



# What to Expect From a Wellness Consulting Experience with NIFS

When we work with senior living clients on wellness consulting, we're careful to make sure we understand your focus for improvement. We can dial in specifically to your fitness program, or we can address a broader whole person wellness strategy that includes your exercise program and traditional activities programming.

## Here's an overview of how the experience works:

**How long does it take?** Consulting involves a 1.5-2 day trip to your community to observe how wellness is being delivered. This includes a review of physical spaces and programs along with discussions with key staff in departments such as Life Enrichment, Dining, Marketing, and Therapy, whose responsibilities touch on resident wellness. We observe exercise classes, ask questions about how events are planned, dig for data that might inform programming strategy, and invite staff to share their thoughts on barriers to and opportunities for success.

Within a few weeks after the site visit, the community receives a report of recommendations related to our observations and discussions with staff about how to advance what is already in place at the community.

**What kind of outcomes should I expect?** The consulting reports vary depending on the community needs. Sometimes the recommendations are around improving physical spaces, sometimes they focus more on how programming can be better integrated across the community, and in some cases, we recommend ongoing consulting for the staff person responsible for wellness and fitness programming.

**What are the associated costs?** We break up consulting costs into two categories: travel expenses and time. The outline below provides estimated costs and should not be considered exact costs for your project. We can provide a more specific cost estimate after discussing your goals. Ultimately, most consulting projects cost \$2500-\$3000.

Category	Destinations requiring a flight	Destinations reached by car
Flight	\$500	\$0
Car Rental	\$100	\$350
Food	\$100	\$100
Hotel	\$150	\$150
Expense Estimate	\$850	\$600
Travel Time	6 hrs @ \$50/hr	10 hrs @ \$50/hr
Consulting Time	17 @ \$100/hr	17 @ \$100/hr
Consulting Estimate	\$2000	\$2200
<b>Total Cost Estimate</b>	<b>\$2850</b>	<b>\$2800</b>

**To find out more about improving your community's fitness program or whole person wellness strategy, contact Emily Davenport at 317-274-3432 or by email.**

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