

# VSTAlert for Senior Living at The Forum at Rancho San Antonio

## 85% Reduction in Falls with Injury

Fall prevention isn't one size fits all — especially in memory care. Because residents with memory loss are three times more likely to have a serious injury when a fall occurs, a community's approach to fall prevention can mean life or death for some. AI technology is becoming increasingly present in our world today, and as it enters the healthcare realm, fall prevention can become more personalized for residents who need it the most.

“ When it comes to our memory care residents, my first concern is how they'll be able to let us know if there's an emergency, like a fall. I'm constantly looking for ways to improve safety without exceeding staffing budgets, and we've come to find out that VSTAlert is the perfect solution. ”

**Elijah Hulog**

**Memory Care Nurse Supervisor**

# OVERVIEW

The Forum at Rancho San Antonio, managed by Life Care Services, is a life plan community located in Cupertino, CA that has been serving older adults for over thirty years. The Forum is a high-end facility that ranked five stars overall in their CMS quality rating, in addition to their five-star health inspections, staffing, and quality measures.

Upon residents moving into the newly constructed Memory Care, Daffodil Ridge, in October 2022, the Forum partnered with VirtuSense to implement VSTAlert, an AI fall prevention bed monitoring system, to reduce resident falls in their community. In just three months, The Forum saw significant fall reduction.

# METHODS

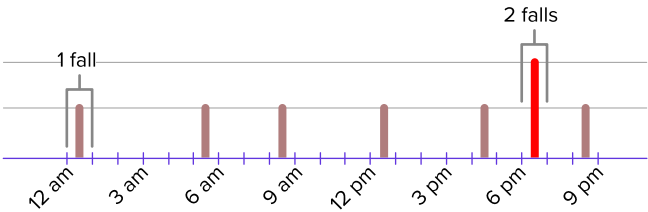
Memory care residents moved into the newly constructed building in October 2022, and the care team began utilizing VSTAlert, monitoring 26 beds in November 2022. This study examines data on falls from October as a historical baseline and then examines fall data after VSTAlert deployment, comparing data from before and after the technology was implemented. Specific metrics studied include comparing the number of falls with injury reduction, the total number of falls reduction, and frequent faller fall reduction. This study analyzes the impact of VSTAlert on fall reduction at both the individual resident level and the memory care unit level.

# OUTCOMES

1

Identifying high fall risk hour for the unit and develop unit fall prevention strategy


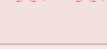







The care team utilized VSTAlert data analytics to identify 6-7 PM as a high-risk fall hour in the memory care unit. The team re-evaluated their staffing and care plans for the residents who tend to fall during that time frame. They developed a fall prevention strategy in the unit by adjusting the staffing and residents' care plans.



2

Frequent faller fall reduction

Together, the care team at The Forum and the VirtuSense team studied the historical fall data, and identified three frequent fallers in the memory care unit. Then using deeper insights from VSTAlert data, the team was able to determine the root causes of several habitual falls for these residents. Fall interventions were implemented to safeguard the three frequent falling residents, and soon after these precautions were in place, frequent faller fall rates were reduced to zero.

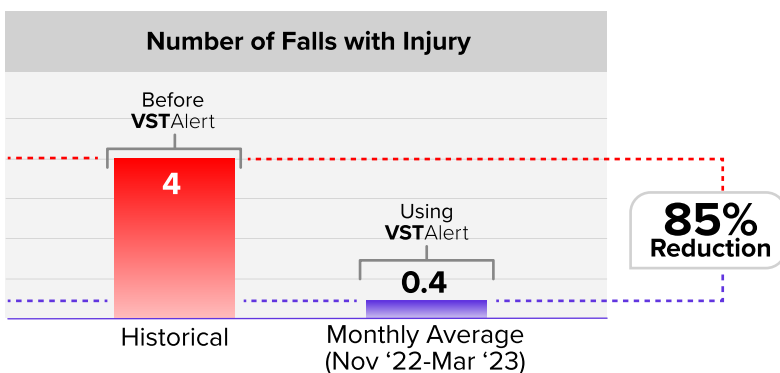
| Room | Before VSTAlert  | Using VSTAlert |   |        |        |   |
|------|--|----------------|---|--------|--------|---|
|      | Historical (Oct '22)   | Nov-22         | Dec-22  | Jan-23 | Feb-23 | Mar-23  |
| A    |    |                |   |        |        |   |
| B    |   |                |   |        |        |   |
| C    |   |                |   |        |        |  |
| D    |    |                |  |        |        |   |

“VSTAlert is a great device in terms of tracking our residents' safety. Every time a resident attempts to get out of bed, the system alerts the staff immediately. I would highly recommend this system to any facility— especially ones with many high-risk residents.”

**April Collins**  
Lead Care Manager

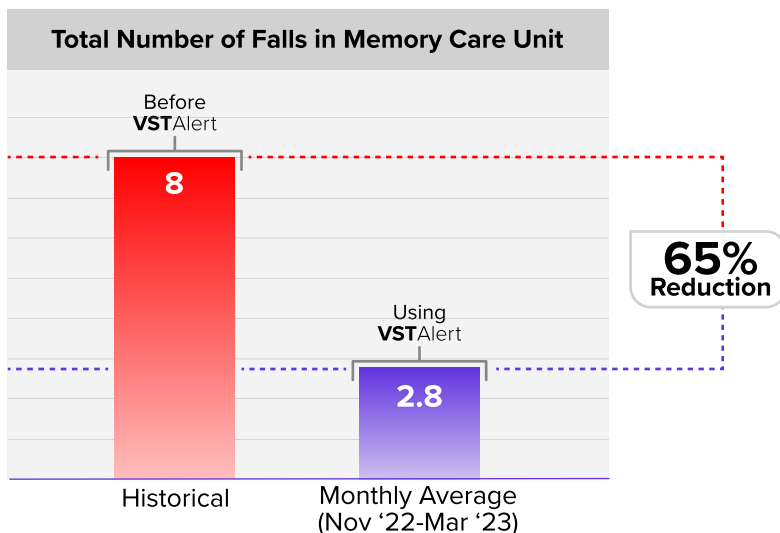
## Reduction in Falls with Injury - Memory Care Unit

After 3 months' high adoption of the technology, the memory care unit saw a 75% reduction in falls with injury, reducing fall numbers from 4 falls in the month of October to 1 fall on average from November 2022 to January 2023.



## Total Number of Falls Reduction - Memory Care Unit

In the meantime, the memory care unit also achieved a total of 66% reduction, reducing the number of falls from eight in October 2022 to a monthly average of 2.7 falls from November 2022 to January 2023. No falls occurred in resident rooms monitored by VSTAlert during the 3 months of VSTAlert monitoring.



## CONCLUSION

The system is optimized for senior living and memory care units, customized for residents' individual needs, and notifies assigned staff when a resident is about to get out of bed, as well as the floor's central console, all within one second. If there is no response to the alert, a contingency protocol escalates the alert to the rest of the team on that floor.

**VSTAlert is reducing falls across the country in communities like The Forum at Rancho San Antonio, elevating personalized care, and increasing resident safety.**

**Learn more about VSTAlert and fall reduction.**



Scan the QR code with your phone or [click here](#) to request a demo.