



Healthy Senior Living Certification

What is the Healthy Senior Living Certification?

This certification provides a framework for evaluating independent and assisted living facilities against the American Heart Association® evidence-based guidelines for healthy senior living. Certification provides validation that a facility has followed our requirements.

Eligibility Criteria

- ✓ The facility is located in the United States or a United States territory.
- ✓ Facility demonstrates a senior living program that:
 - Uses a standardized method of delivering services based on current evidence-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	Depression & Anxiety	Immunizations
Physical Activity	Healthy Sleep Patterns	Prevention, Lifestyle and Risk
Healthy Diet	Stress Management	Reduction
Healthy Weight	Alcohol Consumption	

Benefits

For Certified Facilities

- Opportunity to promote an American Heart Association certification
- Opportunities for increased referrals and help reduce unnecessary readmissions and potential penalties
- Access to collaborating with other Healthy Senior Living certified facilities nationwide
- Consultative services from American Heart Association staff

For Residents

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

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 caregivers.

How To Get Started

If your facility is interested in the Healthy Senior Living Certification, please provide your contact information on the website below and a member of our team will contact you.



www.heart.org/assistedliving