

# Associate TESTIMONIAL

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

I am the Speech-Language Pathologist and Therapy Coordinator at Wesley Glen.

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

We provide physical, occupational, and speech therapy services; swallowing, communication, and cognitive therapy; wound healing; follow-up therapy post-ortho surgeries and procedures; aquatic therapy, as needed and recommended by a physician; and urinary incontinence programs.

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

Most of our clients' goals are increased independence and mobility, no matter what that may look like. We help achieve that by creating patient-focused plans of care for physical, occupational, and speech therapy, including balance and device training, adaptive equipment or environmental adaptation recommendations, cognitive therapy to improve your overall quality of life, or swallowing and breathing exercises.

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

Seniors gain increased confidence in their physical and mental abilities, helping them maintain their current level of function, reduce decline in physical and cognitive function, and increase their overall quality of life and longevity.

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

It's rewarding to hear their stories and perspectives on life and the world. I also appreciate seeing people who come in not at their prior level of function and leave able to do more than they could before. Progress and regaining function are rewarding things to be a part of. Helping to change people's quality of life is a gift.

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

Getting therapy does not mean you are doing badly; it means you are open to help in staying safe and living the life you want for as long as possible. Therapy is not something that should be done as a last resort, either; you can start early to help prevent falls and decline in overall function. Come to therapy sooner than later.

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

Anyone who gets to return home with their families or chooses Independent or Assisted Living and continues to keep their independence as long as possible, even if it looks a little different than they thought it would, they're all success stories.

## **What are your tips for slip and fall prevention?**

Wear the right shoe size, not too big or too small. Wear clothing that fits correctly, not too long or too loose. Have patient-centered care and testing where a Physical Therapist could assess your gait, walk, or if an assistive device would help you walk at your best. Falls are not a normal part of aging, so if you are falling, something is wrong and should be addressed. Walking speed is the sixth functional vital sign, so the slower the speed, the higher the risk of falling.

## **Is there anything else you'd like to share?**

The therapy team at Wesley Glen is very diverse in their specialties and their frames of references and many combined years in the fields of physical, occupational, and speech therapy. There is a therapist for everyone, and we look forward to giving excellent customer service and patient-centered care here.

**-Rachel T.**

