silent, digital guardian, ensuring your parent is never left alone while still respecting their personal privacy. Unlike traditional fall alert systems, it helps communities understand why falls happen and how to prevent future ones, not just respond after the fact. No wearables are required and receive validated results. Your parent's safety in our community is always our priority.





SafelyYou

> SafelyYou makes me feel comfortable going home at night, not worrying about their evenings.

At **Watercrest Kingwood**, we are proud to partner with SafelyYou to keep your loved one safe. This AI system is installed in the corner of your parent's bedroom and only records events leading up to and after a falling incident for privacy purposes. Our staff is immediately notified to determine the severity of the fall and get your parent the right care quickly.



When seniors begin to experience limited physical and mental abilities, the world around them often begins to become smaller. With the help of our partner, Rendever, we refuse to let that happen. Their VR (virtual reality) headsets allow residents to explore anywhere in the world and go wherever they want to virtually.

Rendever has been proven to help keep mental and emotional health stable. They have a better opportunity to bond and laugh with other fellow residents rather than just sitting alone and isolated. Rendever's product includes a unique mapping feature that lets a resident type in any address and the headset will take them straight to that location, no matter how small or niche the area could be. This factor also helps with memory retention and gives people more opportunity to connect with one another.



22
months of lifespan extension (estimated)

67%
significantly improved mental health in 4 week

33%
increase in community satisfaction

88%
decrease in negative affect for PLWD

62%
significantly reduced agitation in 4 weeks

67%
significantly reduce caregiver burden in 4 weeks



Dementia Training	Get the opportunity to step into the life of someone living with dementia. See what they see. Hear what they hear. Not only will you gain more understanding, you will gain perspective.
Rendever Live	Join hosts for lively conversations and real interactions. Rendever live allows you to build new relationships, and engage in games with 40+ hours a week of live programming.
Rendever Fit	Participate in different exercises that make fitness enjoyable, social, and fun! The combination of physical and cognitive modes helps stimulate your parent's mind and body at the same time.

> I can see the world again! Rendever makes it possible to go anywhere I want and try new things without the difficulties of traveling, it's really something special.



EXPLORE A SAFER FUTURE FOR YOUR LOVED ONE

Choosing the right path for your loved one is a journey rooted in love, and ensuring their safety and happiness is your highest priority. At **Watercrest Kingwood**, it's ours too. Through our dedicated healthcare partnerships and proactive approach, we take care of your parent by keeping them safe, connected, and thriving in this vibrant new chapter of life.

You don't have to navigate this transition alone. Come see how our community of connected care can bring your family true peace of mind.

Schedule a Tour