

## SUCCESS STORY: Kendal Crosslands Protects Independence with Viconic Defense™

### Results

Viconic-equipped rooms show clear results:

- 0% severe injuries
- 0% ER visits following falls
- 100% fall-related injuries avoided



**"There's so much we do to honor who our residents are and keep them safe—without taking away their autonomy. To me, Viconic is a powerful example of that in action."**

*Sarah Matas,  
Health Services Administrator,  
Kendal at Longwood*

At Kendal at Longwood, part of Kendal Crosslands Communities in Pennsylvania, resident autonomy is central to the philosophy. But with independence comes fall risk. During a major health center renovation, the team sought a proactive solution: Viconic® Fall Defense™.

**Supporting Autonomy, Managing Injury** With an older, fiercely independent population—many in their 90s—falls are a daily concern. Yet traditional strategies like alarms and restraints don't align with Kendal's values. Viconic was piloted in skilled nursing rooms to evaluate real-world performance before a campus-wide rollout.

"Kendal was the birthplace of the Untie the Elderly movement. We don't use restraints or alarms. Our residents expect to live on their terms—and Viconic helps us support that while reducing injury risk." —Sarah Matas, Health Services Administrator.

**Fall-Related Injuries Reduced to Zero** In less than six months, outcomes are clear: no falls in Viconic-equipped rooms have resulted in injury, severe injury, or ER visits. In contrast, rooms without Viconic have seen measurable fall-related injuries and hospitalizations. Kendal prioritizes high-risk residents for these rooms, reinforcing its commitment to safety without compromising independence.

**Seamless Fit, No Tradeoffs** While residents may not notice the flooring, staff and families do. Viconic blends into care environments without disrupting routines or mobility. "It's really promising," Matas said. "People want to be independent, and it's a simple solution—unobtrusive yet effective." Families gain peace of mind, and residents keep freedom of movement without being reminded of added safety measures.

**What's Next** Based on strong early results, Kendal plans to install Viconic throughout all renovated skilled nursing rooms—and is considering its use in personal care and Montessori-style program areas. Leadership acknowledges the growing fall risk in independent living and sees potential for future application there as well.

Fall risk doesn't stop at skilled care—and neither should the solutions. For a community built on dignity, safety, and freedom, Viconic is a quiet but powerful layer of protection.

