

# Legacy at Home

## SKILLED CARE DELIVERED TO YOUR HOME

The Legacy at Home offers exceptional skilled nursing care, allowing seniors to remain at home while safely recovering from an illness, injury, or hospital stay.

### Skilled Nursing Services

- Skilled observation and assessment of a newly diagnosed condition (or the exacerbation of an existing condition)
- Medication management/education
- Wound care and dressing changes
- Bowel/bladder training
- Foley insertion
- Management and evaluation of patient care plan
- Thorough instruction on:
  - Administration of medications
  - Diabetic self-management
  - Gastronomy feedings
  - Care of in-dwelling Foley catheter
  - Ostomy care
  - Administration of injection/IV therapy

### Physical Therapy

Physical therapy can help restore and improve functionality, reduce pain, and increase mobility for improved strength and balance. Our highly educated, licensed physical therapists develop individualized programs with the ultimate goal of helping you regain your independence.

Physical therapy services include:

- Evaluation
- Instruction
- Therapeutic exercise

- Home exercise program
- Gait training
- Prosthetic training
- Transfer training
- Orthopedic surgery aftercare

### Speech Therapy

For those who have experienced a sudden illness, injury, or challenge associated with aging, such as stroke or dementia, speech therapy can be a critical component in communication recovery. Our uniquely qualified speech pathologists work closely with clients, coordinating with doctors to provide individualized programs for each client to help increase language function and communication.

Speech therapy services include:

- Evaluation
- Language disorder treatment
- Voice disorder treatment
- Cognition assessment and interventions
- Dysphagia treatment

### Occupational Therapy

Occupational therapists provide personalized therapy plans to improve the performance of daily activities such as dressing, bathing, and food preparation. Our highly qualified occupational

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## Occupational Therapy (continued)

therapists take a holistic approach to care that involves evaluating home environments, educating family members and caregivers, and encouraging patients to become active participants in their own recovery.

Occupational therapy services include:

- Evaluation
- Neuro-development treatment
- Assistance with daily living (ADL) training
- Sensory treatment
- Muscle re-education
- Perceptual motor training
- Adaptive equipment
- Fine motor coordination

\*Many health care and rehabilitation services are covered by Medicare or private insurance. If you have any questions, please give us a call at 972.244.7700.