

Associate **TESTIMONIAL**

What is your role in your community?

I am the Therapy Coordinator at Twin Towers.

What services does your team provide to your clients?

We provide physical, occupational, and speech therapy.

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

Most patients come in for a short period, with goals to return home safely, decrease pain, and become independent with gait, transfers, and activities of daily living. To reduce pain, we use manual techniques, modalities, aqua therapy, heating/cold packs, and strengthening/stretching exercises to balance out muscles and decrease pain with movements.

What benefits do seniors gain from our therapy services?

We are able to help seniors reduce pain and increase muscle strength so they can maintain a high standard of living: moving through life without pain and maintaining strength for all their joys.

What is rewarding about your work with older adults?

We get to help people return home and back to living the way they want, going out with families again, and becoming stronger and independent with daily tasks.

What do you wish more individuals knew about therapy services?

We are here to help, and insurance covers the cost. I don't think enough people use this benefit and are afraid of therapy.

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

I've had lots and lots of successful stories! We've had people go home after major heart surgeries, limb amputations, recoveries from strokes, and even patients placed on feeding tubes, all returning home to their daily lives and loved ones.

Is there anything else you'd like to share?

I have been working at Twin Towers for 11 years, and in senior living communities since 2008. My biggest joy is making connections with our residents, listening to their lives and stories, sharing experiences together, and forming friendships.

-Eric F.