

Diana R.

TWIN LAKES RESIDENT

I've had a mix of therapy experiences in the past, but the level of expertise and personal care at Twin Lakes is exceptional. After seeing their therapy program's great reputation and considering how convenient it was to have it on campus, I felt I owed it to this team to give it a try. I had talked to Lisa Zimmers about insurance coverage, and she explained how hard LEC works to go through the appropriate steps to provide their services and make them accessible. The Twin Lakes culture is also such a happy environment, so it was incredibly encouraging to dwell in that space while I was recovering. The positive synergy and expert knowledge among the associates made therapy a fun and comfortable experience.

The therapy team at Twin Lakes lives up to its reputation. The consistent high level of care from all the therapists and their nurturing attitude really make a difference in the recovery journey. It's so unique to feel comfortable and receive consistent care and attention with different therapists for different sessions at a time, I can't say I've experienced that before.

What really stood out to me about my therapy experience was how much patience everyone had to offer. It made me feel more confident in myself and trust that when I left, I'd be fine. The team did a nice job tailoring the plan to my needs by asking questions and making necessary adjustments to the pace and exercises. They adapted to my circumstances, such as having a pacemaker, and responded to my needs to take more breaks or pass on an exercise that was too stressful to me.

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Their ability to guide me toward achieving my goals made me stronger and more confident, and their spontaneous reactions to my progress felt so genuine.

The therapy team at Twin Lakes gave me creative and specific suggestions on how to do things so I could succeed in doing them alone when I came home. They helped me adapt the way I engage with activities of daily living, such as how I set things down on the stove and carry things along with my walker. It's been such a relief to be able to talk about my falls, what I've experienced, what my worries are, and get feedback from experts who know my story and what my goals are.

Maintaining my independence is exceptionally important to me. I live in a villa and want to be able to move about confidently, and I don't want to lose my autonomy. I feel encouraged at Twin Lakes that if I need therapy again, they'll welcome me and help me find ways to gain as much control of my life as possible.