



# 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 an agency has followed our requirements.

## Eligibility Criteria

- The agency is located in the United States or a United States territory.
- Agency 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  
Physical Activity  
Healthy Diet  
Healthy Weight

Depression & Anxiety  
Healthy Sleep Patterns  
Stress Management  
Alcohol Consumption

Immunizations  
Prevention, Lifestyle and Risk  
Reduction



American  
Heart  
Association®



American Heart Association®  
**Certified Care™**  
Healthy Senior Living

## 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 agency 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 caregiver.

## How To Get Started

If your agency 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](http://www.heart.org/assistedliving)