A photograph of a male doctor in a white lab coat and a blue surgical mask, holding a tablet and placing his hand on the shoulder of an elderly woman with white hair and glasses. The woman is sitting in a blue armchair in a well-lit room with large windows and a lamp. The doctor is looking at the tablet while the woman looks up at him.

How Brookdale can help support your patients with chronic conditions

Kim Elliott, RN, SVP and Chief Nursing Officer
August 2021



Brookdale cares for many residents living with chronic conditions.

Approximately 75% of senior living residents are currently diagnosed with at least two chronic conditions¹.

Brookdale's approach to managing chronic conditions helps educate, empower and support residents while maintaining an overall focus on wellness. Adhering to treatment plans, including medication management, dietary guidelines and exercise choices, is vital in effectively managing chronic conditions, helping to reduce unnecessary hospital readmissions and helping residents live their healthiest, most active lives possible.

We focus support in 11 areas: Bone and Joint Health, Cancer, Chronic Pain, Depression, Diabetes, Heart Failure, Palliative Partnering, Parkinson's, Pulmonary Health, Stroke and Wound Care.

Managing chronic conditions is a critical component to Brookdale's population health approach. "At Brookdale, rather than waiting until a resident or patient is in need, our goal is to encourage preventive care, help manage chronic conditions and prevent unnecessary hospitalizations," says Kim Elliott, Brookdale's senior vice president of Clinical Services. This approach has set the stage for a healthcare-focused Assisted Living environment.

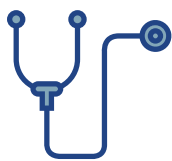
Our suite of services, multidisciplinary care teams and collaboration with primary care providers can lead to happier, healthier residents.

"I can rest assured that the Brookdale nurse keeps a watchful eye on chronic condition residents, closing up the holes in treatment and care that are so prevalent these days. It's nice to know that Brookdale is so committed to excellence of care."

– Leslie Kirschner, APRN, FNP-C



Here are a few advantages offered by Brookdale:



1. Specialized care resources focused on the most common chronic health conditions are reviewed and updated regularly to deliver quality clinical care. Brookdale clinicians are trained and supported by a clinical center of excellence providing leadership, expertise and resources at the local, regional and national levels.



2. Enhancements in technologies and systems provide benefits for patients and healthcare partners, including timely clinical response to change in condition and oversight and management of medications through eMAR and improved communications, reporting and tracking of conditions and incidents through the use of Electronic Health Records (PointClickCare).



3. Person-centered care drives our programing and care plans. Using an assessment process, we develop a customized personal service plan for each Assisted Living and Alzheimer's and Dementia Care resident. We help residents meet goals, maintain independence and try to avoid unnecessary hospital stays using individualized care plans that inform collaborative care reviews and our partnerships with healthcare providers.



4. We embrace a proactive, whole-person approach to care and other non-medical interventions needed to help maintain or improve an individual's health. Our Optimum Life program, based on six dimensions of wellness, intermingles with our Resident Engagement signature programs.



5. We offer a suite of services, including Assisted Living and Alzheimer's and Dementia Care, as well as access to home health, hospice and outpatient therapy, in many markets to meet patient and resident needs wherever they are.

As the senior living industry continues to see more integration between senior housing and healthcare, we will continue to be a leader in managing chronic conditions with the ultimate goal of providing higher quality care resulting in better outcomes and fewer readmissions.

**Kim Elliott, RN, SVP and Chief Nursing Officer**

When it comes to leading clinical programs, Kim is our go-to authority on resident care, maintaining high standards for quality and compliance. Her care philosophy is based on the importance of individualized care, personal choice and resident independence.

Kim is dedicated to finding more options to help our residents live and age well. That's why she has taken a population health approach to surrounding our residents with the healthcare services they need to help manage their chronic conditions.

Kim's passion for senior healthcare developed in nursing school during a routine rotation. When she saw a shortage of quality nurses working in senior living, Kim knew she had found her calling and a place where she could make a difference.

Kim joined Brookdale in 2014. She serves on the Argentum Clinical Quality Executive Roundtable, is on the Dean's Advisory Board for the Central Florida University School of Nursing and is a member of the Nightingale Society. She was recently inducted into McKnight's Women of Distinction Hall of Fame. Kim has a master's degree in nursing, with a specialty of executive leadership from Chamberlain College of Nursing.

Reference

1. ncbi.nlm.nih.gov/pmc/articles/PMC3977595/

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