

Healthy Senior Living Center Certification



American Heart Association
Certified CareSM
Healthy Senior Living

2024 IMPACT GOAL

Every person deserves the opportunity for a full, healthy life.

As champions for health equity, by 2024, the American Heart Association will advance cardiovascular health for all, including identifying and removing barriers to health care access and quality.

PROGRAM MISSION

Work with independent and assisted living facilities to help them move toward improved health and quality of life for their residents.

FOCUS AND METHODOLOGY

Focus: improve quality of health and life by promoting cultures of health in independent and assisted living facilities.

1. **Science-based care guidelines must drive decision making in the facility**
2. **High levels of commitment in creating an environment where getting and staying healthy is top of mind for residents**

Central methodology: evaluate facilities against science-based criteria

BENEFITS

For Residents

- Access to healthier living services
- Confidence that the facility can provide services that are supported by American Heart Association science
- Assurance that the facility has been vetted and is recognized by the American Heart Association, based on professional evaluation criteria designed by cardiac and geriatric experts

For Certified Facilities

- Access to healthier living services
- Confidence that the facility can provide services that are supported by American Heart Association science
- Assurance that the facility has been vetted and is recognized by the American Heart Association, based on professional evaluation criteria designed by cardiac and geriatric experts

ELIGIBILITY AND REQUIREMENTS

- Facility is in the U.S, operated by the U.S. government, or operated under a charter of the U.S. Congress.
- Facility designs a program that:
- Uses a standardized method of delivering services based on current science-based American Heart Association guidelines
- Participating facilities must offer education and opportunities for residents to work toward improved health in the following health categories:
 - Smoking Status
 - Physical Activity
 - Healthy Diet
 - Healthy Weight
 - Depression & Anxiety
 - Sleep
 - Stress management
 - Alcohol (in Moderation)
 - Immunizations
 - Prevention, Lifestyle, and Risk Reduction

CERTIFICATION TERM

Facilities are certified for a three- year term

FEES

Healthy Senior Living Center Certification is \$4,500 annually for a three- year certification

REQUIREMENTS OVERVIEW

REQUIREMENT 1.0 PROGRAM MANAGEMENT
The Healthy Senior Living Program defines its mission, goals, scope, and organizational structure. It identifies a Program Champion and organizes a committee that oversees the Healthy Senior Living Program.
REQUIREMENT 2.0 HEALTHY SENIOR LIVING PROGRAM
The Healthy Senior Living Program creates a culture of health for residents and has implemented opportunities and education for residents to work toward improved quality of health.
REQUIREMENT 3.0 PERSONNEL EDUCATION
Staff has received the education to promote and offer Healthy Senior Living Program opportunities to residents and their caregiver.