

A STORY FROM JDC

How a digital home exercise program tied to functional mobility helped 95% of older adults hold or improve function

JDC — the American Jewish Joint Distribution Committee — supports older Jewish adults living at home across the former Soviet Union, through its network of Hesed social-welfare centers. In a six-month program with about 500 members, JDC used OneStep to help them stay active, steady and independent at home.

“Our members did the exercises at home, on their own phones, in their own language — and they kept doing them. That is what changed the results.”

Social Impact Program Manager · JDC

THE CHALLENGE

Many of the older adults JDC serves live alone, far from in-person therapy, and see a Hesed caseworker only now and then. Their mobility can slip for months without anyone noticing, and with it their confidence and independence. JDC wanted a way to keep them moving between visits, and to know how they were doing, without asking them to travel or to learn complicated technology.

HOW ONESTEP HELPED

Members installed OneStep on their own smartphones, in Russian. Hesed staff handled the onboarding; after that, almost everything happened at home. Each member recorded a short walk for a Walk Score and fall-risk check, answered a brief questionnaire, and followed a personal home exercise program in the app. On phones with motion sensors, OneStep also measured everyday walking in the background, so the Hesed manager could see changes as they happened.

WHAT CHANGED

Members kept at it. Those who exercised completed an average of 24 full exercise days — about 8 a month, against 1–3 for typical digital programs and about 4 for in-person physical therapy. Over the program, 86% maintained their function and 9% improved; only 5% declined, compared with the 20–25% typically seen declining each quarter in US senior living. And the more members exercised, the more they improved: the most active quarter improved at ten times the rate of the least active.

KEY OUTCOMES

95%

held or improved function over the program

~8 / mo

exercise days per member — 2–8× typical programs

4×

less decline than typical senior living



THE NUMBERS

Six months, about 500 members

374

members fully onboarded with a Walk Score; 379 completed the questionnaire

24

full exercise days on average for the 266 members who exercised

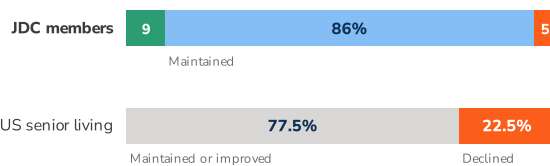
2,786

steps a day on average, measured in the background

84%

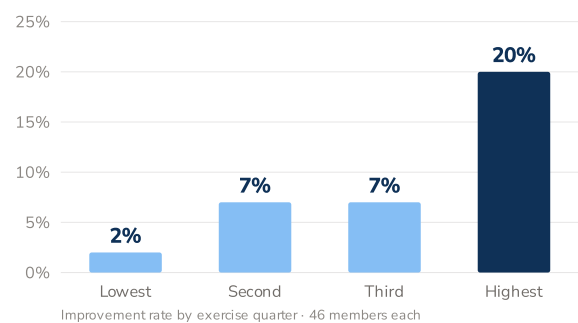
of members with motion-sensor phones monitored continuously

FUNCTION OVER THE PROGRAM



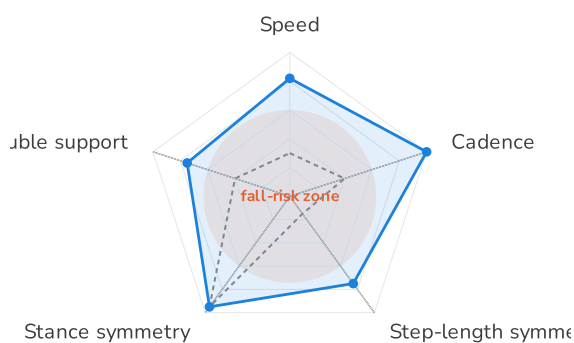
US comparison: average senior living community without OneStep, per quarter.

MORE EXERCISE, MORE IMPROVEMENT



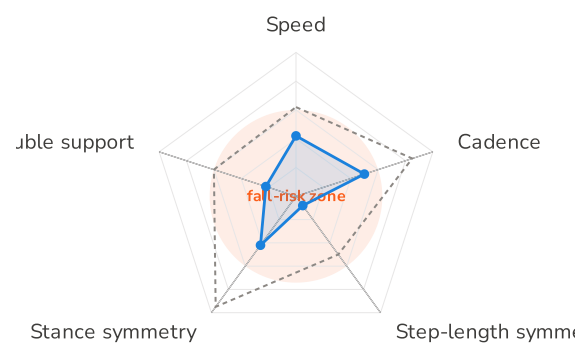
TWO MEMBERS, TEN WEEKS

Galina* — out of the fall-risk zone



In her seventies, living alone. She started the program inside the fall-risk zone on speed, cadence, step symmetry and double support. Ten weeks of home exercise later, every one of them had moved outside it.

A member who needed a call



Over the same weeks, another member's gait moved the other way. Without OneStep, this decline would surface at the next visit — or after a fall. Now the Hesed manager can see it, and reach out, while there is still time to help.

■ Baseline, October 2025 ■ December 2025 Shaded: fall-risk zone

“For an older person living alone, staying steady on your feet means staying independent. OneStep let us reach our members at home, not only when they could come to us.”

Social Impact Program Manager · JDC