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Jewish Home Lifecare

**High-tech TeleHealth Kiosks Introduced to Help Seniors Age
Independently;
Collaboration between Selfhelp Community Services and
Jewish Home Lifecare provides
Essential Personalized Medical Information with Touch-of-Screen**

New York, NY – October 17 -- Two of New York's eminent providers of healthcare and other services for the elderly, are teaming up in a telehealth technology pilot program that will permit participants to self-monitor their vital statistics by using a touch-screen kiosk and have the results electronically reviewed.

Non-profit Selfhelp Community Services, Inc., a pioneer in housing and home care innovations designed to help seniors age in their homes with independence, is collaborating with Jewish Home Lifecare, a NY-based rehabilitation and long-term care provider of skilled nursing care and home and community-based services, to pilot two congregate telehealth kiosks. The two telehealth kiosks are located at Scheuer House of Bayside (208-11 26th Avenue, Bayside NY 11360, and the Martin Lande House (137-47 45th Avenue, Flushing, NY 11355). The kiosks are now in use in both residential buildings.

"In this pilot, we are testing an exciting new approach to help seniors living in our housing complexes to do so more comfortably, safely and with dignity," explains Leo Asen, VP Senior Communities for Selfhelp, an organization that serves more than 20,000 New Yorkers. "The telehealth kiosks will collect, process and notify Jewish Home Lifecare telehealth nurses if a participant should be alerted about a potential health risk. Our community nurses and social workers will follow-up and assist the participant to ensure that they get the education, support and guidance needed to prevent a situation from becoming an emergency," he added.

"Telehealth technology has shown us time and time again that it truly benefits clients with chronic conditions and other health issues," said Bridget Gallagher, Jewish Home's senior vice president of Community

Services. "We are pleased to partner with Selfhelp on this telehealth initiative and look forward to seeing positive results from this collaboration."

Telehealth devices have allowed Jewish Home to collect frequent and timely data on health indicators from clients which reduced hospitalizations by identifying problems before they became a crisis situation. The rate of hospitalization among Jewish Home clients in two NY State Department of Health telehealth demonstration programs was less than half of the rest of their client population.

"The kiosk makes it easy for me to check my blood pressure between infrequent physician visits," explains 74-year-old resident Catherine Verzi. "I think it's helping me take a more hands-on responsibility for my health." Selfhelp and Jewish Home project the units will be used thousands of times by residents in just the first six months. For optimal value, the program is offered in English, Chinese, Korean, Mandarin and Spanish.

The kiosk installations were made possible through a one-year grant to Selfhelp from Enterprise Community Partners in recognition of Selfhelp's innovative use of technology to support older adults living safely, comfortably and independently in their homes. The grant enables Selfhelp to demonstrate how multi-patient telehealth kiosks can be used within two senior housing complexes to improve health literacy and wellness among the residents.

"Enterprise is proud to support our terrific partner, Selfhelp, by providing grant funding to enable their innovative use of technology to support residents' ability to maintain healthy independent living," said Melinda Pollack, Vice President, Enterprise. "These funds will not only serve 100 older New Yorkers but will also help build a replicable model for expanding supportive services within affordable, senior housing," she added.

The congregate telehealth kiosk is an easy to use touch screen device that allows monitoring of basic medical information of large groups of seniors in a congregate location, such as a building lobby. Each participant completes a baseline assessment and receives a swipe card. Their profile is entered into the system and each time they come to measure their bio statistics the swipe card identifies them and associates their bio metrics to their profile in a secure manner. Information is transmitted from the kiosk to a secure webservice monitored by a Jewish Home telehealth nurse who initiates appropriate action when a potential problem is indicated. The kiosk uses special question and answer dialogues to educate users about their own health issues, such as weight and nutrition, medication management, blood pressure and blood oxygen levels. Through the combination of regularly monitoring key biometrics and the dialogues of the kiosk, participants are

empowered and educated to better manage their own healthcare and disease.

“We are delighted to partner with Jewish Home Lifecare on this initiative,” noted Mr. Asen. “The organization’s experience and success in health literacy, wellness promotion and reduced hospitalization are in line with our key goals of developing innovative, supportive senior housing initiatives. In addition, we sincerely thank Enterprise for their confidence in us, and their investment to develop yet another model to support seniors to live safely, comfortably, independently and with dignity in their homes.”

About Selfhelp: Founded 75 years ago, Selfhelp is a not-for-profit organization that serves nearly 20,000 older New Yorkers from diverse ethnic backgrounds through its 23 community-based sites in the Bronx, New York, Queens and Nassau counties. Selfhelp's broad range of services includes senior housing with services, NORCS, case management, community guardianship, senior centers, home care, geriatric care management, legal resources, money management and emergency grants, social adult day care and a Client Centered Technology Program. For more information, please visit www.Selfhelp.net or call 212.971.7600.

About Jewish Home Lifecare: Jewish Home Lifecare is one of the oldest and largest not-for-profit rehabilitation, long term care and community-based service providers in New York State and has been serving elders for over 160 years. With campuses in the Bronx, Westchester and Manhattan and through its Community Services division, Jewish Home serves over 10,000 individuals annually through long-term care, short-stay rehabilitation, homecare, telehealth, geriatric care management, adult day services and senior housing. For more information visit www.jewishhome.org.

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