



We are committed to providing individualized programs to meet each resident's needs with outstanding results and excellent quality of care. All residents are empowered to meet and exceed goals in order to maximize their safety and independence.

Physical Therapy

The goal of physical therapy is to maximize function and independence. Physical therapists also work with Individuals to prevent mobility loss by developing programs for healthier and more active lifestyle. Through careful evaluation and planning, individual programs are developed which include:

- Therapeutic exercise
- Falls prevention
- Functional mobility training
- Gait training and transfer training
- Modalities to address pain, edema, and range of motion needs
- Balance retraining

Occupational Therapy

Occupational therapy focuses on maximizing independence in functional daily living skills. They develop customized plans and objectives to address not only self-care, but also vocational and leisure goals. OT begins with an evaluation and a program is established with consideration for individual goals and needs including:

- Community integration Home evaluation and management
- Activities of daily living retraining for independence and safety
- Splinting and orthotic management
- Adaptive equipment recommendations and training
- Seating recommendations and wheelchair positioning

Speech/Language Pathology

Speech therapy assists in relearning communication through speaking, reading or writing. ST also helps those who have difficulty swallowing or those who have memory problems. The Speech therapy program will focus on maximizing communication, assist with memory problems and improve swallowing skills through individualized plan:

- Communication skills
- Oral-motor strengthening
- Cognitive linguistic retraining
- Writing and reading
- Augmentative and alternative methods of communication

The Select Rehab team at Bethany Home has extensive experience in caring for the senior population. It is a team of local staff caring for people close to home. The focus of the care is on facilitating our residents to return to their highest practical functional level including, whenever possible, discharge to home. Services integrate nursing care, therapy, activities, dietary and other departments to enhance the independence of each patient.