

Associate TESTIMONIAL

What is your role in your community?

I am the Therapy Coordinator and Physical Therapy Assistant at Wesley Ridge.

What services does your team provide to your clients?

We provide physical, occupational, and speech therapy services.

What kinds of goals do your clients have, and how do you help them to achieve those?

Our clients' goals include improving their balance to reduce fall risk; improving ambulation both with or without an assistive device; alleviating pain; increasing independence with activities of daily living; and improving cognition/memory, swallowing, and daily task organization.

What benefits do seniors gain from our therapy services?

They experience improved quality of life and can age in place because of our services.

What is rewarding about your work with older adults?

Getting to know older adults through working with them is extremely rewarding in many ways. They are an inspiration from their years of life and wisdom gained. They are resilient and work hard to achieve their goals and follow our treatment plans to the best of their abilities. They often have a great sense of humor and spread joy throughout my day.

What do you wish more individuals knew about therapy services?

I would like individuals to know that we are always there for them to address any physical impairments or cognitive concerns at any point in their lives. They don't need to wait for it to "get worse" before asking their doctor about starting therapy. We'd like to prevent decline and help individuals thrive in their daily lives.

Are there any successes you are particularly proud of and would like to share?

I'm really proud of our patients who undergo surgery or who get set back with illness and then work hard to regain their independence, strength, and functional mobility. They are a true inspiration. I also enjoy working with patients on an outpatient basis after they are discharged from our Health Center and choose to continue their wellness journey with us. It is so nice to establish those relationships with patients and continue to inspire them to achieve their goals.

What are your tips for slip and fall prevention?

I suggest looking at your environment and making needed adjustments with safety as the number one priority. This could include re-arranging furniture to clear walk ways, removing throw rugs, installing grab rails in the bathroom by the toilet and shower or tub, ensuring non-skid mat is in the shower or tub, possibly adding in a raised toilet seat and shower or tub bench, and having therapy assess if you need an assistive device, such as a cane or walker for ambulation in your home setting or out in the community.

Is there anything else you'd like to share?

I've been a therapist for 8 years, and my patients continue to inspire and encourage me to pursue my dreams. I truly enjoy coming to work every day to both manage our department and provide therapy services to patients. It is a dynamic role that is fulfilling in many ways.

-Benjamin H.

