

# *Associate* TESTIMONIAL

## **What is your role in your community?**

I am the Therapy Coordinator and Physical Therapy Assistant at Twin Lakes.

## **What services does your team provide to your clients?**

Our team provides physical, occupational, and speech therapy services for a variety of conditions using evidence-based and holistic approaches. We work with residents and community members to help them rehab from hospital stays and continue working with them on an outpatient basis to improve continuity of care.

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

Our clients' goals vary, but common goals include reducing pain, improving mobility, increasing activity, and maintaining or improving their current level of independence. Our therapists use individualized interventions based around the client's needs and interests and simulate their home environment as much as possible while they are with us.

## **What benefits do seniors gain from our therapy services?**

The benefits seniors gain from our therapy services include increased confidence, strength, and independence, and access to community. Many of our clients also stop by to visit our department when they are not receiving our services to give us updates on how they are doing or just to say hello.

## **What is rewarding about your work with older adults?**

For me, it is seeing the progress from the start of their care through the end, watching them get back to social activities and doing things they enjoy, and seeing their confidence grow as they improve their strength, balance, and functional mobility.

## **What do you wish more individuals knew about therapy services?**

We can also provide preventative care to help reduce risk of injury, improve functional mobility, and reinforce cognitive strategies, as well as doing physical or occupational therapy before a surgery, such as a hip, knee, or shoulder replacement, for improved recovery after the operation.

**-Maxwell H.**