



RAMPING UP FOR RISING ACUITY IN ASSISTED LIVING

Acuity levels in Senior Living are rising.
We'll help make sure you're prepared.

DIRECT
SUPPLY®



THE EVOLUTION OF RISING ACUITY

The average length of stay in Assisted Living is decreasing, from 36 months in 2001 to 22 months in 2010. To determine what could be causing this trend, it's important to understand the factors that impact why residents leave a community. In a study completed by the CDC and NCHS in 2012, it was identified that 1 in 10 residents in a residential care/Assisted Living community had an emergency department visit within the previous 90 days or was discharged from an overnight hospital stay in the previous 90 days.

The reasons that a resident may need to move out of an Assisted Living community include, but may not be limited to:

1. A change in healthcare needs that can't be met in the Assisted Living community
2. An illness or injury that requires hospitalization and a discharge to a Skilled Nursing facility for rehabilitation that, when combined with changes in other chronic conditions, may result in an ongoing increase in care needs that can't be met in the Assisted Living community

According to the Healthcare Cost & Utilization Project (HCUP), the most common causes for older adults to be hospitalized from a community setting include:

- Cardiac conditions, arrhythmia, heart failure, atherosclerosis
- COPD
- Complications related to diabetes
- Infections
- Injuries as a result of a fall



10 YEARS OF RISING ACUITY IN ASSISTED LIVING

Average Age in 2001¹

80

Average Age in 2010²

87

Average Length of Stay 2001

36 Months

Average Length of Stay 2010

22 Months

¹ Facts & Trends NCAL Assisted Living Sourcebook

² National Survey of Residential Care Facilities



59%

move to
a nursing
facility



33%

pass away



8%

move into their
previous home
or to a loved
one's home

2001¹

30%

45%



Using a Walker

28%

34%



With Heart
Disease

13%

17%



With Diabetes

15%

23%



Using a
Wheelchair

Hospitalized Medicare beneficiaries who are discharged and readmitted to the hospital within 30 days are nearly three times more likely to die within one year.

To identify residents who may have a higher risk for rehospitalization, look for:

- Prior hospitalizations in the past 12 months
- Time spent in the ICU
- Long stays (more than 10 days) in the hospital
- Prior falls
- Current infections
- Multiple medication prescriptions or changing medications
- Noncompliance with physician treatment recommendations
- Cognitive impairments

Helping older adults stay healthy and out of the hospital is key to maintaining quality of life and reducing healthcare costs.

Request our whitepaper today 1-800-634-7328!

Table of Contents

Assessment

<i>Physician's Office</i>	4 - 8
<i>Mobile Nursing Solutions</i>	9 - 11
<i>Resident Engagement</i>	12 - 13

Prevention

<i>Wellness Gym</i>	16 - 19
<i>Therapy Gym</i>	20 - 35
<i>Aids to Daily Living</i>	36 - 41

Outcomes

<i>Fall Risk Reduction</i>	44 - 49
<i>Chronic Disease Management</i>	50 - 53
<i>Cognitive Decline</i>	54 - 63

ASSESSMENT

The importance of initial and ongoing assessments in Assisted Living can't be underestimated. A thorough and accurate initial assessment is the foundation for decision making which affects service plans, treatment and ultimately outcomes.

From routine checks to an unexpected illness, nurses and therapists need flexibility for when and where they complete assessments in Assisted Living communities. Initial, routine and condition-based assessments can be performed in a variety of locations with a range of equipment, all designed to watch for any indications of health changes.



1

Physician's Office



2

Mobile Nursing Solutions

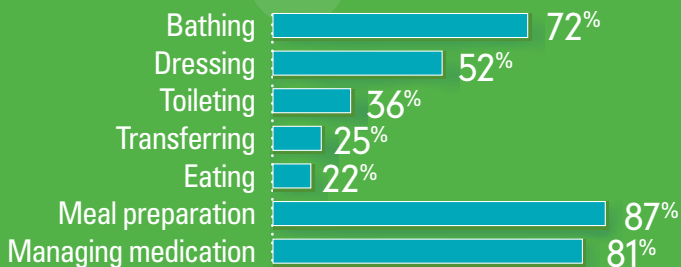


3

Resident Engagement

The average
Assisted Living
resident needs
help with

2^{to}3
ADLs



A. #C6570

WelchAllyn®

**Help make
examinations easier**



**Wireless
connection to
an EMR**

A. Welch Allyn 7300 Connex Spot Monitor – designed by clinicians to quickly and efficiently obtain vital signs, including blood pressure, temperature and SpO₂

- Features unique technologies that improve resident comfort and is designed to meet the durability challenges associated with frequent use and cleaning
- SureBP technology enables accurate and more comfortable 15-second blood pressure readings as the cuff is inflating; pulse rate and MAP included
- Unique blood pressure averaging technology aids in reducing misdiagnosis; blood pressure intervals can be set for predefined or customized cycle times
- Thermometry options: SureTemp Plus or Braun ThermoScan PRO 6000
- Pulse oximetry (SpO₂) options: Nonin, Masimo or Covidien
- Alarm controls and status are conveniently displayed on the home screen
- Optional wired or wireless Wi-Fi for EMR Connectivity
- 400-reading memory allows retrieval of previous data for review
- Vivid 7" color touchscreen
- 2-year warranty
- Compatible Mobile Stand options include: Classic Wire Basket Stand or Accessory Power Management Stand with integrated battery
- Maximize your device uptime and manage your costs: consider a Welch Allyn Partners in Care Support Program

	WiFi	Wired
7300 Connex Spot Monitor, NIPB		#C6561
7300 Connex Spot Monitor, NIPB, SureTemp		#C6565
7300 Connex Spot Monitor, NIPB, Braun Pro6000		#C6566
7300 Connex Spot Monitor, NIPB, Nonin SpO ₂	#C6573	#C6562
7300 Connex Spot Monitor, NIPB, Nonin SpO ₂ , SureTemp	#C6574	#C6563
7300 Connex Spot Monitor, NIPB, Nonin SpO ₂ , Braun Pro6000	#C6575	#C6564
7300 Connex Spot Monitor, NIPB, Covidien SpO ₂	#C6576	#C6567
7300 Connex Spot Monitor, NIPB, Covidien SpO ₂ , SureTemp	#C6577	#C6568
7300 Connex Spot Monitor, NIPB, Covidien SpO ₂ , Braun Pro6000	#C6578	#C6569
7300 Connex Spot Monitor, NIPB, Masimo SpO ₂	#C6579	#C6570
7300 Connex Spot Monitor, NIPB, Masimo SpO ₂ , SureTemp	#C6580	#C6571
7300 Connex Spot Monitor, NIPB, Masimo SpO ₂ , Braun Pro6000	#C6581	#C6572

Accessories

- #C9772 Connex Spot Classic Wire Basket Stand
- #E0834 Connex Spot Accessory Power Management Stand
- #98308 Flexiport Reusable Nylon BP Cuff, Flexiport (No Tube Required), Large Adult Long
- #98307 Flexiport Reusable Nylon BP Cuff, Flexiport (No Tube Required), Large Adult
- #98306 Flexiport Reusable Nylon BP Cuff, Flexiport (No Tube Required), Adult Long
- #98305 Flexiport Reusable Nylon BP Cuff, Flexiport (No Tube Required), Adult

Call your account manager for more options.

A. #C6581 shown
with #E0834

B. Exam Table – a great value for great features; 400 lb. capacity

- Offers Velcro®-fastened padding on top (with built-in pillow) for extra comfort; pad is removable for cleaning
- Reaches 71"L with legrest extended (21"W x 16"D slide-out legrest extension)
- Upholstery in Comfort Plus or Pro-Form™ vinyl (shown at right)
- 3 mm PVC High-Impact edging on all drawer fronts
- Includes concealed stirrups and legrest
- Measures 26"W x 33"H x 55" to 71"L

#42366 Exam Table, Right Hand

#42367 Exam Table, Left Hand



B. #42366



#76993

C. #64596

C. Welch Allyn Diagnostic Set

» SHIPS IN 2 DAYS OR LESS!

- All sets include hard protective carrying case
- Choice of 3.5V rechargeable or 3.5V rechargeable/C-battery operated convertible handle (#64574 and #64575)

Mid-Level Diagnostic Set

- Standard, high quality ophthalmoscope (#64582) included
- MacroView otoscope with throat illuminator (#76993) included

#64596 3.5V Diagnostic Set with Rechargeable Handle

Advanced Diagnostic Set

- HPX™ halogen coaxial ophthalmoscope included for precise tissue viewing (#64583)
- MacroView otoscope with throat illuminator (#76993) included

#64597 3.5V Diagnostic Set with Convertible Handle

#64634 3.5V Diagnostic Set with Rechargeable Handle



D. #86546

CUSTOMER FAVORITE!

DIRECT SUPPLY
Direct Choice.

D. Direct Choice™ Composite-Base, Height-Adjustable Stool – 250 lb. capacity

► FREE SHIPPING!

» SHIPS IN 2 DAYS OR LESS!

- 3" thick foam seat available in colors shown below

#86500 Pneumatic Stool without Back, 15¾" dia., 17" to 22"H

#86544 Pneumatic Stool with Back, 15¾" dia., 17" to 22"H

#86546 Screw-Adjustable Stool without Back, 15¾" dia., 17" to 22"H

#86548 Screw-Adjustable Stool with Back, 15¾" dia., 17" to 22"H

Upholstery Colors for D

alabaster	gunmetal	emerald	agate blue	black plum	mauve	sand
royal	buckskin	black	dove	burgundy	dusty jade	azure blue

Your quality choice for precise monitoring

A. seca 644 Wireless Handrail Scale – low-level platform, stable handrail and high weight-bearing capacity for safe and comfortable weighing

- Stable railing provides support during weighing
- Network compatible with seca 360-degree wireless technology
- Two rubber wheels for increased mobility
- Power supplied by rechargeable batteries or power adapter
- Pre-TARE function with three memory cells automatically deducts a stored weight to determine net weight
- BMI function
- 660 lb. capacity
- Platform dimensions: 21 $\frac{1}{10}$ " L x 21 $\frac{1}{10}$ " W
- Overall dimensions: 25 $\frac{3}{10}$ " W x 45 $\frac{3}{10}$ " H x 26" D
- 2-year warranty

#E4699 seca 644 Wireless Handrail Scale, 660 lb. Capacity

#E4692 seca 456 360-Degree USB Adapter

B. seca mBCA 514 Medical Body Composition Analyzer – fast and easy assessment of body composition delivers medically precise results that are validated against gold-standard measurements

- Six modules for varied analysis of measurement data
- Network compatible with seca 360-degree wireless technology
- Convenient result entry and readout on swiveling touchscreen display
- Electrodes on handrail provide residents with a firm stance and ensure reproducible results
- Integrated scale features a 660 lb. weighing capacity
- Platform dimensions: 38"W x 32 $\frac{1}{2}$ " L
- Overall dimensions: 38 $\frac{3}{8}$ " W x 49 $\frac{3}{10}$ " H x 32 $\frac{3}{8}$ " D
- 2-year warranty

#E4706 seca mBCA 514 Medical Body Composition Analyzer

#E4692 seca 456 360-Degree USB Adapter

C. Welch Allyn CP 150 ECG – available in interpretive and noninterpretive models

► **FREE SHIPPING!**

- 7" color, touchscreen display for fast entry of accurate resident information
- 12-lead tabletop unit with 3-lead ECG preview
- Memory able to store up to 100 tests
- Instant-on feature powers device quickly, resulting in ECG capture at a moment's notice
- Lithium battery operation allows for easy transport; battery allows for up to 8 hours of continuous use
- Flexible – interpretation upgrades available as add-ons after unit is purchased
- 3-year limited warranty

#A6271 CP150 ECG Non-Interpretive

#A6272 CP150 ECG Interpretive

Comprehensive Partners in Care

#A6281 1-Year Partners in Care Agreement

#A6282 2-Year Partners in Care Agreement

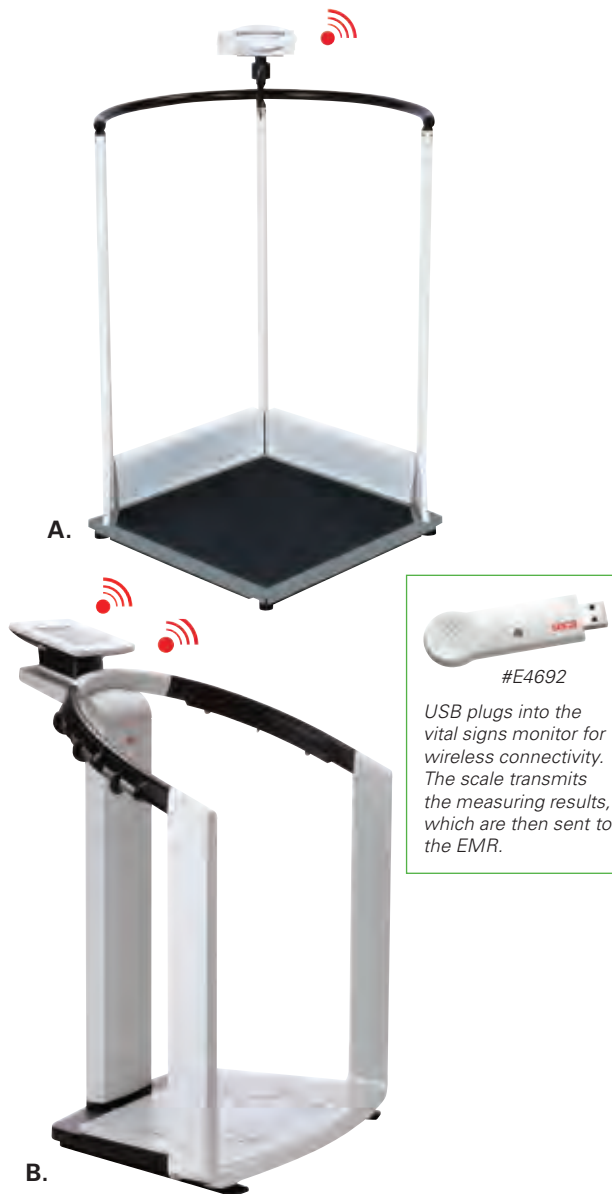
Accessories

#A6290 Mobile Cart

#A6293 Replacement Lithium Battery

#A6287 10-Lead Resident Cable

#64547 Resting Tab Electrodes

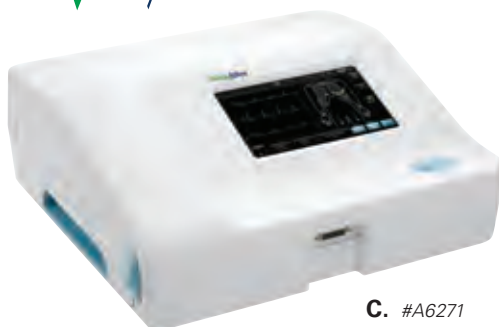


USB plugs into the vital signs monitor for wireless connectivity. The scale transmits the measuring results, which are then sent to the EMR.

Learn more about integrating medical equipment to your nurse call system through Technology Solutions.

See pages 54 - 55.

WelchAllyn®



C. #A6271

Nursing on the go!

From routine checks to an unexpected illness, nurses and therapists need flexibility for when and where they complete assessments in Assisted Living communities. Initial, routine and condition-based assessments can be performed in a variety of locations with a range of equipment, all designed to watch for any indications of health changes.

**CUSTOMER
FAVORITE!**

D. #09423

D. Attendant® Premium Vital Signs Monitor – industry-recognized measurement technologies for NIBP, SpO₂ and temperature at an affordable price

» SHIPS IN 2 DAYS OR LESS!

- Comes complete with noninvasive Omron® blood pressure (NIBP), Nellcor™ pulse oximetry (SpO₂) and Welch Allyn® SureTemp® oral thermometry*
- Continuous monitoring or spot checking gives your staff the flexibility to standardize, capturing vitals with one unit
- Enjoy speed, accuracy and faster responses with an audible alarm – readings in under 30 seconds
- Nellcor™ pulse oximetry provides a quality SpO₂ algorithm
- Impressive 8-hour nickel-metal hydride battery charges for continuous use for an entire shift
- Includes oral temperature probe, probe covers, two adult BP cuffs (medium and large) and clip-style pulse ox probe
- Conveniently portable at just 6 lbs.
- Optional mobile stand makes moving the unit from room to room easy
- 1-year limited warranty, 90-day warranty on accessories

#09423 Premium Vital Signs Monitor

#14360 Premium Vital Signs Monitor with Printer

Accessories

#14356 Rolling Stand

#09424 SpO₂ Probe

#A7508 Nellcor Ear Probe

#10047 Probe Covers, Box of 25

#14354 Rechargeable Ni-MH Battery

#14352 Oral/Axillary Temperature Probe

case of 10

Cuffs

#14357 Pediatric Cuff

#09429 Adult Cuff

#09426 Large Adult Cuff

#09428 Extra Large Adult Cuff

*Welch Allyn® SureTemp® and Nellcor™ are trademarks of or licensed by Welch Allyn, Inc. and Covidien, respectively, and used with permission.

E. Attendant® Handheld Pulse Oximeter – designed with Senior Living in mind and backed by a 3-year limited warranty!

» SHIPS IN 2 DAYS OR LESS!

- Built-in probe storage helps protect the probe when not in use
- Optional sock-style probe design is ultra durable compared to traditional clamp-style probe
- Automatically shuts off after 90 seconds of no use
- Includes four AA batteries (for 48 hours continuous use)
- Includes protective boot
- 3-year limited warranty, 1-year probe limited warranty

#40486 Handheld Pulse Oximeter,
Traditional-Style Probe

#40485 Handheld Pulse Oximeter,
Sock-Style Probe

Accessories

#40750 Replacement Traditional-Style Finger Probe

#40747 Replacement Sock-Style Probe

#40748 Replacement Protective Boot

**DIRECT
SUPPLY**
Attendant®



E. #40485



A.



A.

WelchAllyn®



B.



C. #E2582

Take accurate temperature readings in just 1 second!

A. CareTemp Touch-Free Thermometer – perfect for fast-paced environments where speed and efficiency matter

- Features an infrared sensor that reads temperature from center of forehead with no resident skin contact required, supporting a safe and comfortable experience and minimizing the risk of cross-contamination
- A measurement distance feedback system helps provide consistent accuracy
- Features include a 60-second pulse timer, memory recall button and C/F conversion button to enhance staff productivity
- Infrared sensor reads temperature 4 - 6 cm from the center of forehead
- Large, backlit LCD display is intuitive and easy to read
- Takes approximately 3,000 readings on two AAA batteries
- 2-year warranty

#C9275 CareTemp Touch-Free Thermometer

B. KaWe 2.5V Halogen Otoscope/Ophthalmoscope Set

► **FLAT-RATE SHIPPING** – only \$12 per shipment!

» **SHIPS IN 2 DAYS OR LESS!**

- Convenient zippered storage pouch houses instruments, screw-type fittings, battery handles
- Includes otoscope and ophthalmoscope with interchangeable handle and assorted specula
- Runs on two C batteries (not included)

#25878 Scope Set

#25879 2.5 mm Specula

#25880 4.0 mm Specula

#45803 C Batteries

pack of 1,000

pack of 1,000

pack of 12

C. Braun PRO 6000 Tympanic Thermometer – integrates with the Connex Spot Monitor to simplify EMR data transfer

- ExacTemp™ provides superior measurement accuracy even without the need for precise positioning of the thermometer in the ear
- Corrects for shallow placement of probe in ear, a common issue that can result in a low reading
- Large backlit display is easier to read in low-light room conditions
- Displayed temperature range: 68° - 108°F (20° - 42.2°C)
- 60-second pulse timer for manual measurement of respirations or pulse
- Pre-heated probe tip provides more accurate and faster readings

#E2582 Pro 6000 Tympanic Thermometer

#E2720 Pro 6000 Probe Covers, 250/Box



**DIRECT
SUPPLY**
Attendant®



RICE LAKE
WEIGHING SYSTEMS

Motiontrap

RICE LAKE
WEIGHING SYSTEMS



D. Attendant® Stethoscope – an impressive blend of quality and performance

» SHIPS IN 2 DAYS OR LESS!

- Features stainless steel, dual-headed chest piece for accurate diagnostics, ideal for capturing both low and high frequencies
- Sensitive 1.88" diaphragm diameter provides excellent sound collection
- Dual antichill ring design for resident comfort
- Latex-free

#A7301 Attendant Stethoscope

E. Attendant® Handheld Sphygmomanometer – accurate for better readings, portable for convenience

» SHIPS IN 2 DAYS OR LESS!

- Provides accurate blood pressure measurements within +/- 3 mmHg with range of 20 to 300 mmHg
- A stethoscope is required to use the sphygmomanometer – not included
- Latex-free

#A7281 Handheld Sphygmomanometer with Medium Cuff

Accessories

#A7283 Attendant Replacement BP Cuff, Medium, for #A7281

#A7284 Attendant Replacement BP Cuff, Large, for #A7281

#A7285 Attendant Replacement BP Cuff, Extra Large, for #A7281

F. Rice Lake Wireless Portable Wheelchair Scale – 800 or 1,200 lb. capacity

» SHIPS IN 2 DAYS OR LESS!

- All of the functionality of a traditional wheelchair scale with a product weight of only 8 lbs.
- Scale includes four low-profile, portable battery-operated weighing pads and a wireless weight display
- Auto-Tare function eliminates manual calculation
- Use with wheelchairs, chairs, geri chairs or stretchers
- Motiontrap™ technology ensures exact measurements despite involuntary weight shifting during weighing
- BMI (body mass index) and reweigh functions for added convenience

#A6637 Wireless Portable Wheelchair Scale, 800 lb. Capacity

#B1070 Wireless Portable Wheelchair Scale, 1,200 lb. Capacity

G. Rice Lake Digital Stand-On Scale – 440 lb. capacity

- Easy-to-read 1.5" digital LCD display
- Durable platform with nonslip surface
- Measures 12⁹/₁₀"W x 13⁷/₁₀"L x 2"H
- Auto-holds weight value on display for easy recording
- Tap to turn on, automatic "off" switch
- 1-year limited warranty

#42181 Digital Stand-On Scales

Introducing Transitional Care Kits, now available from Direct Supply!

Trust these unique, condition-specific solutions to provide residents step-by-step curriculum and tools for successful self-care. Studies show that Transitional Care Kits make a difference – those who use them are up to 74% more likely to stay out of the hospital in the future than people who don't.

Call your account manager at **1-800-634-7328** for more information or visit **DirectSupply.net** for additional Transitional Care Kits.

Post-Op Transitional Care Kit: *"Recover from Hip or Knee Surgery"*





A. #E1841



A. #E1834



A. #E1840



A. #E1844



A. #E1812

A. Transitional Care Kits – the one-box solution to provide residents with the tools for successful self-care and avoiding rehospitalizations

► FREE SHIPPING!

- Unique, condition-specific solutions provide residents step-by-step curriculum and tools for successful self-care
- Designed to successfully discharge seniors and avoid rehospitalizations
- Aimed at chronic disease management, post-acute care and prevention
- Combine clinical information and behavior modification to increase wellness
- Self-directed and user-friendly
- Improves patient satisfaction scores as well as staff productivity
- Resident becomes familiar with the elements of the kits as daily routine, adopting each tool in the kit at his or her own pace

Prevention Kits – successfully age in place by mitigating risk and promoting wellness

- #E1830 Falls Prevention
- #E1841 Heart Fitness – Metabolic Syndrome
- #E1824 Cholesterol Management
- #E1832 Weight Management (#E1833 with digital wrist BP)
- #E1815 Back Fitness
- #E1809 A New Outlook – Depression Management
- #E1842 Smoking Cessation
- #E1831 Foot Care

Chronic Disease Management Kits* – useful monitoring devices and therapy tools with behavioral modification resources to manage long-term chronic conditions

- #E1834 Heart Failure
- #E1827 COPD
- #E1825 Coronary Artery Care – Post Myocardial Infarction
- #E1819 Blood Sugar Control – Diabetes Management
- #E1817 Blood Pressure Control
- #E1848 Caregiver's Kit

Co-Morbidities Kits* – integrate multiple care regimens and show how these conditions impact one another

- #E1840 Triple Condition: Heart Failure, Blood Sugar & Blood Pressure
- #E1822 Triple Condition: Coronary Artery Disease, Blood Sugar & Blood Pressure
- #E1824 Double Condition: Coronary Artery Disease & Blood Pressure

Post-Operative Kits* – contain a variety of physical and occupational therapy tools combined with clinician education that makes for a successful transition home

- #E1810 After Hip or Knee Surgery – Always within Reach
- #E1812 Combo: After Hip or Knee Surgery with Falls Prevention – Balance Training
- #E1844 Pneumonia Care
- #E1846 After Shoulder Surgery
- #E1823 Cardiac Surgery Aftercare
- #E1849 Control the Pain

*Available in Spanish

PREVENTION

Increased life expectancy is one of humankind's most significant successes of the 20th century. And yet it presents one of the greatest global challenges of the 21st, as the aging body declines and requires more comprehensive care. A holistic approach to prevention via the principles of active aging will help residents stay fit and healthy longer.

Promoting healthy active aging with an eye toward prevention can happen in a variety of locations within your community. Direct Supply can help you identify where and how to go about enhancing your prevention program.

An Active Aging program done right includes:

- **Engagement:** Create a relationship between your residents and your community based around healthy living.
- **Exercise:** Provide opportunities for residents to maintain weight and muscle mass, thereby improving quality of life.
- **Environment:** Foster independence with aids for daily living, including mobility and transfer devices, with a focus on factors like flooring, lighting, furniture and ADA accessibility.

These three key areas play integral roles in ensuring resident quality of life and the prevention of rising acuity.



2

Therapy Gym



3

Aids to Daily Living





CARDIO DECLINE

Peak VO_2 (volume of oxygen that can be used)

8-10%
per decade
of age

An additional
20-25%
after age 70

Source: Melov & Tarnopolsky



SCIFIT
Prescribed for Progress™

A.

A. SCIFIT StepOne Recumbent Stepper – for low-impact, total-body functional movement

- Height-adjustable seat with incline aids proper positioning
- Features low starting resistance, wheelchair access, comfort adjustments, customizable programs and documentation to help residents reach their goals
- 450 lb. capacity
- 5-year warranty on parts, 1-year on labor, 10-years on frame

#E6096 Recumbent Stepper

#E6098 Recumbent Stepper with Premium Seat

#E6105 Recumbent Stepper with Premium Seat, HUR SmartTouch Enabled

#E6082 Smart Card

B. Matrix R3X Recumbent Cycle with ROM3 – a breakthrough in efficacy and speed of lower-extremity rehabilitation

- Patented adjustable pedal system enables a resident with any lower-extremity range of motion to begin movement with passive motion and gradually increase to assisted-active and active motions
- In a first study of the technology, total knee replacement patients showed faster recoveries, fewer complications and discharges to home one to five days earlier
- Facilitates rehabilitation of sit-to-stand motion, climbing and descending stairs, walking on uneven surfaces, and other advanced gaits

#E2645 Matrix R3X Recumbent Cycle with ROM³

C. Matrix T3XH Hybrid Treadmill – incorporate walking early in the continuum of care to promote healthy aging

- Extended handrails with neutral-position, angled grips ensure secure entry and exit
- Designed to enable individuals with compromised function to begin or maintain weight-bearing exercise
- Two displays: standard 3xe interface typically found in fitness environments or the Simplified Display Mode

Warranty

Frame	7 years
Drive Motor	7 years
Parts/Labor	3 years
Wear Items	90 days (parts: iPod® Cable, USB Port, Headphone Jack, Battery)

#E2643 Matrix, T3XH Treadmill, Hybrid



B.

MATRIX



C.



D.

D. Matrix E3X Hybrid Elliptical – self-powered system saves you money and space!

- Constant rate of acceleration and patented suspension design deliver a perpetually smooth motion free of wheels and tracks
- Contralateral action with tapered, dual-action handlebars mimics the body's true movement
- Natural 21" stride length accommodates all users
- LED console display is easily navigated by users of all experience levels
- Low 9.5" step-on height for easy accessibility
- Removable disk for easy serviceability
- Ergo Form Grips with integrated resistance controls enhance comfort and accessibility to key functions

#E2644 Matrix E3X Hybrid Elliptical

E. Life Fitness Activate Series Upright LifeCycle Bike – ditch the cords and outlets with this self-powered machine

- Biomechanically efficient design allows for effective body positioning and maximum comfort
- Lifepulse™ digital heart rate monitoring hand sensors on the Ergo™ bar or hands-free chest strap

#C3022 Upright LifeCycle Bike

F. Matrix Johnny G Krankcycle® – builds upper-body fitness, strength and stability

- Independent crank arms increase variety of movement
- Narrow crank axis permits higher RPM and proper biomechanics
- Ergonomically shaped saddle for easy transition between seated and standing exercise positions; wheelchair accessible when purchased without seat

#E2648 Matrix Johnny G Krankcycle

G. Kinetec® Kinevia Active Passive Pedal Trainer – features passive, active, soft and symmetry training

- Passive training with motor drive offers gentle mobilization of muscles and joints to ease spasms and tensions
- Active training engages muscle strength and features adjustable pedal resistance
- Other features include large 7" color display with a touch panel, detailed analysis of last 10 training sessions, statistics for long-term analysis, several preset training programs, safety footrest with Velcro straps, adjustable pedal and pedal radius, safety height adjustment, stable ergonomic handle bars, and step aid for footrests

#C7792 Duo Active Passive Trainer

#C7793 Active Passive Pedal Trainer

#C7794 Ankle Support



E.



F.



G. #C7793

PREVENTION: Strength



STRENGTH & BALANCE DECLINE

Muscle mass declines

6 lbs.
per decade

45%
of those aged 80+
can't lift 10 lbs.

Source: Center for Disease Control



A.

A. HUR 5-in-1 Strength Equipment, SmartCard Enabled – five exercises in one, including leg extension, leg curl, push up, pull down and chest press

- Changing between exercises is quick and easy by using convenient touchscreen display
- Isometric measurements, like maximum strength and muscular balance, can be measured using a separate performance recorder device if the machine is equipped with a sensor attachment
- Start and end position range limiters help limit range of motion
- Versatile horizontal and vertical grips allow users to perform exercises with different grip positions
- Adjustable lever arms accommodate different limb lengths
- Safety belt provides additional support, especially when user has balance issues

#E2017 HUR 5-in-1 Strength Equipment, SmartCard Enabled

HUR SmartCard Integration Kiosk includes software, card reader, 24" Kiosk and 10 smart cards

See page 26 for details.



B.

B. HUR 4-in-1 Strength Equipment, SmartCard Enabled – four exercises in one, including leg press, dip, shrug and assisted squat

- Changing between exercises is quick and easy by using convenient touchscreen display
- Isometric measurements, like maximum strength and muscular balance, can be measured using a separate performance recorder device if the machine is equipped with a sensor attachment
- Start and end position range limiters help limit range of motion
- Easy-access handgrips improve access into and out of the machine; designed for individuals in rehabilitation with long-term physical impairments
- Lever arm features a lock mechanism, which also works as range limiter to set the desired start (flexion) point for a movement; useful for those with physical impairments or for post-surgery rehabilitation
- Distance between seat and lever arms is electrically adjustable

#E2016 HUR 4-in-1 Strength Equipment, SmartCard Enabled

Find the Power Plate Pro7HC and Shuttle Systems Balance.

See page 45.



C. #91306

C. Tri-Core Balance & Stabilization Multistation – improves resident balance and stabilization

- Small 5' x 7' footprint houses great three-in-one product
- Reads distance, time, speed, calories and heart rate
- Aids caregivers in performing effective health evaluations
- Includes adjustable, rotating pulley (#14192), 355 Series upper-body platform with adjustable stand (#91294) and Sit-to-Stand Exerciser (#90999)
- Sit-to-Stand Exerciser (STS) can be ordered separately (see above)
- Transfers are made easy by attaching pulley cables to the included gait belt while the resident is seated for up to 75 lbs. of assistance
- Warranty: 1 year bumper to bumper; 5 years on all moving parts; 20 years on the frame

#91306 Tri-Core Multistation, 60"W x 84"L x 72"H

#A6231 Sit, Stand and Transfer Multistation

#14192 Functional Pulley

#91294 355 Series, e1 Table Platform

D. HUR iBalance Testing & Training System – provides both assessment screening and treatment activities

- Identify potential "high-risk" residents with standard balance tests against normative data with 3,000 subjects; Romberg Stable vs. Unstable test and Limits of Stability test
- Stable/dynamic platform with low step-up height for easy use by residents
- Available with support rails for increased safety and stability
- Five interactive training modes to improve balance and control; designed to help neuromuscular re-education and balance coordination in a fun, motivating game format
- Progress reports show testing and training results to track rehabilitation results
- Only 18 lbs.; extremely portable for quick tests and training
- Caddie and carrying case included

#C8714 HUR iBalance with Interactive Display

#C7982 HUR iBalance SmartCard



D. #C8714



When choosing products from Direct Supply, they stand by and know their products, and they have answers for questions or concerns you may have. Usually you have just one person to deal with. **No runaround and no pressure – just top-of-the-line products at a great price.**



John Boggs
LNHA/ALA Assistant Administrator
Cherokee County Health and Rehab Center



Aerobic Exercise **BENEFITS** the Elderly

Helps prevent the onset of all types of dementia

Cognitive performance and brain function improvements

Source: Physiology and Pathophysiology of Physical Inactivity Exercise, brain, and cognition across the life span Michelle W. Voss, 1,2 Lindsay S. Nagamatsu, 3,4,5,6 Teresa Liu-Ambrose, 3,4,5 and Arthur F. Kramer, 1,2



A.

**DIRECT
SUPPLY**
Panacea



B. # C8220

**DIRECT
SUPPLY**
Panacea

A. Panacea® Deluxe Training Stairs – hand-crafted with high quality oak plywood

- Handrails are ergonomically designed for comfortable grip and ease of use
- Antislip treads standard on all steps and platform to help ensure safety
- All-wood surfaces are finished with durable clear polyurethane
- Includes solid oak handrails and uprights
- Offers two 6"H steps and three 4"H steps; steps are 30"W
- Platform size is 30"W x 24"D x 12"H
- 400 lb. weight capacity

#A8035 Panacea Training Stairs

B. Panacea® Parallel Bars – height and width adjustable for your needs

- Adjustable 14½" to 26½" wide and 28" to 41" height with position indicators
- Durable stainless steel construction
- Spring-loaded lock and "posilock" knob for height adjustment
- Hardwood platform with antislip treads
- 4" tapered ends for easy wheelchair access
- 400 lb. weight capacity

#C8220 Panacea Parallel Bars, 7'

#C8219 Panacea Parallel Bars, 10'



C. #65974 back view



C. #65974 front view



D. #A8039



C. Mega Rack – everything you're looking for!

- Includes built-in Velcro® roll dispenser, pegboard and safety hooks for storing up to 16 Hugger weights, built-in dispenser for five resistive exercise bands, 20 dumbbell hooks and three sets of weight bar hooks
- Four-sided racks include a drop-lid writing surface with lock, three 8" self-closing drawers and a full-length, ANSI safety-backed mirror
- Includes four 4" swiveling, locking casters and bumper molding

Accessorized Rack includes:

- 16 Hugger weights
- Five REP resistive exercise bands
- Two sets of 10 dumbbells (1 to 10 lbs.)
- 1, 2 and 3 lb. weight bars

#65973 Mega Rack Only, 32"W x 32"D x 72"H

#65974 Mega Rack with Accessories

D. Panacea® Electric Hi-Lo Mat Table – height adjusts from 21" to 32½"

- Hand-crafted with high quality solid oak and 120V, 60 Hz motor that adjusts the height
- Tabletop includes 2" medium-density foam and durable Naugahyde® upholstery
- Upholstered top features seamless corners
- Measures 4' or 5'W x 7'L
- Available in black, sand, royal blue, gunmetal and claret
- 700 lb. capacity

#A8039 Panacea Electric Mat Table, 4'W x 7'L

#A8040 Panacea Electric Mat Table, 5'W x 7'L



A. #A8607

**DIRECT
SUPPLY**
Panacea.



B.



B.

Provide the therapy your residents need

A. Panacea® Vectra Genisys® Therapy System – six therapeutic modalities in one convenient unit, at a fraction of the cost

► **FREE SHIPPING!**

» **SHIPS IN 2 DAYS OR LESS!**

- Crystal-clear, color LCD screen
- Customizable treatment for each resident
- Provides all major clinical modalities: electrotherapy, ultrasound, combination, laser and sEMG activated muscle stimulation
- Clinical protocols and indications help guide therapy selection
- Includes a clinical resources library with color graphics
- Powered by innovative technology from Chattanooga™ products

Therapy System

#A8606 2-Channel Combination

#A8607 4-Channel Combination

Accessories

#97033 Channels 3 & 4 Electrotherapy Module

#97010 Genisys Laser Module**

#79695 Battery Module

#A8613 Cart

#79693 Resident Data Cards

pack of 25

Panacea Electrode

#A86482", Round 10 packs of 4

#A86492", Square 10 packs of 4

#A86502" x 3½", Rectangle 10 packs of 4

#B0264 2¾" x 5", Rectangle 10 packs of 4

#B0265 1½" x 2½", Oval 10 packs of 4

#91481 Laser Applicator

*Applies to head unit only (cart not included)

**This Laser Module requires purchase of a separate applicator for use

B. Panacea® Intellect® Diathermy System – with a full-color touchscreen interface, onboard clinical resources, customizable treatment parameters and more

- Quickly begin treatment with one touch of the home screen and then press Start
- Often used for: pain relief, reduction of muscle spasms, decreasing joint stiffness, contractures, increased blood flow, chronic inflammatory conditions, bursitis, tenosynovitis and chronic inflammatory pelvic disease
- Select from over 90 clinical protocols for guided treatment selections
- Features manually set parameters on Edit screen for more in-depth control, along with an adjustable treatment timer
- Documentation of treatment sessions, pre- and post-treatment pain scales, pain mapping and pain types can all be captured on data cards
- Powered by innovative technology from Chattanooga products
- 2-year limited warranty

#A8605 Intellect Diathermy System

C. Vectra® Neo Therapy Modular Electrotherapy System –
lets you build the precise combination for your needs

► **FREE SHIPPING!**

» **SHIPS IN 2 DAYS OR LESS!**

- Customize for your residents based on five slide-in, plug-and-play module options: Channel ½ stim, Channel ½ stim/EMG, Channel ¾ stim, Laser and Ultrasound
- Includes more than 200 preloaded clinical protocols, fully supported by a complete library of research references
- Interactive touchscreen and intuitive graphic user interface
- Shipped according to your preferences; *note:* Ultrasound and Laser modules require applicator add-ons (see below)
- 3-year warranty; 1-year warranty on probes and accessories

#C2439 Neo Electrotherapy System

Accessories

#C2442 Neo Therapy Cart

#C2447 Neo Operator Remote

#51572 Sonigel Ultrasound Gel

Parts

#C2441 Neo Channels 1/2 Stimulation Module

#C2444 Neo Channels 3/4 Stimulation Module

#C2445 Neo sEMG and Channels 1/2 Stimulation Module

#C2443 Neo Ultrasound Module (see required add-on below)

#C2446 Neo Laser Module (see required add-on below)

Required Add-Ons for #C2443 and #C2446

#76388 Ultrasound Applicator (for #C2443)

#91481 Laser Applicator (for #C2446)

C.



Interactive display features 200+ clinical protocols!



D. ThermoZone Continuous Thermal Therapy Device – easy, high-efficiency heating and cooling therapy without the use of ice

► **FREE SHIPPING!**

- Innovative technology delivers safe, effective and targeted localized treatment with precise temperature management and registration
- Designed to treat the total range of traumatology

#C2832 ThermoZone Thermal Therapy Device with Standard Power Supply

#C2841 Knee Relief Pad

#C2842 Back Relief Pad

#C2843 Ankle Relief Pad

#C2844 Large Shoulder Relief Pad

#C2845 Neoprene Universal Pad (6" x 9")

#C2846 Front & Side Head Relief Pad

#C2847 Rear (Occipital) Head Relief Pad

#C2848 Eye Relief Pad

#C2840 Shoulder Relief Pad

Single-Resident Use

#C2850 Knee Pad (Disposable)

#C2851 Back Pad (Disposable)

#C2852 Ankle Pad (Disposable)

#C2853 Large Shoulder Pad (Disposable)

D.



Deliver cold therapy without ice!

E. Mobile Large Unit

- Includes 24 standard moist steam packs
- Hydrocollator accommodates steam packs of all sizes
- Tank dimensions: 16"W x 18"D x 28"L
- Overall unit dimensions: 20"W x 35"L x 33"H
- Optional side rack available for greater functionality

#41504 Mobile Large Hydrocollator

#41505 Side Rack

E.





A.

Provide every resident a low-impact, total-body workout

A. T4r Recumbent Cross-Trainer – provides a total-body workout

- Facilitates a smooth and natural stepping movement
- Sturdy grab ring helps provide support and safety
- Comfortable 360-degree swivel seat with arm supports
- Easy arm adjustments
- Supportive and stable foot pedals

#C2282 T4r Recumbent Cross-Trainer

Accessories

#C2855 T4r Leg Stabilizer

#C2857 T4r Leg Stabilizer, Unilateral

#C2861 T4r WellGrip Set

#C2867 T4r Foot Secure System

#E4043 T4r Bilateral Leg Stabilizer System



Seated steppers provide access to aerobic exercise that can improve brain health and cognition

Cognitive impairment drives hospital and healthcare costs, increases fall risks, and interferes with chronic disease management and recovery after a health crisis.¹ It is estimated that half of the residents in the general assisted living (non-memory care) population have cognitive impairment.²

There is a dynamic relationship between physical function and cognition, as evidence supports that aerobic exercise improves brain function, provides a protective effect against cognitive impairment and is one of the most effective ways to improve mental and physical health.³ Therefore, communities should consider inclusive exercise equipment, such as seated steppers, to help provide access to safe, low-impact aerobic exercise for older adults of virtually all functional levels.

1. Eggermont, I.H., de Boer, K. Muller, M.,...and Scherder, E.J. (2012). Cardiac disease and cognitive impairment: a systematic review. *Heart*, 98 (8), 1334-1340

2. Alzheimer's Association, 2013. "Alzheimer's Disease Facts and Figures" Report, *Alzheimer's and Dementia*, 9 (2).

3. Clouston, S.A., Brewster, P., Kuh, D....and Hofer, S.M. (2013). The dynamic relationship between physical function and cognition in longitudinal aging cohorts. *Epidemiologic Reviews*, 35:33-50.



B.

B. SportsArt Medical/Rehab Treadmill – ideal for cardiac rehab

- Features easy-to-use dot matrix display with workout programs, including multiple Fit Test protocols
- MyFlex Plus™ deck cushioning system delivers 30% more cushioning than traditional treadmill decks
- Large 22" x 61" belt provides larger running space than traditional treadmills
- Incline range: -3% to 15%
- 3 mph reverse to 12 mph in 1/10 mph increments
- Extra-long handrails for superior resident safety
- Lifetime warranty on the state-of-the-art ECO-POWR™ motor, which uses 32% less energy than traditional motors without compromising power
- 500 lb. capacity

#C6159 SportsArt Medical/Rehab Treadmill, 37½"W x 87"L x 56"H

C. Life Fitness Activate Series Elliptical Cross-Trainer – low-impact workout saves knees and joints

- Classic stride technology provides total-body workout
- Self-powered – no cords or outlets needed
- Clear, simple controls
- Lifepulse™ digital heart rate monitoring hand sensors on the Ergo™ bar or hands-free chest strap

#C3020 Elliptical Cross-Trainer

D. Life Fitness Activate Series Recumbent LifeCycle Bike – step-through design for easy on and off

- Self-powered – no cords or outlets needed
- Clear, simple controls
- Lifepulse™ digital heart rate monitoring hand sensors on the Ergo™ bar or hands-free chest strap

#C3021 Recumbent LifeCycle Bike

E. Life Fitness Activate Series Upright LifeCycle Bike – ditch the cords and outlets with this self-powered machine

- Biomechanically efficient design allows for effective body positioning and maximum comfort
- Clear, simple controls
- Lifepulse™ digital heart rate monitoring hand sensors on the Ergo™ bar or hands-free chest strap

#C3022 Upright LifeCycle Bike



C.



D.



E.



A. #A6351



B. #A9937

The HUR Advantage

Senior strength solutions made simple

HUR's products and Senior Exercise Solutions from Direct Supply are backed by 20 years of scientific research. All HUR machines can be equipped with the SmartCard System for exercise planning, recording and user feedback to lower operating expenses and improve customer experience.

HUR allows seniors to exercise more safely by reducing stress on joints and connective tissues. Maintaining a more consistent resistance profile makes the movement feel smoother and easier to execute.

- **Easy-on, easy-off, safe and easy-to-use machines**
- **A near-zero starting resistance and infinite weight increments facilitate ongoing and assisted mobilization**
- **Small footprint and lightweight to lower cost**
- **Several dual-function machines for space and cost savings**
- **Balance-testing platforms to implement fall-prevention programs**
- **Isometric testing to measure muscular strength**

#C5031 HUR SmartCard Kiosk
 #E5854 HUR SmartTouch Kiosk
 #B0322 Air Compressor for 1-6 Machines
 #B0323 Air Compressor for 6-12 Machines
 #B0325 Air Compressor with Silencing Cabinet for 6-12 Machines

Above are required for installation

A. HUR Leg Press Exercise Machine Rehab – independent lever arms effectively exercise the entire leg

- Choose from six different starting positions and easy adjustment of the back support to ensure a safe and effective exercise
- Equipped with a locking function to safely exercise only the final part of the movement
- For isometric testing, connect the performance recorder to test the strength of both legs independently and track rehabilitation progress
- Easy-access ergonomic handgrips make it easy for residents to get into and out of the machine

#A6351 HUR Leg Press Exercise Machine Rehab
 #E5864 HUR Rehab Leg Press, SmartTouch
 #C7970 HUR Leg Press, Smart Card Enable
 #E5874 HUR Rehab Leg Press, SmartTouch, Electronic Adjustments

B. HUR Leg Extension & Curl Exercise Machine Rehab – provides safe and effective rehabilitation of the extensor and flexor muscles of the knee

- This dual-function unit is like two machines in one, allowing your residents to work opposing muscle groups without changing machines
- Designed for residents in rehabilitation and more advanced users, the handgrips make it easy to get into and out of the machine
- The direction of resistance can be changed easily and safely with a simple switch
- Range limiters can be used to limit the range of motion – in flexion and extension
- Adjustable lever arms accommodate different limb lengths
- Adjustable back support can slide smoothly into place without increments
- Using a separate performance recorder, the machine can measure the isometric force output to measure the strength of the legs for recording progress

#A9937 HUR Leg Extension & Curl Exercise Machine Rehab
 #E5863 HUR Rehab Leg Extension/Leg Curl, SmartTouch
 #C7971 HUR Leg Extension & Curl, Smart Card Enabled
 #E5873 HUR Rehab Leg Extension/Curl, SmartTouch, Electronic Adjustments



C. #A9940



E. #A9941



D. #A9938



F. #B0064

C. HUR Abdomen/Back Exercise Machine Rehab – ideal for increasing core strength

- Adjustable seats can slide smoothly into place to help your resident find a correct, safe and effective start position
- Adjustable lever arms accommodate different limb lengths
- Range limiters can be used to limit the range of motion for residents with reduced spinal flexibility in order to provide an easier starting position
- Using a separate performance recorder, the machine can measure the isometric force output to measure strength for recording progress

#A9940 HUR Abdomen/Back Exercise Machine Rehab

#E5859 HUR Rehab Abdomen/Back, SmartTouch

#C7975 HUR Abdomen/Back, Smart Card Enabled

#E5872 HUR Rehab Abdomen/Back, SmartTouch, Electronic Adjustments

D. HUR Abduction/Adduction Exercise Machine Rehab – essential for incontinence retraining

- Dual-function unit allows your residents to work opposing muscle groups without changing machines
- The direction of resistance is changed easily and safely with a simple switch
- Easy-access handgrips are designed for those in rehabilitation, with long-term physical impairments and seniors, and make it easy to get into and out of the machine
- Range limiters can be used to limit the range of motion in both directions
- Using a separate performance recorder, the machine can measure the isometric force output to measure strength for recording progress

#A9938 HUR Abduction/Adduction Exercise Machine Rehab

#E5862 HUR Rehab Adduction/Abduction, SmartTouch

#C7972 HUR Abduction/Adduction, Smart Card Enabled

E. HUR Dip/Shrug Exercise Machine Rehab – strengthens the muscles associated with sitting, standing and transferring

- Machine provides targeted training of the biceps and triceps to strengthen these muscle groups
- Foot pedal option allows you to change the resistance while exercising
- Push buttons offer easy and safe adjustment of resistance, which can be used at any time – even while exercising
- Dual-function unit allows your residents to work opposing muscle groups without changing machines
- The direction of resistance can be changed easily and safely with a simple switch
- Adjustable seats can slide smoothly into place to help your resident find a correct, safe and effective start position
- Range limiters can be used to limit the range of motion in flexion and extension

#A9941 HUR Dip/Shrug Exercise Machine Rehab

#E5877 HUR Dip/Shrug, SmartTouch

#C7974 HUR Dip/Shrug, Smart Card Enabled

#E5881 HUR Dip/Shrug, SmartTouch, Electronic Adjustments

F. HUR Chest Press – lever arms move independently for customized use

- Adjustable-height seat and shaped back support for increased comfort
- Push buttons allow for easy and safe adjustment of resistance
- Horizontal and/or vertical handgrips allow exercise to be performed using different grip positions

#B0064 HUR Chest Press

#E5856 HUR Rehab Chest Press, SmartTouch

#C7973 HUR Chest Press, Smart Card Enabled

#E5869 HUR Rehab Chest Press, SmartTouch, Electronic Adjustments

There is **substantial evidence** mounting that **physical activity reduces** risk of falls, prevents or mitigates **functional limitations** and is effective therapy for many **chronic diseases...**

Source: ACSM & AHA Recommendation for Active Aging (2007)



A.



A. #C4780



A. #C4782



A. #C4783



A. #C4784

A. Panacea® Soft Iron Dumbbell Sets – easy for residents to grip

► **FREE SHIPPING!**

- 1 to 5 lb. weights
- Ideal for arm and upper-body exercises
- Covered in thick, easy-grip coating of soft vinyl
- Poundage embossed on ends for easy identification

#C4780 Dumbbell Weights, 1 lb.

#C4781 Dumbbell Weights, 2 lb.

#C4782 Dumbbell Weights, 3 lb.

#C4783 Dumbbell Weights, 4 lb.

#C4784 Dumbbell Weights, 5 lb.

#C4785 Dumbbell Weights, 1 lb.

set of 2

#C4786 Dumbbell Weights, 2 lb.

set of 2

#C4787 Dumbbell Weights, 3 lb.

set of 2

#C4788 Dumbbell Weights, 4 lb.

set of 2

#C4789 Dumbbell Weights, 5 lb.

set of 2

#C4790 Dumbbell Weights, 1, 2, 3 lb.

set of 2

#C4791 Dumbbell Weights, 1, 2, 3, 4, 5 lb.

set of 2

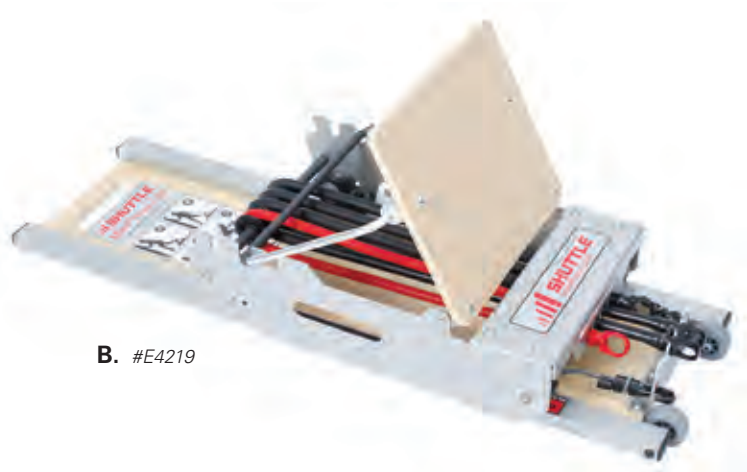
#C4792 Dumbbell Weights, 1, 2, 3, 4, 5 lb.

set of 1

#C4793 Dumbbell Weights

with Wall Rack, 1, 2, 3, 4, 5 lb.

set of 2



B. #E4219

B. Shuttle Systems MiniPress Lite – portable leg press attaches to any chair or wheelchair

- Provides smooth, controlled resistance ideal for developing flexion for total knee rehabilitation
- Resistance ranges from 2 to 80 lbs.
- Distance indicator strips located on both rails allow you to measure and document the exercise distance traveled

#E4219 Shuttle Systems MiniPress Lite



C.

C. MoveMor Lower-Body Trainer – first-ever multidirectional resistance system

► **FREE SHIPPING!**

- Designed to build strength and mobility from one safe, seated position
- Multiple muscle groups are gently engaged with patented MDX technology (Multidirectional resistance exercise)
- MDX consists of 12 resistance points
- Unmatched versatility with over 30 multiplanar exercises and no adjustment required
- Includes senior-specific exercise guide

#C6141 Lower-Body Trainer



D.

Resistance Comparison Chart

	TheraBand	level	Panacea
light	yellow	1	peach
	red	2	orange
	green	3	lime
	blue	4	blueberry
heavy	black	5	plum



E.

D. Panacea® Exercise Band – your low-cost, high-performance exercise band alternative

► **FREE SHIPPING!**

» **SHIPS IN 2 DAYS OR LESS!**

- Five levels of resistance for customizable exercise
- Space saving and versatile, it makes an excellent alternative to free weights
- Add variety to workout or therapy routines
- Made of high quality latex-free material for long life

- #C4797 Exercise Band, 6 Yd. Roll, Peach
- #C4798 Exercise Band, 6 Yd. Roll, Orange
- #C4799 Exercise Band, 6 Yd. Roll, Lime
- #C4800 Exercise Band, 6 Yd. Roll, Blueberry
- #C4801 Exercise Band, 6 Yd. Roll, Plum
- #C4802 Exercise Band, 50 Yd. Roll, Peach
- #C4803 Exercise Band, 50 Yd. Roll, Orange
- #C4804 Exercise Band, 50 Yd. Roll, Lime
- #C4805 Exercise Band, 50 Yd. Roll, Blueberry
- #C4806 Exercise Band, 50 Yd. Roll, Plum
- #C4807 Exercise Bands, (2) 50 Yd. Rolls, Peach
- #C4808 Exercise Bands, (2) 50 Yd. Rolls, Orange
- #C4809 Exercise Bands, (2) 50 Yd. Rolls, Lime
- #C4810 Exercise Bands, (2) 50 Yd. Rolls, Blueberry
- #C4811 Exercise Bands, (2) 50 Yd. Rolls, Plum

E. Panacea® Cuff, Wrist & Ankle Weights – contoured for the perfect fit

► **FREE SHIPPING!**

- Color-coded and marked with both pounds and kilograms
- Contours to snugly fit ankles, wrists and even thighs
- Grommited for easy hanging (up to 12½ lbs.)
- Long hook and loop closure strap for secure fit

- #C4763 Cuff, Wrist & Ankle Weights, ½ lb.
- #C4764 Cuff, Wrist & Ankle Weights, 1 lb.
- #C4765 Cuff, Wrist & Ankle Weights, 1½ lb.
- #C4766 Cuff, Wrist & Ankle Weights, 2 lb.
- #C4767 Cuff, Wrist & Ankle Weights, 2½ lb.
- #C4768 Cuff, Wrist & Ankle Weights, 3 lb.
- #C4769 Cuff, Wrist & Ankle Weights, 4 lb.
- #C4770 Cuff, Wrist & Ankle Weights, 5 lb.
- #C4771 Cuff, Wrist & Ankle Weights, 7½ lb.
- #C4772 Cuff, Wrist & Ankle Weights, 10 lb.

Sets

- #C4773 Cuff, Wrist & Ankle Weights, 9 Piece Set
- #C4775 Cuff, Wrist & Ankle Weights, Rack with 7 pieces
- #C4776 Cuff, Wrist & Ankle Weights, Rack with 20 pieces
- #C4777 Cuff, Wrist & Ankle Weights, Rack with 24 pieces
- #C4778 Cuff, Wrist & Ankle Weights, Rack with 32 pieces
- #C4779 Cuff, Wrist & Ankle Weights Rolling Rack



F.

F. Resistance Chair Exercise and Rehabilitation System – the perfect addition to any senior fitness exercise program

► **FREE SHIPPING!**

- Great for post-op rehabilitation and users of limited mobility
- Allows a full-body workout from a comfortable seated position
- Resistance Anchor Cable™ system offers a wide range of exercises at smooth, low-impact resistance
- Commercial-grade construction withstands frequent use and easily holds over 400 lbs.
- No assembly required

- #C5714 Resistance Chair Exercise and Rehabilitation System

► Shipping offers valid only in the 48 contiguous states; liftgate charges may apply. See back cover for additional details.

Music and activities for cognition

Both music (listening to and/or playing) and activities can be used to maintain memory organization and thought processing for memory care residents. These forms of entertainment can also assist with motor skills: dancing and movement activities can aid in maintaining walking endurance, improve range of motion, strength, functional hand movements, finger dexterity and improve limb coordination.



**COGNITIVE
DECLINE**

By age 65-70, a brain shrinks

9.6%
Male

7.4%
Female

LEADING TO:

DECLINED
REASONING

DECLINED
SPATIAL ORIENTATION

DECLINED
VERBAL MEMORY

Source: Term Life Insurance Resource



A. #52034



B.



C.



D. #64334



E.

A. Rhythm Band Set – exciting way to bring residents together as a team

► **FREE SHIPPING!**

» **SHIPS IN 2 DAYS OR LESS!**

#52032 Rhythm Band 15-Player Set

#52034 Deluxe Rhythm Band 15-Player Set

B. 7" Tambourine – for vibrant playing

► **FREE SHIPPING!**

» **SHIPS IN 2 DAYS OR LESS!**

#52061 7" Tambourine

C. Festive Maracas – professional quality, authentic tone

► **FREE SHIPPING!**

» **SHIPS IN 2 DAYS OR LESS!**

#52037 Maracas, 9"L

D. Bell Set & Songbook – top quality at the best value available

► **FREE SHIPPING!**

» **SHIPS IN 2 DAYS OR LESS!**

#52030 8-Note Hand Bell Set

#64334 8-Note Desk Bell Set

#52035 8-Note Bell Songs Book

#52036 More 8-Note Bell Songs Book

E. Hand Chimes – make learning music fun and build self-esteem

► **FREE SHIPPING!**

- Residents can make music as a large or small ensemble
- Chimes are rung like hand bells to allow ensembles to perform as a solo instrument, with voices or with other musical accompaniment
- Great for any level of musical ability
- Notes included are C5-A6 Diatonic & F#5, A#5 and F#6
- 25-Note Set includes 25 Malmark Choirchimes ranging from G4 to G6 and one carrying case
- 37-Note Set includes 37 Malmark Choirchimes ranging from C4 to C7 and two carrying cases

#E2737 25-Note Set

#E2738 37-Note Set

#E2739 Classroom Set

F. Cathedral Radio/CD Player – antique finish

► **FREE SHIPPING!**

» **SHIPS IN 2 DAYS OR LESS!**

- Boasts an arched veneered top and applied solid wood moldings
- Features a programmable CD player with LED display
- AM/FM radio
- Measures 11½"W x 8"D x 13"H

#25689 Cathedral Radio/CD Player

G. Rock-Ola Bubbler Jukebox – convenient CD changer flips right in front of you

- Kaleidoscope of color flows through four translucent tubes
- Features dual stereo-amplifier and five speakers
- Jukebox measures 60"H x 33½"W x 26¾"D

#31682 Jukebox

#31683 100 CDs

H. Senior Sing-Along DVD – seasoned music instructor Barbara Jacobs leads a sing-along class

► **FREE SHIPPING!**

- Choose from two volumes your residents are sure to love
- Joyous holiday songs and memories, including "Deck the Halls," "My Dreidel" and "Silent Night"
- More classics from the early 1900s, including "For He's a Jolly Good Fellow," "America the Beautiful" and "Amazing Grace"

#17553 Volume 2: Songs of the Holiday Season

#17554 Volume 3: More Oldies

I. Timeless Music Collection CD Box Set

► **FREE SHIPPING!**

- Billie Holiday – 3-CD Set – 54 Songs
- "Blue Moon," "Miss Brown to You," "Summertime" and more

#93451 Billie Holiday, 3-CD Set

- Glenn Miller – 3-CD Set
- DISC 1: Jukebox Saturday Night
- DISC 2: Pennsylvania
- DISC 3: A Handful of Stars

#93448 Glenn Miller, 3-CD Set

- Frank Sinatra – 3-CD Set
- "Whispering," "You Make Me Feel So Young," "All or Nothing at All" and many more

#93449 Frank Sinatra, 3-CD Set

- Dean Martin – 3-CD Set
- "Santa Lucia," "Darktown Strutters Ball," "Come Back to Sorrento" and many others

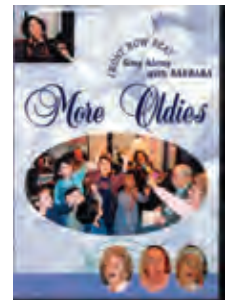
#93450 Dean Martin, 3-CD Set



F.



G.



H. #17554



I. #93451



I. #93448



I. #93449



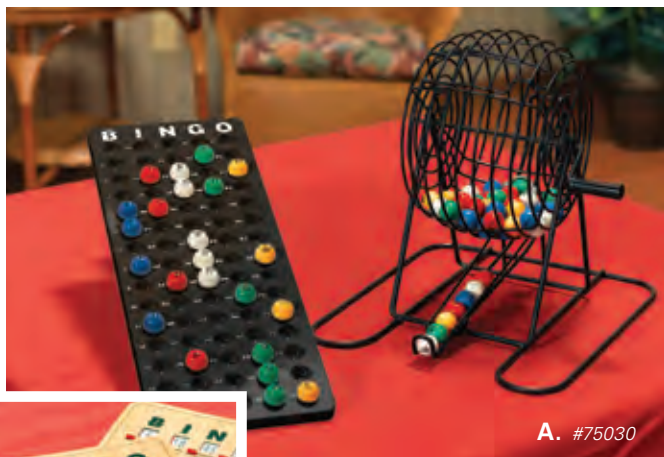
I. #93450



Use Music as an Activity Therapy

Sing-alongs, instrumental play-alongs, songwriting and other musical activities can help address speech therapy needs for seniors. Music can also help improve social engagement, adding to the quality of life and overall well-being of your seniors.

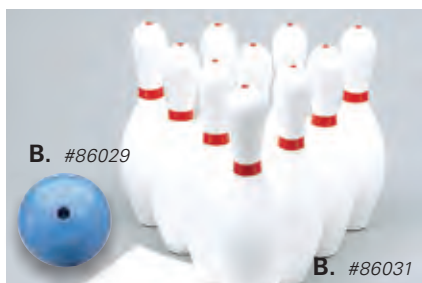
Turn therapy into upbeat entertainment



A. #75030



A. #75038



B. #86029

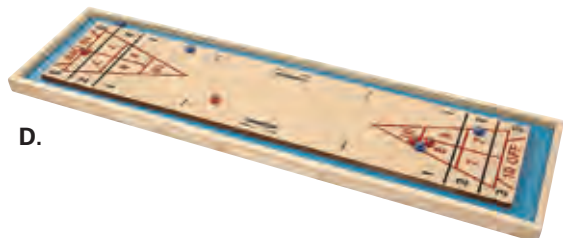
B. #86031



C. #E0604



C. #E0603



D.



E.



F.

A. Small Vinyl Bingo Cage Set & Shutter Cards – one of the best-loved games, in an economical set

► **FREE SHIPPING!**

» **SHIPS IN 2 DAYS OR LESS!**

- Smooth-action spinner issues one ball at a time to help caller
- Number balls are color-coded for easy letter identification
- Turn crank, read ball out loud and place in convenient masterboard to easily check your residents' numbers
- Reusable shutter-style cards with quick-clear center window to help residents quickly reset board; sold separately

#75030 Bingo Game

#75038 Reusable Bingo Shutter Cards

case of 100

B. Bowling Set – offers great entertainment

► **FREE SHIPPING!**

- Each set comes with 10 pins, setup sheet and scoring pad
- Quality polyethylene pins weigh over 8 oz.
- Flat, extra-stable bottom
- Three-finger hollow rubberized plastic balls, each with two sets of finger holes to fit different hand sizes; sold separately
- Select 3 lb. ball in red, orange, yellow, green, blue or purple

#86031 Bowling Set

#86029 3 lb. Bowling Ball

C. Bean Bag Toss – bring the classic game to your community

► **FREE SHIPPING!**

- Durable, finished wood holds up to years of use
- Boards pack up easily for transport or storage
- Includes four yellow and four red bean bags made of all-weather premium canvas material and filled with pea rock

#E0603 Bean Bag Toss, 48"L x 24"W x 12"H

#E0604 Bean Bag Scoreboard

D. Shuffleboard – the fun and excitement of the classic deck game in a sturdy tabletop version

► **FREE SHIPPING!**

- Play both court and long-board versions of shuffleboard
- Game surface is medium-density fiberboard with eight fast-shooting, roller-bearing pucks
- Cabinet sides and ends are made from solid pine
- No assembly required

#E0598 Shuffleboard Set, 44¾" x 12¾" x 1½"

E. Balloon Badminton – great for beginners, group activities and more!

► **FREE SHIPPING!**

- Rackets are easy to grip and durable enough to use with whiffle balls
- Set of two rackets also includes balloons

#E0605 Balloon Badminton, 18" dia.

F. Foam Horseshoes – soft, safe and oversized for more scoring and fun!

► **FREE SHIPPING!**

- Made of durable spongy, foam core with Tuff-coat skin
- 25% larger than regular horseshoes, producing more confidence, scoring and fun
- Set includes four horseshoes, two stakes and two stake mats

#E0600 Foam Horseshoes

G. Name 3 Toss & Catch Game – the classic childhood game is back!

► FREE SHIPPING!

- Two or more players (or teams) toss the ball to each other, and when the ball is caught the player must name three items in the category under his or her thumb to receive a point
- Includes 15" dia. inflatable ball with 60 different categories such as: Silent Film Stars, Kinds of Cheese, Backyard Birds, Tools Used for Gardening and many more

#E0606 Name 3 Game



G.



H.

H. Kicking Around Memories Game – there's no limit to the memories your residents will revisit with this group game!

► FREE SHIPPING!

- An inflated cube within a cube invites players seated in a circle to kick the cube around
- The inside cube lists different people, including a spouse, parent, child and the player; the outer cube lists topics to discuss
- When the cube lands in front of a player, he or she is asked to recall a memory related to the topic and the person showing on top of each cube, e.g., a hobby (the topic on the outside cube) that a child had (the person on the inside cube)

#E0608 Kicking Around Memories



Keep Residents Engaged with Games and Puzzles

Games and puzzles promote socialization and enhance quality of life. For residents with memory care needs, participation levels should be adjusted accordingly with a focus on enjoyment over achievement to help ensure they can continue to enjoy the activities they love.

I. Reminiscing Game – for sharing personal memories and anecdotes

► FREE SHIPPING!

- Reminisce through each decade from the '40s to the '80s
- Booklet contains 216 questions
- Personal memory questions, such as, "What was your favorite dessert as a kid?"
- Players are given three clues to aid in answering

#93489 Reminiscing Game



I.

J. Untrivia – hours of enjoyable conversation

► FREE SHIPPING!

» SHIPS IN 2 DAYS OR LESS!

- Practical question-and-answer game
- From gardening to travel, Untrivia invites residents to share ideas, discuss possible answers and decide on the best choice

#93485 Untrivia



J.

K. Choices – a game of decision making

► FREE SHIPPING!

» SHIPS IN 2 DAYS OR LESS!

- Moral dilemmas appear on cards and residents must choose their response to each situation
- Value-oriented evaluation of challenges that residents may have faced from childhood to old age

#93488 Choices

K.

L. Life Stories – inspires conversation and socialization

► FREE SHIPPING!

- Noncompetitive game encourages residents to share life experiences

#93490 Life Stories

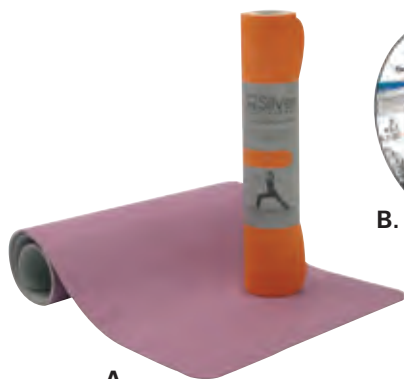


L.

DEPRESSION

will be the
2nd leading cause
of premature death
and disability worldwide
by **2020.**

SOURCE: World Health Organization



A.



B.



C.



D.

A. AgSilver™ CleanMat Yoga/Exercise Mat – patented protection keeps mat free of odors caused by bacteria and fungus

► **FREE SHIPPING!**

- Ionic silver in mat fibers offers a barrier to bacteria or fungus growth
- Helps prevent transfer of impurities from one workout to the next
- Mat is extra-long and thick for a variety of workout needs
- Two-sided textured nonslip surface for safety and stability

#C6251 AgSilver™ CleanMat Yoga/Exercise Mat

B. VHI Hatha Yoga Exercise Prescription Software Module – allows clinicians to select the most appropriate exercise and print out a customized program for home use

► **FREE SHIPPING!**

- Software allows clinicians to choose specific exercise routines, view histories and edit comments
- Programs and routines can be saved and later modified

#C6252 Hatha Yoga Exercise Prescription Software Module

C. EarthLite Avalon XD Tilt Massage Table Package – the ultimate in intelligent design and true craftsmanship

► **FREE SHIPPING!**

- Precision crafted from solid hardwood maple, the half Reiki /half standard endplates provide unparalleled balance and easy access
- The patented mid-brace cradle-lock cabling system provides unsurpassed stability
- Features 23 tilt back positions, expanding treatment options from traditional massage to a host of other spa treatments
- Available in mystic blue, black, vanilla cream and teal

#C8519 Massage Table Package

D. NRG Grasshopper Massage Chair – a simple design that offers an effective solution

► **FREE SHIPPING!**

» **SHIPS IN 2 DAYS OR LESS!**

- Constructed of high quality aircraft-grade aluminum, offering massage therapists an incredibly light, strong and easy solution for on-site massage
- Available in agate blue, black, burgundy, purple and vanilla creme

#A7089 Grasshopper Massage Chair



E. #31986

E. Hemiplegic Parallel Bars – floor mount allows for uninterrupted grasp with one hand

- 26" to 39" adjustable height range; 20"W
- Stainless steel adjustable handrails
- Ultra-heavy, square, chrome-plated, telescoping steel uprights
- 400 lb. capacity

#31986 Hemiplegic Parallel Bars, 7'L
#31987 Hemiplegic Parallel Bars, 10'L
#31988 Hemiplegic Parallel Bars, 12'L

F. Signature Hot Stone Set – perfect solution for warming massage stones

► **FREE SHIPPING!**

» **SHIPS IN 2 DAYS OR LESS!**

- Digital temperature controls allow you to precisely set and control the temperature of your stone warmer up to 160°F
- Package includes: deluxe massage stones (50), digital stone warmer (18 quart), Lotus Touch Organic naturals massage oil (8 oz.) and hot stone massage DVD
- Chakra stones not included

#A7096 Signature Hot Stone Set without Chakra Stones



F.

G. Aromatherapy Kit with Recipe Book – for resident health and well-being

► **FREE SHIPPING!**

» **SHIPS IN 2 DAYS OR LESS!**

- Kit contains six essential oils: lavender, sweet orange, peppermint, rosemary, rosewood and tea tree, all in 5 mL amber glass bottles
- Overview and recipes for beauty, health and well-being excerpted from *The Aromatherapy Companion* by Victoria Edwards, a handy included book that complements your essential oil kit
- Includes six reducer caps, one empty 5 mL bottle with reducer cap, one pipette

#A6220 Aromatherapy Kit with Book



G.

► Shipping offers valid only in the 48 contiguous states; liftgate charges may apply. See back cover for additional details.



A.



B.

Put almost any item conveniently within reach

A. Reacher with Power Grip and Hook – reacher “jaws” have hooks to pull or push items easier

► **FREE SHIPPING!**

- Reacher has a 90-degree angled handle and a forearm support, which enables use for residents with limited lifting ability or weak hands

#A6373 Reacher with Power Grip and Hook, 23½”L

B. Reacher with Hook – preserve resident dignity with reachers

► **FREE SHIPPING!**

- Reacher with hook is the perfect aid for dressing and undressing by being able to push and pull
- The patterned rubber on the inside of the hooks provides a good grip

#A6374 Reacher with Hook, 17¾”L

C. Panacea® Hip/Knee Kit – handy dressing and bathing aids in one convenient kit

► **FREE SHIPPING!**

- Perfect for post-surgery recovery
- Includes 26” reacher, sock aid, 18” shoehorn, dressing stick and contoured bath sponge

#C4323 Hip/Knee Kit



C.

**DIRECT
SUPPLY**
Panacea.

D. Panacea® Reacher – magnetic tip easily picks up metal items

► **FREE SHIPPING!**

- Perfect for high shelves and dropped items
- Wide 2" jaw for picking up objects
- Durable aluminum and plastic construction
- Weighs only 5.4 oz.
- Cleans easily

#C4316 26" Reacher
#C4317 32" Reacher

E. Panacea® Dressing Stick – assists in dressing and lifting garments

► **FREE SHIPPING!**

- Great for residents with limited range of motion
- 18" stick has a plastic-coated "S" hook at one end and a small "C" hook at the other end for multiple-angle use

#C4315 Dressing Stick

F. Panacea® Buttonhook – easy-to-use, one-handed buttoning aid

► **FREE SHIPPING!**

- Clear, acrylic handle is easy to clean
- 3/4" diameter

#C4322 Buttonhook

G. Buttonhook with Zipper Pull

► **FREE SHIPPING!**

- Attaches to hard-to-handle zipper tabs

#03221 Built-Up Plastic Handle
#03222 Built-Up Rubber Handle

H. Long-Handle Hair Washer – makes washing hair easier for residents

► **FREE SHIPPING!**

- The long handle makes it easier to reach the head without strain on the hands, shoulders or arms
- Substitutes the fingers to apply shampoo and massage the scalp
- 14½" L handle

#A6371 Long-Handle Hair Washer

I. Long-Handle Body Washer – designed to make washing easier for hard-to-reach places

► **FREE SHIPPING!**

- Washcloths are machine washable and replaceable
- The washcloth pad on the end does not absorb water, making washer light and balanced, even when wet
- Handle is oval shaped and has a surface that enables a secure grip
- 15" L handle

#A6367 Long-Handle Body Washer
#A6368 Replacement Wash Cloth for Body Washer

J. Curved-Handle Back Washer – designed to make reaching and washing the back easier

► **FREE SHIPPING!**

- The washcloth pad on the end does not absorb water, which makes washer light and balanced, even when wet
- Machine-washable and replaceable washcloths
- Curved handle has an oval end and a surface that enables secure two-handed grip
- 30¼" L handle

#A6369 Curved-Handle Back Washer
#A6370 Replacement Wash Cloth for Back Washer



► Shipping offers valid only in the 48 contiguous states; liftgate charges may apply. See back cover for additional details.

Help keep residents comfortable and independent during meals



#20561



#20562



C. #20563



A. Flo-Trol™ Feeding Cup – controlled, dribble-free drinking

► **FREE SHIPPING!**

» **SHIPS IN 2 DAYS OR LESS!**

- Large mouthpiece with straw-sized hole
- Autoclavable polypropylene with 4, 6 and 8 oz. markings
- Dishwasher safe up to 200°F
- Control liquid intake without sitting up or raising the head
- Base is 4 7/8" in diameter; sold separately

#E3523 Cup

#E3524 Base

B. Wonderflo® Cup – for controlled feeding

► **FREE SHIPPING!**

» **SHIPS IN 2 DAYS OR LESS!**

- Aids residents when drinking while semi-reclined
- Button releases fluid for controlled feeding
- Nylon construction; latex-free
- Microwavable and autoclavable

#03230 Cup, 8 oz.

C. Nosey Cutout Tumbler – helps resident maintain proper head and neck position during swallowing

► **FREE SHIPPING!**

» **SHIPS IN 2 DAYS OR LESS!**

- Durable polypropylene construction
- Transparent design lets caregiver monitor intake
- Institutional dishwasher safe up to 228°F; latex-free

#20561 Nosey Cup, 4 oz.

#20562 Nosey Cup, 8 oz.

#20563 Nosey Cup, 12 oz.

D. Two-Handled Transparent Mug – prevents spills

► **FREE SHIPPING!**

» **SHIPS IN 2 DAYS OR LESS!**

- For residents with weak grip and limited muscle control
- Removable lid with feeding spout prevents spills
- Dishwasher safe up to 195°F

#20559 Mug, 10 oz.

#20560 Replacement Lid each



D.

E. Provale Drinking Cup – perfect dysphagia cups

► **FREE SHIPPING!**

» **SHIPS IN 2 DAYS OR LESS!**

- Designed to deliver "small swallows" (specific predetermined volume) of thin liquid in a normal drinking motion
- Prevents over-delivery and promotes safer swallowing and more independence
- Use one or two easy-grip removable handles
- Separate chamber inside delivers specific volume in each mouthful without sucking
- Comes apart easily; dishwasher safe

#E3526 Provale Drinking Cup, 5cc

#E3527 Provale Drinking Cup, 10cc



E. #E3526, 5cc



#E3527, 10cc



F. Rocker Knife – requires less strength to use

► **FREE SHIPPING!**

» **SHIPS IN 2 DAYS OR LESS!**

- Stainless steel, single-edged blade; approximately 3½"L with a large 4" wooden handle
- Pressure applied directly above food, requiring less strength
- Commercial dishwasher safe up to 125°F

#81598 Rocker Knife

G. Good Grips® Utensils – great for residents with Alzheimer's, arthritis or CVA

► **FREE SHIPPING!**

» **SHIPS IN 2 DAYS OR LESS!**

- Oversized, rubber-like, ribbed cushion handles
- Stainless steel utensils can bend to any angle, right or left
- Souper Spoon™ features a raised lip to help keep liquid and solids from spilling
- Rounded-tip rocker knife with extended safety cap
- Sturdy and dishwasher safe

1. #13510 Fork
2. #64024 Small Spoon
3. #13511 Teaspoon
4. #13508 Tablespoon
5. #81816 Souper Spoon
6. #13509 Rocker Knife

H. Foam Utensil Grip – fits over utensils and other items for easy gripping

► **FREE SHIPPING!**

» **SHIPS IN 2 DAYS OR LESS!**

- 3'L foam can be cut to size you need
- Dishwasher safe up to 180°F

#81021 Foam Utensil Grip, 1½" dia., ¾" Bore

I. Plastisol®-Coated Spoon – protects teeth and lips from edges or temperature sensitivity

► **FREE SHIPPING!**

» **SHIPS IN 2 DAYS OR LESS!**

- Dishwasher safe to 180°F; cold water washing will prolong life
- Not recommended for those with heavy biting reflexes

- #03427 Teaspoon
- #03425 Tablespoon

J. Adjustable Weighted Utensils – increase resident comfort

► **FREE SHIPPING!**

» **SHIPS IN 2 DAYS OR LESS!**

- Weight adjusts from 2 to 8 oz. according to resident comfort
- Dishwasher safe up to 180°F
- Does not contain latex

- #03440 Teaspoon
- #03441 Plastic-Coated Teaspoon
- #03436 Tablespoon
- #03187 Fork
- #03292 Serrated Knife



H.



I.



J.



Features to consider when selecting ADL utensils for your residents

Built-Up Handles

Often ideal for residents with decreased hand strength or arthritis. Provides a more comfortable grasp.

Curved or Angled

Designed for residents with minimal wrist motion and/or reduced range of motion at elbow. Often ideal for residents with Alzheimer's disease, arthritis, CVA or neurological impairments.

Weighted

The extra weight helps residents who have tremors keep the utensil steady.

Vertical/Horizontal Handles

Specially designed handles aid those with limited or no grasp. Shoulder/elbow motion and wrist stability required.

Coated

Special coating protects lips and teeth, helping prevent injury when resident strikes utensil against mouth. These coated utensils also help protect residents from extreme hot and cold temperatures – perfect for those who are temperature sensitive.



A.

**DIRECT
SUPPLY**
Direct Choice.

A. Direct Choice™ Toilet Safety Frame – 300 lb. capacity

» SHIPS IN 2 DAYS OR LESS!

- Frame is constructed of anodized, corrosion-resistant 1" aluminum tubing
- Versatile design quickly secures to most toilets with tool-free assembly
- Contoured waterfall armrests with excellent gripping surface provide comfort and support; 20" to 22" adjustable width, 26" to 29½" adjustable height
- Powdercoated aluminum bracket easily attaches frame to toilet
- Limited lifetime warranty

#34160 Direct Choice Toilet Safety Frame

each



B. #36330

B. Direct Choice™ Raised Toilet Seat – 300 lb. capacity

» SHIPS IN 2 DAYS OR LESS!

- Help provide safety and security for residents who need assistance
- Clamp-on locking mechanism is easy to adjust for a secure fit
- Raised toilet seats feature tool-free assembly and a large, hygienic hole cutout
- Made for elongated seats
- Limited lifetime warranty

#36326 Raised Toilet Seat, 2", without Arms or Legs case of 2

#36327 Raised Toilet Seat, 4", without Arms or Legs case of 2

#36328 Raised Toilet Seat, 6", without Arms or Legs case of 2

#36330 Raised Toilet Seat, 4", with Arms case of 2

#36329 Raised Toilet Seat, 4", with Arms and Legs case of 2

C. BeasyTrans™ Easy Transfer System – 400 lb. capacity

► FLAT-RATE SHIPPING – only \$12 per shipment!

» SHIPS IN 2 DAYS OR LESS!

- Controlled lateral sliding motion minimizes caregiver's risk of back injuries and resident's risk of brachial plexus-type injuries
- Ideal for bed, bath, commode or automobile transfers
- BeasyTrans weighs 6½ lbs.
- Beasy II ETS weighs 4½ lbs.; recommended for shorter transfer distances (between bed and wheelchair)
- 1" thick base and 1½" overall thickness (base and seat)

#72012 BeasyTrans, 40"L x 12"W

#72018 Beasy II ETS, 27½"L x 12"W

C. #72012



D. #E3288

#E3298

#E3308



#E3290

#E3300

#E3310

E.



D. 2-in-1 Grab Bar Toilet Paper Holder with Grips – helps prevent falls while keeping toilet paper handy

- Constructed of rust-free stainless steel with nonslip rubber grips on 1¼" Dia. bar
- Includes anchors for a sturdy, permanent placement
- ADA compliant
- Supports up to 500 lbs.

#E3288 2-in-1 Grab Bar Toilet Paper Holder with Grips, Chrome

#E3298 2-in-1 Grab Bar Toilet Paper Holder with Grips, Brushed Nickel

#E3308 2-in-1 Grab Bar Toilet Paper Holder with Grips, Oil-Rubbed Bronze

E. 2-in-1 Dual Grab Bar/Towel Bar with Grips – cleverly integrated grab bar also holds towel

- Constructed of rust-free stainless steel with nonslip rubber grips on 1¼" Dia. bar
- Includes anchors for a sturdy, permanent placement
- ADA compliant
- Supports up to 500 lbs.

#E3290 2-in-1 Dual Grab Bar/Towel Bar with Grips, Chrome

#E3300 2-in-1 Dual Grab Bar/Towel Bar with Grips, Brushed Nickel

#E3310 2-in-1 Dual Grab Bar/Towel Bar with Grips, Oil-Rubbed Bronze

F. Rifton TRAM – combines three powerful functions in one device: gait training, sit-to-stand transfers and seated transfers

- Ultra-light compact frame is easy to maneuver in tight spaces
- Intuitive controls and adjustments make it simple for a single caregiver to operate
- Body support system eliminates any lifting by the caregiver to help reduce back strain and workplace injuries
- Powerful battery drive can deliver over 70 lifts on a single charge
- Optional built-in scale allows weighing while performing routine transfers
- 350 lb. weight capacity
- **TRAM packages include the following accessories:** Pair of narrow thigh straps, charger power cord, large forearm supports, additional battery, pair of wide thigh straps, pair of direction locks, single wide thigh straps and small, medium, and large walking saddles. Contact your account manager for individual components!

#E3158 Rifton TRAM Package with Digital Scale

#E3159 Rifton Low-Base TRAM Package with Digital Scale



F.

Ensure comfort and safety during every transfer



H.

G. Elk Lifting Cushion – compact design allows for use in tight spaces

- Weighs just 8 lbs. and folds up for easy carrying
- Simple to use; minimizes moving and handling risk
- Suitable for indoor and outdoor use
- Lifts up to 1,000 lbs.

#E3432 ELK Lifting Cushion

Mangar
USA



G.

H. Camel Lifting Cushion – designed to lift a resident from the floor with the help of one caregiver

- Weighs just 14 lbs. and folds up for easy carrying
- Minimizes moving and handling risk – protects caregivers' backs
- Suitable for indoor and outdoor use

#E3433 Camel Lifting Cushion



H.

OUTCOMES

As the next generation of Assisted Living residents chooses to age in place, providers are increasingly challenged with balancing the needs and issues that accompany caring for a population with increasingly complex clinical and functional care requirements. Focusing on enhancing health outcomes helps providers reduce the need for resident hospitalization or discharge to Skilled Nursing.

RESIDENT-CENTERED OUTCOMES PROGRAMS SHOULD INCLUDE:



1. Individual and environmental strategies to reduce the risk of falls, injuries, pressure ulcers, aspiration pneumonia and elopement
2. Chronic disease management for CHF, COPD and Diabetes
3. Cognitive decline management for dementia, post-stroke and depression

Source: Parekh, Anand, et al



Fall Risk Reduction





2

Chronic Disease Management



3

Cognitive Decline

Fall recovery

Provide a higher comfort level for residents to encourage increased activity levels. Choose from a variety of options that include rails for stabilization as well as lifts for transferring and gait training, and focus on upper-body strength to encourage mobility and balance.



18%

REHOSPITALIZATION

of residents discharged within the past 30 days will be **READMITTED TO THE HOSPITAL**.

Of those readmitted, the most common reasons include:

25%
CONGESTIVE
HEART FAILURE

20%
ACUTE
MYOCARDIAL
INFARCTION

18%
PNEUMONIA

Sources: CDC, NCHS and CMS



A. & B.

C.



B.

Extra-long
handrails for
safety!

SportsArt

CUSTOMER
FAVORITE!

A. Pneuwalker MT – frees resident and therapist from the fear of falling

Allows resident to experience natural movement while working vertically on proper gait patterns.

#C2143 Pneuwalker MT

B. SportsArt Medical/Rehab Treadmill – ideal for cardiac rehabilitation

Features easy-to-use dot matrix display with workout programs, including multiple Fit Test protocols.

#C6159 SportsArt Medical/Rehab Treadmill, 37½"W x 87"L x 56"H

C. Sit-to-Stand Exerciser – designed to assist the resident in sitting and standing independently

Developed to strengthen muscles, increase range of motion and provide greater resident stability.

#90999 Sit-To-Stand Exerciser, 46"W x 28"L x 42"H

D. Power Plate Pro7HC – advanced vibration technology helps improve resident well-being

Whole-body vibration addresses a range of medical conditions, speeds up recovery time and quickly returns residents to their activities of daily living.

#C5808 Power Plate Pro7HC

#C5809 Power Plate Pro 7

E. Shuttle Systems Balance – provides fall prevention training in a safe, controllable environment

Adjustable height, tilt sensitivity and stability allow progressive balance training. Rugged, durable frame and solid rubber feet provide excellent stability, durability and longevity.

#C4385 Balance Standard

#C4386 Balance Professional

#C4387 Balance Sport 2

F. Shuttle Systems Recovery Senior – eliminate the effects of gravity so patients can start in the supine position with range of motion and progress with resistance

Includes 24" horizontal uni-body structure, universal headrest, plyometric cross brace, foam wedge, foot supports and shuttle wobble board.

#C4384 Recovery Senior Plus



D. #C5809



E. #C4387



F. #C4384

OUTCOMES: Fall Risk



A. #C7575 shown with staff control



B. #C8366

A. Panacea® 3500 Adjustable-Height Low Bed – versatile construction supports increased resident comfort and a 600 lb. weight capacity

Resident Comfort

- Auto Contour moves the head and knee sections simultaneously to help maintain proper resident position and minimize shearing
- Integrated width and length extension allows you to adjust an existing bed from 35"W to 39" or 42"W and from 80" to 84"L without the use of tools, so you can easily meet different resident needs

Reliable

- Synchronized motors keep the bed level throughout height adjustment
- Designed to meet IEC 60601-2-52 standards

Easy to Use

- Assists and end panel brackets can be installed without tools, and feature quick-release technology
- Preset safety pause helps minimize risk of crushing overbed tables and other equipment that may be under the bed; this setting also provides a preset transfer height to help with egress and ingress
- Optional color-coded, two-pedal locking system is located at the foot end on mobile-at-any-height bed configurations

Roll-in-Low	No Assist	Pivoting Assist	Soft Touch Assist
No End Panels	#C7564	#C7565	#C7566
Laminate End Panels	#C7567	#C7568	#C7569
Laminate End Panels with Staff Control	#C8124	#C8125	#C8126

Mobile at Any Height

No End Panels	#C8127	#C8128	#C8129
Laminate End Panels	#C8130	#C8131	#C8132
Laminate End Panels with Staff Control	#C8133	#C8134	#C8135

Mobile at Any Height with Safety Lock

No End Panels	#C7570	#C7571	#C7572
Laminate End Panels	#C7573	#C7574	#C7575
Laminate End Panels with Staff Control	#C8136	#C8137	#C8138

B. Bedlight Motion-Activated Ambient LED Lighting – motion activation provides safety-enhancing light when movement is detected

#C8366 Bed Light with Motion-Activated Illumination

C. Panacea® Original Plus Mattress – same great mattress as the Original with 3" raised perimeters to help reduce risk of falls, limit the need for bedrails and make transfers easier

Layers of Foam	3
Foam Type	Polyurethane
Firm Perimeters	Yes, with optional raised perimeters
Heel Slope	No
Cover Type	4-way stretch
Weight Capacity	350 lbs.
Standard Dimensions	35"W; 6"H; 76", 80" or 84"L
Meets 16 CFR 1633	Yes
Warranty	7-year, non-prorated limited warranty

#99194 Panacea Original Plus, 35"W x 76"L
 #43361 Panacea Original Plus, 35"W x 80"L
 #79916 Panacea Original Plus, 35"W x 84"L
 #A9147 Panacea Original Plus, 39"W x 76"L
 #A9148 Panacea Original Plus, 39"W x 80"L
 #A9149 Panacea Original Plus, 39"W x 84"L
 #A9150 Panacea Original Plus, 42"W x 76"L
 #A9151 Panacea Original Plus, 42"W x 80"L
 #A9152 Panacea Original Plus, 42"W x 84"L

Accessories

#79468 Replacement Cover, 35"W x 76"L
 #43896 Replacement Cover, 35"W x 80"L
 #79479 Replacement Cover, 35"W x 84"L



C. #99194



D. #36392 Medallion Pattern in solid green

**DIRECT
SUPPLY**
Panacea.

Create safe, comfortable sleeping environments

Help prevent falls and injuries by ensuring a good night's rest in a safe sleeping environment. Choose height-adjustable beds and mattresses with built-in bolsters. Add assists for easier transfers and bedside mats to help prevent injury in case of resident falls.



E.



F.

D. Panacea® Protector™ Deluxe Bedside Mat – helps reduce the impact of falls with a warm, home-like appearance

Beveled edge and nonskid bottom helps keep mat safely in place. ¾" thick, high-density nitrile rubber foam core for low profile, allowing equipment to roll easily and safely over edge.

#24480 Protector Deluxe Bedside Mat, 33"W x 60"L

#36392 Protector Deluxe Medallion Pattern and Solids, 33"W x 52"L

E. Bedrail Advantage – helps eliminate risk of falls during ingress, egress and repositioning

- Universal design easily attaches to virtually any bed frame with included safety strap
- Ergonomic cushion handle allows for easy transfers in and out of bed
- Supports over 400 lbs.
- Easy assembly requires no additional tools
- Portable design easily folds for travel or storage
- Includes 4-pocket organizer, reducing risk of entrapment and providing additional storage space

#E0964 Bedrail Advantage

F. .bock Practico 25/80 Adjustable Height Bed – modern styling meets exceptional functionality

- Wood trim and elegant end panels create a more homelike feel, making it a great choice for Assisted and Independent Living environments
- Comes standard with 5 functions for repositioning assistance as well as the comfort chair position
- Unique central locking system allows caregivers to lock all 4 casters with one foot pedal
- Mattress retainers along the perimeter of the frame help to prevent mattress from shifting and can be used to extend the width of the bed to 42"W
- Sturdy aluminum rib deck with removable bars allows for easy cleaning and replacement
- Easy to use 10-button hand pendant with Auto Contour positioning, Trendelenburg and Reverse Trendelenburg offers residents a variety of positioning options to ensure complete comfort while in bed
- Easy assembly – can be assembled in less than 30 minutes with the use of minimal tools

#E3431 Practico Adjustable-Height Bed

Combine alarms and mats to help prevent fall injuries



Reduce false alarms

Consider reducing unnecessary alerts caused by restless residents by using floor alarms – they'll only sound when a resident exits the bed.

A. Attendant® Protector™ Bedside Mat – helps you reduce falls and potential injury by combining the features of a bedside fall mat with a caregiver alert

► **FLAT-RATE SHIPPING** – only \$12 per shipment!

» **SHIPS IN 2 DAYS OR LESS!**

High-density foam core helps absorb fall impact and provides stable surface to walk on. Alarm alerts caregivers when resident steps on mat, signaling the need for assistance before a fall occurs.

#52536 Attendant Protector Bedside Mat

Alarm Options

#95934 Attendant Standard Alarm

#34997 Attendant Deluxe Alarm

#95936 Attendant Voice Alarm

B. Attendant® Floor Pad Alarm – choose floor pads for use with Attendant Standard, Deluxe and Voice Pad Alerts

► **FLAT-RATE SHIPPING** – only \$12 per shipment!

» **SHIPS IN 2 DAYS OR LESS!**

Pad cover is textured to help reduce slipping for added safety. Standard pad measures 24"W x 48"L.

#18616 Attendant Standard Floor Pad

Alarm Options

#95934 Attendant Standard Alarm

#34997 Attendant Deluxe Alarm

#95936 Attendant Voice Alarm

C. Impactactive Hip Protectors – designed to absorb the force of the most damaging falls while remaining virtually invisible under clothing

- Soft and lightweight, the unique molding of SoftShield Technology™ enables the protective shields to flex and form with your resident's body, always in the optimum position for protection and always comfortable
- Simply wear, wash and dry just like any other underwear; the shields won't absorb water and there is no reduction in performance after repeated use
- Less than ½ inch thick and weighs less than 2 ounces

#E0731 Impactactive Women's Brief
 #E0732 Impactactive Men's Boxer
 #E0733 Impactactive Unisex Full Fit
 #E0734 Impactactive Unisex Open Fit



C. #E0732

Impactactive™
 HIP PROTECTORS

Impactactive Sizing Guide	
Size	Hip
XXX-Small	31" - 34"
XX-Small	34" - 36"
X-Small	36" - 37"
Small	37" - 39"
Medium	39" - 41"
Large	41" - 44"
X-Large	44" - 46"
XX-Large	46" - 48"
XXX-Large	48" - 51"

Guard against hip injuries

Choose from a variety of comfortable hip protectors to guard against debilitating hip fractures and other injuries in the event of a fall or misstep.

D. ULTRA Hip Protector – helps protect hip bones against injury from falls

- High impact-absorbing viscoelastic pads help prevent injury in frail seniors
- 100% latex-free inner wear briefs are soft and comfortably worn under clothing
- Low-profile pads are virtually undetectable
- Standard sizes S-XXL

#10733 Hipsters, Standard Unisex Brief
 #67576 Hipsters, Incontinence Brief
 #83639 Hipsters Shorts, Ash or Navy
 #83642 Hipsters Sweats, Ash or Navy
 #67577 Hipsters, Male Fly Brief
 #74450 Hipsters, EZ-On
 #90143 Community Hipsters, Men's/Ladies'



D. #E4144

NYOrtho

ULTRA Hip Protector Sizing Guide		
Size	Waist	Hips
Small	28" - 30"	35" - 37"
Medium	30" - 34"	37" - 41"
Large	34" - 38"	41" - 45"
X-Large	38" - 42"	45" - 49"
XX-Large	42" - 46"	49" - 53"

E. Fall-Safe® Hip Protectors – soft and flexible for improved comfort and compliance

» SHIPS IN 2 DAYS OR LESS!

Hip protectors are made from patented D3O® technology, which offers superior impact protection for enhanced risk management.

#B1138 Fall-Safe Hip Protectors, Undergarment with 2 Pads
 #B1139 Replacement Undergarment for Fall-Safe Hip Protector pack of 2
 #B1140 Replacement Undergarment for Fall-Safe Hip Protector pack of 4



E. #B1138

MedProTech

Fall-Safe Sizing Guide		
Size	Waist	Hips
Small	28" - 31"	33" - 36"
Medium	31" - 35"	36" - 40"
Large	35" - 39"	40" - 44"
X-Large	39" - 43"	44" - 48"
XX-Large	43" - 47"	48" - 52"
XXX-Large	47" - 50"	52" - 55"

Americans cross the independence threshold of aerobic capacity at age

78  **84**
Women Men

and they no longer have the **CARDIOVASCULAR ABILITY** to live independently.

Source: Rejuvenation Research Study



A. #E1454

Convenient options for respiratory therapy on the go

A. AirSep Focus Oxygen Concentrator – world's lightest portable oxygen concentrator

- Help your residents be more independent without having to carry the extra weight of a heavy concentrator
- The world's lightest portable oxygen concentrator weighs only 1.75 lbs. and is equipped with UltraSense™ technology, which provides a more sensitive pulse dose delivery than competitor devices
- Advanced intelligence built into the microprocessor of the Focus ensures fast, reliable pulse dose delivery in the first phase of inhalation, when the highest levels of gas exchange are occurring in the lungs
- Plus, UltraSense technology delivers a reliable pulse dose even when operated with up to 25' of tubing, allowing residents to go the distance with Focus
- Unit's micro-batteries provide advanced duration times in a very small package that easily attaches at one's hip, on a belt or even to the unit's shoulder strap
- Features an LED battery indicator; battery is rechargeable and can be easily switched out

Specifications:

Flow Rate:	2.0 pulse setting
O ₂ Purity %:	90% +5.5 / -3%
Battery Life:	3 hours total (1.5 per battery, 2 included)
Dimensions:	4½"W x 2½"D x 6½"H
Weight:	1.75 lbs.
Warranty:	3 years on concentrator, 1 year on battery and accessories

#E1454 Focus Oxygen Concentrator

#E1460 Focus Battery

Learn more about integrating medical equipment to your nurse call system through Technology Solutions.

See pages 54 - 55.

B. SeQual Eclipse 5™ Transportable Oxygen Concentrator – delivers the highest pulse dose oxygen output

>> SHIPS IN 2 DAYS OR LESS!

- Delivers the highest pulse dose oxygen output of any portable oxygen concentrator on the market
- Features autoSAT® technology, which adjusts to the resident's respiratory rate as it increases and decreases
- Continuous Flow Settings (measured in lpm) 0.5 to 3.0 lpm (0.5 liter increments)
- Includes Power Cartridge (battery), AC Power Supply, DC Power Supply, Eclipse accessory bag and cart with telescoping handle
- Operates on both AC and DC power

Specifications:

Flow Rate:	0.5 - 3.0 lpm continuous, 1-9 pulse settings
O ₂ Purity %:	90% +5.5 / -3%
O ₂ Pressure:	5 psi
Power Consumption:	48W at 0.5 lpm cf; 145W at 3.0 lpm; 45W at 1.0 pulse dose; 95W at 6.0 pulse dose
Sound Level:	48 dBA at 3.0 lpm continuous flow mode; 40 dBA at 3.0 pulse dose setting
Dimensions:	12½"W x 7½"D x 19½"H
Weight:	18.4 lbs. with battery installed
Warranty:	3 years concentrator, 1 year battery and accessories

#C4575 SeQual Eclipse 5 Transportable Oxygen Concentrator

Accessories

#C8758 Humidifier Adapter Kit without Humidifier Bottle

#C8755 Wheelchair Pack

#C8750 Power Cartridge

#C8757 Desktop Charger

#C5940 2-Year Extended Warranty

Filters

#C6188 Air Intake Filter

#C6198 HEPA Filter



B. #C4575

C. Companion 5 Compact Oxygen Concentrator –
designed specifically for quality, performance and reliability

>> SHIPS IN 2 DAYS OR LESS!

- Delivers 0.5 to 5.0 lpm continuous flow at high purity levels
- autoFLOW technology reduces power to less than 300 W when running at 3.0 lpm and below
- ultraSILENT technology produces industry-leading quietest purge cycle and near silent operation
- The robust metal cannula connection provides a secure link, and the humidifier bottle stand is integrated into the front panel for easy access, attachment and durability
- Optional OCSI (Oxygen Monitoring) available for added security

Specifications:	
Flow Rate:	0.5 - 5.0 lpm
O ₂ Purity %:	90% +5.5/-3%
O ₂ Pressure:	4.6 psi
Power Consumption:	285 watts at 2.0 lpm, 350 watts maximum
Sound Level:	40 dB @ 2.0 lpm
Dimensions:	12½"W x 13½"D x 21½"H
Weight:	36 lbs.
Warranty:	3 years

#C4574 Companion 5 Oxygen Concentrator

#C5319 Companion 5 Oxygen Concentrator with OCSI

Accessories

#C5941 2-Year Extended Warranty

Filters

#C6192 Air Intake Filter

#C6197 HEPA Filter



C. #C5319

D. Nasal Cannula – made of an advanced material that is soft, flexible and non-sticky

#C8675 Active Nasal Cannula, Adult, 7' case of 50

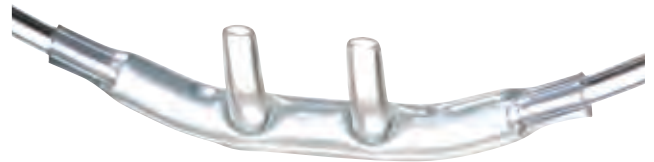
#C8674 Active Nasal Cannula, Adult, 4' case of 50

#C8677 Active Adult High Flow Nasal Cannula with 7' Tubing case of 25

#C8676 Active Adult High Flow Nasal Cannula with 4' Tubing case of 25

#C8679 Active Dual Lumen Nasal Cannula with 7' Tubing, Hudson case of 25

#C8678 Active Dual Lumen Nasal Cannula with 5' Tubing, Hudson case of 25



D. #C8675

Owning your oxygen concentrator is easy and can save you money!

Compare at DirectSupply.net/Oxygen

E. Attendant® Compressor Nebulizer – helps provide the aerosol therapy your residents need

>> SHIPS IN 2 DAYS OR LESS!

- Powerful piston pump is efficient and quiet, making treatments easy to dispense
- Includes compressor, nebulizer, angled mouthpiece, tubing and five extra filters
- Sleek design includes a storage area for accessories and a handle for easy transport

Specifications:	
Flow Rate:	6 - 8 lpm
Particle Size Distribution:	5 microns or less
Maximum Pressure:	29 - 43 psi
Volume Level:	<60 dB
Dimensions:	7½"W x 8½"D x 6"H
Weight:	4.3 lbs.
Warranty:	5-year limited

#53500 Attendant Compressor Nebulizer

Accessories

#53474 Nebulizer Kit with Mouthpiece case of 50

#53475 Nebulizer Kit with Adult Mask case of 50

#53473 Foam Filters case of 6

#53477 Adult Mask (does not include tubing) case of 50

DIRECT SUPPLY
Attendant.

Durable compressor strong enough for continuous use



E.

► Shipping offers valid only in the 48 contiguous states; liftgate charges may apply. See back cover for additional details.



A. #98193



A. #98195



A. #98194



A. #98199



A. #98211

CUSTOMER FAVORITE!



Perform regular tests with reliable SMART technology



B.



C.



D.

A. Philips HeartStart OnSite Defibrillator – intuitive and simple to use

- Voice instructions coach average person through each step of defibrillation and CPR
- SMART technology determines if shock is necessary
- Adapts to responder's pace and actions
- Performs daily, weekly and monthly self-tests
- Features status indicator
- Complies with 2005 AHA CPR guidelines
- 8-year warranty on unit
- Weighs 3½ lbs.

#98193 OnSite Defibrillator, 8¼"W x 7½"D x 2½"H

#A1574 OnSite Package (Unit, Adult Pads, Carrying Case)

Mounting Options

#98194 Defibrillator Cabinet, Basic

#98211 Defibrillator Cabinet, Semi-Recessed

#98203 Wall Mount Bracket

Accessories

#98195 Carrying Case

#98191 Battery

#98190 Replacement Pads and Cartridge pack of 2

#98199 Defibrillator Wall Sign

B. Basic Buddy™ CPR Manikin – for valuable practice

» SHIPS IN 2 DAYS OR LESS!

- Disposable one-piece lung and mouth protection system
- True-to-life chest rise; adult and child options
- 10 lung and mouth protection bags (included)
- Includes easy-to-follow instruction manual

#13374 Basic Buddy CPR Manikin each

#13373 Basic Buddy CPR Manikin case of 5

#13376 Carry Bag, Holds 5 Manikins

#13375 Replacement Lung Bag pack of 100

C. Adult Disposable Resuscitator – for life-threatening situations

» FLAT-RATE SHIPPING – only \$12 per shipment!

» SHIPS IN 2 DAYS OR LESS!

- Disposable, adult bag-mask unit with oxygen hose included
- Snug mask fits over resident's mouth and nose
- Manually deliver oxygen by squeezing bag, or attach one-way valve to an oxygen tank

#33034 Adult Disposable Resuscitator

D. CPR Board – assists in resuscitation

» FLAT-RATE SHIPPING – only \$12 per shipment!

» SHIPS IN 2 DAYS OR LESS!

- Easily cleaned, natural hardwood
- Cutout handles on long and narrow sides to assist in positioning

#85436 CPR Board, 29¾"L x 19¾"W x ¾"D

Community benefits

- Reduce the need for one-to-one wander monitoring of at-risk residents by up to 50%*
- Improve census by allowing residents to move and walk more freely and safely
- Increase marketability
- Provide staff and families peace of mind

*Journal of Nursing Care Quality (April-June, 2007)

E. Stanley RoamAlert® – a discrete and powerful wander management solution

» SHIPS IN 2 DAYS OR LESS!

- Alert can mount behind walls leaving a less institutional look
- Selective locking feature allows communities to grant access to certain building locations while restricting others
- Tags are designed to prevent prying or removal
- Industry's smallest and lightest resident tag

#A9506 Starter Kit	
#A9507 Securaband Wrist Tag, 3-Year Pro-Rated Warranty	
#A9510 Strap, Size 1	pack of 5
#A9511 Strap, Size 4,	pack of 5
#A9512 Strap, Size 7,	pack of 5
#A9513 Strap, Size 10,	pack of 5
#A9514 Strap, Size 14,	pack of 5
#A9515 Strap, Size 17,	pack of 5
#A9516 Strap, Size 20,	pack of 5
#A9508 Removal Tool	
#A9509 Sizing Tool	pack of 100
#A9505 Foil Bag for Tag Storage	pack of 10
#A9533 Pocket Tag Reader	

F. Accutech ResidentGuard Monitoring System – versatile enough for basic applications to full-scale intelligence systems

- Scalable solutions that meet any budget or need
- Tags can be turned on/off as needed (save money on future operational expenses)
- Tags offer visual indications to help raise the level of care and protection (no other wandering system offers this)
- Give your at-risk residents the dignified protection they deserve
- Multiple wander management solutions available – call to learn more

#56555 Resident Tag Strap	
#56547 Secure Tag Activator/Deactivator	
#55755 LC1200 Resident Transmitter with Band	
#C7687 LS2400 Resident Transmitter with Band, Includes Programming	
#E4078 ES2200 Resident Transmitter with Band	
#E4079 IS3200 Resident Transmitter with Band, Includes Programming	
#A5164 3101 Delayed Egress DynaLock	



E. #A9507



E. #A9507



F. #55755

► Shipping offers valid only in the 48 contiguous states; liftgate charges may apply. See back cover for additional details.

Improve the comfort and well-being of your Memory Care residents

Neurocognitive Engagement Therapy holds promise as a technique that brings the benefits of rehabilitation to those with dementia who need a more individualized approach.

To provide a more person-centered care approach, a resident with dementia needs:

- A home that provides safety and security
- A calm, reassuring and therapeutic environment
- A setting that supports his or her strengths
- Specialized care, not necessarily a special care unit

Improve resident well-being with a holistic approach centered around the resident and his or her environment. Direct Supply's team of experts will work with you to design and equip areas dedicated to your memory care residents.



Resident Room

Provide homelike, personalized environments with variations of color and texture



Common Area

Design a well-lit, comfortable environment to foster engagement and spark conversations



Dining

Use bright, solid colors to help a resident distinguish food and dishes and improve nutrition



Exergaming

Combine physical exercise with interactive video-game-like simulated environments

Wander Management

Enhance your resident safety program with the addition of a fully customized elopement prevention system.

Wander management systems are important for the successful care of seniors who are prone to wander due to Alzheimer's disease or other forms of dementia. At Direct Supply, we help you select an effective solution that allows your residents to move safely within a community while helping minimize the risk of elopement.



Enjoy peace of mind. Decrease risk of resident elopement while residents, families and staff rest easy.



Meet your residents' needs. Provide appropriate protection based on individual care needs.



Increase independence. Allow residents to move and walk more freely and safely.



Streamline operations. We can help you integrate various resident safety platforms for simplified staff alerting and reporting.



Cognitive Assessment

Give early assessments for a better chance of seniors benefiting from memory treatment



Activities

Maintain resident memory organization through music (listening or playing) and activities



Safety

Create a safe and secure environment by taking into account physical changes seniors experience

Appetizing settings for improved nutrition

Memory care residents respond to colors during mealtimes, and the use of bright, solid-colored dinnerware with no distracting patterns aid with dining. These bright colors contrast well with most foods and make it easier for seniors with memory loss to distinguish where food ends and the dish begins. Saucers should be used with cups, as their side lips can hold food for seniors who are prone to wandering while they eat or drink.

Bright and solid colors help distinguish where food ends and the dish begins



A. Concentrix Dinnerware – dark, contrasting dinnerware is great for Alzheimer’s residents

» SHIPS IN 2 DAYS OR LESS!

#82669	10½" Plate	case of 12
1. #82668	9" Plate	case of 24
#87363	6¾" Plate	case of 24
2. #82671	9 oz. Grapefruit	case of 24
3. #82672	4½ oz. Fruit Dish	case of 24
4. #82670	7½ oz. Bouillon	case of 24
5. #82673	6" Saucer	case of 24
6. #82674	8 oz. Gala Mug	case of 24
#87364	8 oz. Round Cup	case of 24

B. Fiesta® Dinnerware – sculpted concentric rings highlight and frame food presentation

Round

1. #40727	10½" Plate	case of 12
2. #40726	9" Plate	case of 12
3. #40725	7¼" Plate	case of 12
#40724	6½" Plate	case of 12
4. #40731	9" Rim Soup	case of 12
#40732	6½" Stacking Cereal Bowl	case of 12
5. #40729	5½" Fruit Bowl	case of 12
6. #40730	6¾ oz. Bouillon	case of 12
7. #40728	5½" Saucer	case of 12
8. #40733	12 oz. Java Mug	case of 12

Square

9. #92767	10¾" Dinner Plate	case of 12
10. #A0698	7½" Salad Plate	case of 12
#92768	19 oz. Bowl	case of 12
11. #92769	13 oz. Mug	case of 12

C. Coastal Café Dinnerware – mix, match or simply present in one specific color scheme

#C5353	Coastal Café 9" Plate	case of 12
1. #C5354	Coastal Café 10¾" Plate	case of 12
#C5355	Coastal Café 8 oz. Grapefruit Bowl	case of 36
2. #C5356	Coastal Café 9½ oz. Bouillon	case of 36
3. #C5357	Coastal Café 19½ oz. Oatmeal Bowl	case of 36
#C5358	Coastal Café 3¾" Fruit Bowl	case of 36
4. #C5359	Coastal Café 13½ oz. Mug	case of 36
#C5360	Coastal Café 6½" Plate	case of 36
#C5361	Coastal Café 11½ oz. Bowl	case of 12
#C5362	Coastal Café 22 oz. Pasta Bowl	case of 12
5. #C5367	Coastal Café 12½" x 8¾" Platter	case of 12



Make Mealtime Easier with Minimal Distractions and Clear Choices

Residents with dementia can become overwhelmed during mealtimes. Consider selecting dinnerware that contrasts in color from food as well as the table, and avoiding patterned dishes, tablecloths and placemats. Avoid distracting table settings, such as plastic fruit, and serve meals in quiet surroundings, away from TVs and other distractions.



D. Maxwell Thomas® Phoenix Glassware – rim tempered for added durability

» SHIPS IN 2 DAYS OR LESS!

- | | |
|-------------------------------|------------|
| 1. #A8090 Juice Glass, 5 oz. | case of 24 |
| 2. #A8091 Juice Glass, 7 oz. | case of 24 |
| 3. #A8092 Water Glass, 10 oz. | case of 24 |

E. Keywest Melamine Serving Bowl – choose from a variety of festive colors

- | | |
|---|-----------|
| #A6409 Melamine Keywest 1.1 Qt. Bowl | case of 6 |
| #A6410 Melamine Keywest 2.5 Qt. Bowl | case of 6 |
| #A6411 Melamine Keywest 2.5 Qt. Square Bowl | case of 6 |
| #A6412 Melamine Keywest 1.9 Qt. Flare Bowl | case of 6 |

F. Siciliano Melamine Square Plate

» SHIPS IN 2 DAYS OR LESS!

- | | |
|-------------------------|------------|
| #A0093 6" Square Plate | case of 12 |
| #A0094 8" Square Plate | case of 12 |
| #A0095 10" Square Plate | case of 12 |

G. Tritan Mug with Handle – bright colors help stimulate residents with Alzheimer's and dementia

» SHIPS IN 2 DAYS OR LESS!

- | | |
|--|------------|
| #54921 8 oz. Two-Handle Mug, 3¾" Deep | case of 24 |
| #54920 8 oz. Single-Handle Mug, 3¾" Deep | case of 24 |

H. Napkins & Tablecloths – wrinkle resistant and engineered with Soft Touch Technology

► FREE SHIPPING!

» SHIPS IN 2 DAYS OR LESS!

- | | |
|--------------------|-------------------|
| Tablecloths | |
| #A2220 42" x 42" | #A2223 52" x 114" |
| #A2224 52" x 52" | #A2225 62" x 62" |
| #A2221 52" x 72" | #A2226 72" x 72" |
| #A2222 52" x 96" | #A2227 85" x 85" |

- | | |
|------------------|------------|
| Napkins | |
| #A2219 21" x 21" | case of 12 |



Avoid Busy Patterns

Rugs and furniture should not be highly patterned or have strongly contrasting colors. Residents with memory loss have trouble with spatial awareness and can perceive darkly contrasting patterns as holes or flecks of color as spots that need to be removed.

This is just a portion of our selection.

Call your account manager for additional options.

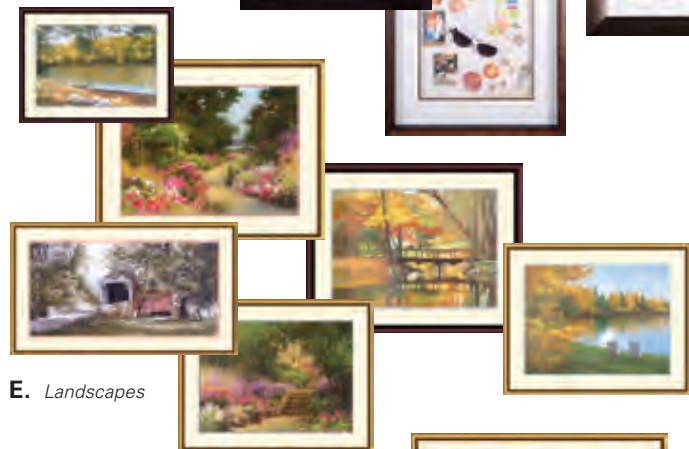
For more product information, visit DirectSupply.net.

Comfort for social engagement

Modifying common areas to minimize confusion and promote comfort can reduce agitation and help engage memory care residents. Make sure these spaces are bright enough: proper lighting is key, as aging eyes require more light to see. Couches and chairs should be soft and comfortable with solid colors and should have fabrics that consider incontinence and are easy to clean. Furniture should also be positioned to encourage engagement with others or face outdoors. Add artwork to help spark conversations and also provide visual cues that help seniors remember specific rooms.



D. On the Road



E. Landscapes



E. Americana

A. Kellex Adaliyn Chair

#99522 Adaliyn Chair
22"W x 23"D x 36½"H; Arms: 26½"H; Seat: 19½"H

Shown in wind farm tadpole (back) and zeal keylime (seat) with english chestnut finish.

B. Flexsteel Violet Lounge Chair

#A0425 Violet Lounge Chair
30"W x 32"D x 32"H; Arms: 24½"H; Seat: 18"H

Shown in windscape mediterranean with old vine finish.

C. Maxwell Thomas® Thermolaminate Dining Table Top with Pilaster Base

#54848 Tabletop, 36" dia.
#54571 Base, 28¼"H for 36" dia. Tabletop

Shown in hayward cherry (tabletop) and walnut (base) finish.

D. On the Road Artwork Collection

#A2151 On the Road 5-Piece Artwork Collection

E. Quick-Ship Art Grouping

#A2151 6-Piece Artwork Collection
Shown in Landscapes and Americana.



Spark Conversations with Eye-Catching Artwork

Unexpected combinations with retro flair invite residents to engage in conversation. Choose brightly colored artwork that features words to help residents remember past experiences and socialize with others.



B.



F.

F. Maxwell Thomas® Oak Park Collection

- #93883 Love Seat
67"W x 37½"D x 36"H; Arms: 27"H; Seat: 19"H
#99522 Lounge Chair
36"W x 34"D x 36"H; Arms: 27"H; Seat: 19"H

Loveseat shown in ultimate shade twine. Lounge chairs shown in chickletz wintergreen. All with figured mahogany finish.

G. RCA Long Term Care Lite LED HDTV

» SHIPS IN 2 DAYS OR LESS!

#42192 32" LED HDTV, 1920 x 1080 resolution

H. Holsag Tudor Chair

- #32028 Tudor Chair
24"W x 24"D x 36"H; Arms: 26"H; Seat: 19"H

Shown in tracery red coral (back) and mecca doe (seat) with heritage walnut finish.

I. Flexsteel Tapered-Leg Table Collection

- #93032 Square End Table, 27"W x 27"D x 21½"H
#93030 Rectangular End Table, 20"W x 27"D x 21½"H
#93031 Rectangular Coffee Table, 48"W x 22"D x 15½"H
#93033 Sofa Table, 48"W x 16"D x 25½"H

Shown in valencia finish.



H.



I.

#93030

#93033

#93032

#93031



Position Furniture to Foster Engagement

Placing furniture in arrangements that face each other fosters interaction and social engagement for your memory care residents. In addition, proper lighting helps seniors' aging eyes to see clearly, allowing them to easily navigate.

► Shipping offers valid only in the 48 contiguous states; liftgate charges may apply. See back cover for additional details.

Early assessments for better care

There are countless benefits in assessing memory loss early: a better chance of seniors benefiting from treatment, more time for caregivers to plan for the future and lessened anxieties about unknown problems, to name a few. Through early assessment, seniors have a chance to participate in clinical drug trials and research programs. It gives them an opportunity to weigh in on important decisions, such as care, transportation, living options, financial and legal matters, and gives them the ability to benefit from care services and develop relationships with their doctors and care providers early on.

A. Allen Diagnostic Module Instruction Manual

Manual – manual describes standardized procedures for making samples, setting up group and individual sessions, giving instructions, prompts or cues, and rating behavior

► **FREE SHIPPING!**

» **SHIPS IN 2 DAYS OR LESS!**

#A7035 Allen Diagnostic Module Instruction Manual

B. Allen Diagnostic Module Recessed Tile Box

– proven efficiency as a research tool in a study by therapists at Boston University who correlated ACLS scores with functional outcomes

► **FREE SHIPPING!**

» **SHIPS IN 2 DAYS OR LESS!**

#A7047 Allen Diagnostic Module Recessed Tile Boxes pack of 6

C. Allen Diagnostic Module Tile Trivets – tiny tiles fit on flat surfaces without grout or spacing problems, and the base shape allows for evaluation of sanding and staining quality

► **FREE SHIPPING!**

» **SHIPS IN 2 DAYS OR LESS!**

#A7049 Allen Diagnostic Module Tile Trivets

pack of 6



A.



B.



C.

D. Activities for the Elderly, Volume 1:

A Guide to Quality Programming – chapters include how to train and motivate volunteer activity leaders, large muscle activities, mental/memory activities, arts and crafts, music, dance and drama, outdoor/nature activities, and religious activities

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#62953 Activities for the Elderly, Volume 1



D.



E.

E. Activities for the Elderly, Volume 2: A Guide to Working with Residents with Significant Physical and Cognitive Disabilities – ideal for dementia residents or those with other severe disabilities

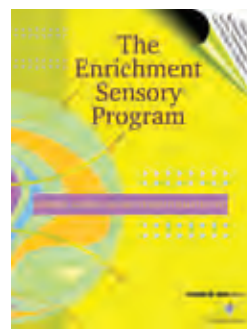
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#62954 Activities for the Elderly, Volume 2

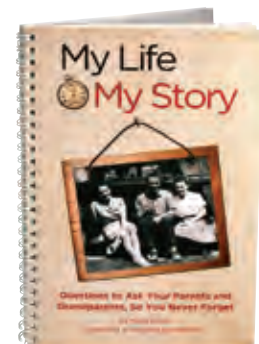
F. The Enrichment Sensory Program – collection of ready-to-read monologues for stimulating sensory enrichment

► **FREE SHIPPING!**

#62952 The Enrichment Sensory Program



F.



G.

G. My Life, My Story Activity Book –

residents answer questions about their personal histories to help retain and improve memory and cognitive skills

► **FREE SHIPPING!**

#42214 My Life, My Story Activity Book case of 25

H. Mind Joggers – packed with word games and trivia to keep minds active and stimulated!

► **FREE SHIPPING!**

#51997 Mind Joggers Volume 1

#51998 Mind Joggers Volume 2

#51999 Mind Joggers Volume 3



H.

I. Long Term Care for Activity Professionals, Social Services Professionals & Recreational Therapists – answers difficult questions on working with different resident groups, meeting standards, working with team and family members, and managing your department

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#62955 Long Term Care for Activity Professionals



I.

This is just a portion of our selection.

Call your account manager for additional options.

For more product information, visit DirectSupply.net.

Exergaming for fun and physical activity

Combining physical exercise with interactive video-game-like simulated environments, “exergaming” is immersive entertainment – and therapy – for your memory care residents. While exercise may prevent or delay dementia, seniors with memory loss can benefit more from exergaming than from traditional exercise alone, according to a study published by the American Journal of Preventive Medicine.

American Journal of Preventive Medicine, February 2012



A. #35048



B.



A. iN2L™ – delivers a person-centered experience designed to engage users with content such as touchscreen interactive games and puzzles, health and wellness tools, spiritual experiences, music, films, and lifelong learning opportunities

Resident Package – Standard 23

All-in-one, 23" touchscreen system for desktop/tabletop use; includes adaptive keyboard, Bose speakers and microphone.

#35048 It's Never 2 Late Resident Package – Standard 23

Mobile Flex System

23" touchscreen computer on a mobile, electric cart with articulating arm; includes flying and bicycle simulators, adaptive keyboard, Bose speakers, microphone, and Laser Music Maker.

#35047 It's Never 2 Late Mobile Flex System

*Both packages require an annual subscription and training.
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B. Dynavision D2™ – challenges and exercises visual motor skills, balance, reaction time and cognitive processing through a game-like experience

#C4087 Dynavision D2™

#C4121 Rolling Stand

C. CyberCycle – designed to help older adults experience a fun, interactive workout, keeping them independent longer

#A7466 CyberCycle Exercise Machine with Interactive Trails

Bike must be purchased with 3 years of eLive, registered online, and on a surge protection device to be covered under warranty.



Clinical Study Shows Cognitive Benefits With Use of the Cybercycle¹

"Exergames" Provides Cognitive Benefit for Older Adults

New Findings Reported in American Journal of Preventive Medicine, Volume 42, Issue 2 (February 2012)

Key Findings:

- Cybercycling two to three times per week for three months yielded greater cognitive benefits in executive functions (planning, working memory, attention and problem solving)
- Cybercyclists experienced a 23% reduction in progression to mild cognitive impairment (MCI) compared to traditional exercisers
- Cybercyclists experienced significantly greater increase of brain-derived neurotrophic growth factor (BDNF) compared to traditional riders, suggesting interactive-combined mental and physical exercise may lead to cognitive benefits

1. Clinicaltrials.gov NCT01167400, Cybercycling for Older Adults: Neuropsychological, Physiological and Behavioral Effects. All Key Findings are associated with the NCT01167400 and Exergaming and Older Adult Cognition: A Cluster Randomized Clinical Trial. *Am J Prev Med*. 2012 Feb;42(2):109-19.



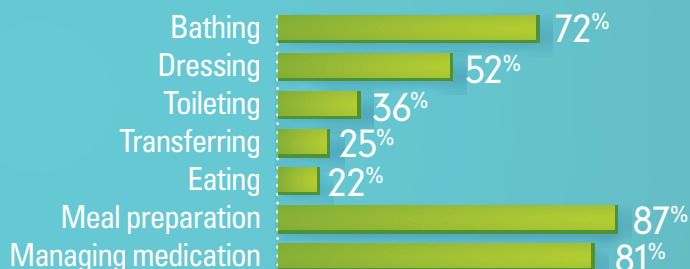
RAMPING UP FOR RISING ACUITY IN ASSISTED LIVING

Acuity levels in Senior Living are rising. We'll help make sure you're prepared.

10 YEARS OF RISING ACUITY IN ASSISTED LIVING

Average Length of Stay 2001 **36** Months
Average Length of Stay 2010 **22** Months

The average Assisted Living resident needs help with **2 to 3** ADLs



Source: National Survey of Residential Care Facilities (2010)

WHY ?? DO RESIDENTS LEAVE ASSISTED LIVING?

1. Too complex care needs
2. Illness/injury requiring acute or skilled care

Source: National Study of LTC Providers, 2013 CDC/NCHS

The average Assisted Living resident has **2 to 3** of the **TOP 10 CHRONIC CONDITIONS**



Source: National Survey of Residential Care Facilities (2010)

RISE TO THE CHALLENGE:

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