

Rehabilitation Services at Tudor Oaks Retirement Community

Residents at Tudor Oaks Retirement Community are assisted in their goals for recovery through the efforts of an interdisciplinary team of caring, experienced rehabilitation professionals. Goals may include improving strength, mobility, feeding abilities, and speech and a return to activities of daily living with minimum and maximum productivity.

The RehabCare Team

The RehabCare team consists of Physical, Occupational and Speech therapists, as well as the resident and his or her family.

Movement is the main focus of *Physical Therapists* (PTs). This includes bed mobility, transferring from the bed to a chair or toilet, walking, using stairs and/or wheelchair mobility. PTs may instruct residents on the use of a walker or cane, maneuvering a wheelchair with one hand or on safe transfer techniques. They also work with residents to decrease pain and improve strength, endurance and range of motion.

Occupational Therapists (OTs) help residents become more self-sufficient by teaching them new ways to perform life tasks. Things like making breakfast, dressing or simply brushing their hair. OTs also teach residents how to protect their muscles and joint and increase their strength and endurance. When necessary, training in the use of adaptive equipment, such as reachers and long-handled shoehorns, is provided and home evaluations are conducted to assess for safety issues.

Speech –Language Pathologists (SLPs) evaluate and treat residents for hearing, language, communication and swallowing disorders. The focus of speech therapy is on improving speech-language expression, comprehension, oral motor skills for accurate speech production and strategies for safe eating.

Our Mission

Rehabilitation gives individuals who have experienced debilitating illness or injury both opportunity and hope for restoring their functional independence. It is our mission to help residents return to their optimum level of function, in a home-like environment, so that they may have a better quality of life. And because each person's needs are unique, treatment is individualized, based on the resident's physical limitations, abilities and goal for recovery.

About RehabCare

RehabCare is one of the nation's leading experts in managing the continuum of post-acute care, including rehabilitation programs in skilled nursing facilities, hospital inpatient rehabilitation programs, outpatient therapy programs, home health and long-term acute care hospitals. We have been producing superior patient outcomes in these settings since 1982.

Website: www.rehabcare.com