

It's Never 2 Late!

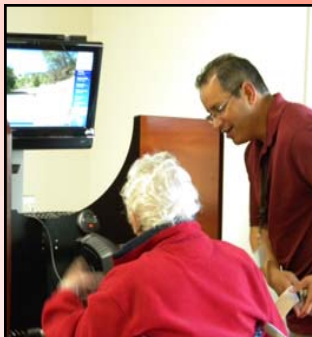
It's true! An It's Never 2 Late (IN2L) technology system can also be found at Tacoma Lutheran. IN2L addresses the need for Individualized, accessible



engagement that enhances function, memory and quality of life.

Therapy does not have to be bare-bones and boring.

Using the IN2L system helps sustain treatment for longer periods of time while keeping the seniors engaged! A senior can take a virtual bike ride, through the mountains using either foot pedals or hand pedals while listening to their favorite music.



Seniors utilizing the IN2L system enjoy the programs so much, they sometimes don't realize it's therapy!

Engaged and Connected

Two different types of Senior PC's are available on our campus where seniors can communicate, learn, read from or simply play games on.

The first, *Autopilot* may be used without assistance or with a keyboard or mouse. It provides verbal cues to the user for ease with operation.

The *Vision Plus* system has many of the same features of the Autopilot but is specially designed for those with impaired or low vision. The senior can magnify the screen up to 36 times!

One of the secrets to successful aging is ongoing mental stimulation. The Dakim Brain Fitness [m] Power offers popular mind exercise programs designed for those who wish to keep their brain sharp. It engages not only the mind but eye-hand coordination as well. These systems are available in multiple areas of TLRC.



Strength Beyond Muscle & Bone



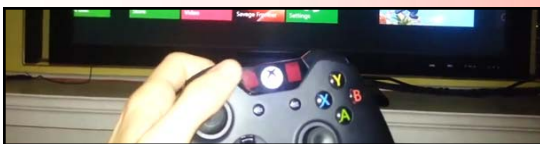
*Welcome to the
Senior Technology
Rehabilitation Center!*

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Changing Lives!

We at Tacoma Lutheran Retirement Community have embraced the world of technology to support the life-styles and care services for seniors beyond their greatest expectations!

The TLRC Senior Technology Rehabilitation Center has an array of exercise and therapy options to ignite everyone's interest and abilities. Affordable technology, often found in your own home, such as the Nintendo Wii is used for many eye-hand coordination exercises as well as balance exercises with use of the Wii Balance Board. We also utilize the XBOX 360 for similar exercise programs. These systems support both individual and group therapy activities.



The Accelerated Care Plus OMNI VR!

The OMNI VR Virtual Rehabilitation System is the a virtual rehabilitation system designed specifically for seniors and those with more medically complex conditions. This easy-to-use system recreates the clients movements and captures exercise performance in a computer based environment for greater motivation and outcomes.

Research has shown that treatment outcomes generated by virtual reality rehabilitation can match or exceed those from real world activities and exercises. These benefits may result from the enhanced feedback, motivation and repetitions that occur among clients exercising in virtual reality.

- A special 3D camera recreates the clients movements in a “real time” interactive experience to enhance the clients participation and exercise compliance
- Easy to use “one touch” operation includes six therapeutic exercise categories; seated, exercise, wheelchair propulsion & control, upper extremity, balance, walking & cardio
- Adjustable levels of difficulty to meet each individuals physical and cognitive abilities
- Geriatric friendly does not require hand controllers or special floor mats
- Ideal for individual or group therapy, simulating multiple clients simultaneously
- A “Performance Summary” is produced at the conclusion of each therapeutic exercise to direct the most appropriate plan of care.

