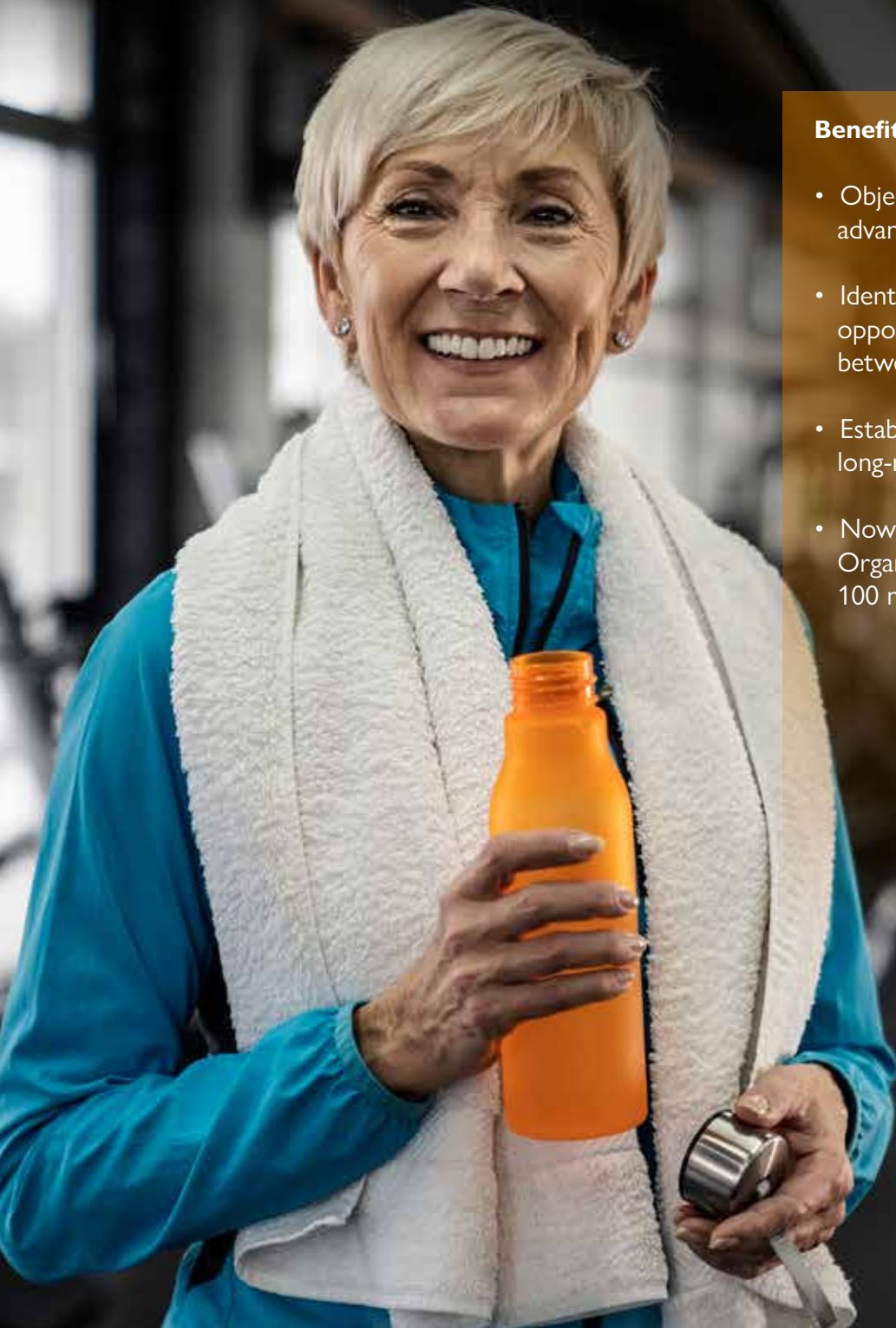


ICAA WELLNESS AUDIT



Benefits: ICAA Wellness Audit

- Objectively assess how wellness is advancing in your organization
- Identify areas of excellence, opportunities for growth and gaps between mission and performance
- Establish a baseline and use for long-range planning
- Now available free to ICAA Organizational members and ICAA 100 members



Wellness: Where are we?

One challenge as we emerge from COVID-19 is that the active-aging industry doesn't have a clear sense of how it's doing when it comes to wellness. The disruption brought on by the pandemic changed the delivery of all services and wellness opportunities. As a result, the current picture of wellness has become a bit blurred.

So, the need for understanding where we are today has never been greater. We're introducing the first ICAA Wellness Audit – one year in the making and tested with multiple organizations – to enable senior living communities to assess their strengths and weaknesses when it comes to wellness.

It's an opportunity to look objectively at how wellness is advancing in your organization, and identify areas of growth and change so you can set future goals. This valuable tool is timely, as only 12% of senior living communities that are ICAA members have conducted an audit in the past.

We're delighted to present the ICAA Wellness Audit so you can establish a baseline for wellness. Repeat the audit every two or three years to reassess the status of wellness in line with evolving organizational goals. To underscore its importance, the ICAA Wellness Audit is available free to our Organizational and ICAA 100 members.

Because senior living communities comprise 95% of ICAA members, this first ICAA Wellness Audit is designed for these organizations. Over time, we will develop additional industry segments.

I encourage you to take advantage of the ICAA Wellness Audit to establish a solid foundation and inform strategic decisions as you move forward into the next chapter of wellness.



Colin Milner

CEO/Founder

International Council on Active Aging



Why an audit?

An audit is an objective, methodical review of programs, processes and staffing to identify strengths and weaknesses across departments. It's an in-depth examination that provides an overview of how an organization is performing across multiple areas.

The purpose of an audit is to gain a clearer understanding of the overall state of an organization, and assess the actual delivery and realization of its promises and goals. It summarizes input to paint a picture of the current status, including areas of success and opportunities for growth. Organizations can evaluate audit results against short-term and long-term goals, and make adjustments to align efforts with objectives as necessary.

Components of the ICAA Wellness Audit

Here is a brief overview of the six main sections of the ICAA Wellness Audit:

1. Description of community
 - Type of community, level of living, total population
2. Wellness culture and leadership
 - Definition of wellness
 - Wellness budget
 - Staff training and development
3. Wellness touchpoints and assessments
 - Physical health risk screening
 - Resident psychosocial assessments
4. Wellness experiences, programs and opportunities
 - Physical wellness
 - Spiritual and emotional wellness
 - Professional and vocational wellness
 - Intellectual wellness
 - Social wellness
5. Amenities and physical spaces used for wellness opportunities
 - Environmental wellness
 - Amenities and equipment
 - Technology to personalize wellness
6. Wellness outcomes, priorities and goals
 - Outcomes tracking
 - Short- and long-term wellness goals
 - Barriers to wellness goals

Getting started

To access the ICAA Wellness Audit, you must be an ICAA Organizational or ICAA 100 member. To become a member, visit www.icaa.cc.

When registering for an audit, two options are available.

1. Community account – For a single community location.
2. Corporate account – This is a master account for overseeing audits and running reports for multiple locations in your organization. Here you

ICAA Wellness Audit Toolkit

ICAA Wellness Audit User Guide.

How to conduct an audit, including preparation, definitions and purpose for each question.

Visual Guide to the ICAA Wellness Audit.

Brief tour of enrolling in and navigating the online audit tool.

ICAA Wellness Audit Planning Worksheet.

Record progress on identifying audit team members that provide needed information, roles, timeline, analysis and reporting.

ICAA Wellness Audit Evaluation Worksheet.

Identify areas that are satisfactory or need improvement. Use as a basis for preparing the audit report and action plan.

ICAA Wellness Audit Sample Report Format.

Example of a summary report that includes key findings and recommended actions.

do not enter audit data, but access the results of each of your individual communities that participate in the audit.

High priority

In the “ICAA State of the Wellness Industry 2022” survey, 81% of respondents viewed wellness as a high or essential priority for their organization. With wellness now as a must-have for organizations that serve older adults, it’s essential to understand where you are presently and plan where you’re headed.

The ICAA Wellness Audit is designed to equip your organization with valuable information that anchors your progress today and drives success into the next chapter.



INTERNATIONAL
COUNCIL ON
ACTIVE AGING 

603-1112 West Pender Street
Vancouver, BC, V6E 2S1
Toll-free: 866-335-9777
Tel: 604-734-4466
www.icaa.cc