

# Healthcare and Rehabilitation Center

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## Exceptional Short-Term Rehabilitation for Better Recovery

The Legacy Willow Bend Healthcare and Rehabilitation Center, located in Plano, Texas, provides comprehensive short-term rehabilitation services for those who require temporary medical care. Our licensed medical professionals help ease the transition from hospital to home following an injury, illness, or surgery.

Short-term rehabilitation (typically fewer than 30 days) often requires physical, occupational, and/or speech therapy. It may also involve medical social services, medication management, and other clinical services. The Legacy Willow Bend offers additional benefits when compared to traditional hospital-based rehab facilities, including a home-like atmosphere, private rooms, chef-prepared meals, and much more.

Our short-term rehabilitation services are extensive, offering aqua therapy in our community vitality spa; licensed physical, occupational, speech, and intravenous therapy; and wound care and pain management.

### Personalized Care every step of the way

Treatment at The Legacy Willow Bend Healthcare and Rehabilitation Center begins with a careful assessment, after which our highly trained staff creates a personalized therapy program for each patient. Our goal is to get our patients back to their maximum functional

capacity and back into their homes and community in the shortest time possible.

Additionally, a patient who is ready to make the transition back to their home can benefit from The Legacy at Home, our home health care agency. Offering services from skilled nursing care to companionship services, we provide the right level of care to help you or a family member make the move back into home life safely and confidently. For more information about The Legacy at Home, call 972.244.7700.

## Comprehensive Clinical Services

- 24-hour licensed nursing and certified nurse aide care
- Licensed physical therapy, occupational therapy, and speech therapy
- On-site physician
- Wound care, respiratory services, and feeding tube management
- Rehabilitation managed by physiatrist
- Infectious disease physician services
- Cardiac telemetry monitoring
- Lymphedema services
- Aquatic therapy
- VitalStim and E-Stim services
- IV therapy with ability to administer multiple medications
- Pharmacy, laboratory, and X-ray services
- Social services to assist with care transitions

## Services & Amenities

- 60 private, oversized suites divided into three

neighborhoods

- 37-inch flat-screen TVs in each suite
- Chef-prepared meals and menu-style dining room
- Private dining room for intimate dining in each neighborhood
- Wi-Fi
- Full-service salon and barbershop
- Transportation to medical appointments, including routine dialysis treatments
- Personal laundry services
- Social, educational, recreational, and religious programming
- Active volunteer program
- 24-hour building security
- Transportation to medical appointments

In addition to being licensed by the state of Texas and the Centers for Medicare and Medicaid, The Legacy Willow Bend also maintains a five-star rating from the Centers for Medicare and Medicaid.

## Therapies

### PHYSICAL THERAPY

Physical therapy and rehabilitation following surgery or injury can help restore and improve functionality, reduce pain, and increase mobility for improved strength and balance. Our team creates customized programs to fit the specific needs of each patient.

Physical therapy following a hospitalization can be especially important, helping prevent complications such as falls, infection, and reduced strength and endurance, as well as general pain. It can also help restore confidence and independence, making it easier to complete daily tasks and improve overall health.

### SPEECH THERAPY

Speech therapy is often necessary for those who have experienced a sudden illness, injury, or challenge associated with aging, such as a stroke or dementia. While the ability to communicate effectively is important at any age, for seniors it can be absolutely vital.

Our speech pathologists not only work closely with clients, they also coordinate with your doctor to provide a comprehensive evaluation and create individualized programs of recovery to increase language function and communication. Our speech pathologists also address swallowing issues by introducing modifications to diet and incorporating special feeding techniques.

### OCCUPATIONAL THERAPY

Occupational therapy promotes independence and helps seniors live more productive and fulfilling lives by providing meaningful activities to help strengthen everyday skills. Our occupational therapists help clients overcome physical limitations and challenges so they can get back to taking care of the activities of daily life, including dressing, bathing, grooming, and more.

Our highly qualified occupational therapists take a holistic approach to care. This can include evaluating home environments, educating family members and caregivers, and connecting them with the resources they need, as well as encouraging individuals to become active participants in their own recovery.

**If you or a family member requires the services of The Legacy Willow Bend Healthcare and Rehabilitation Center, please give us a call at 972.468.6300.**

## Unsurpassed Long-Term Care for Seniors

The caring and highly skilled staff at The Legacy Willow Bend Healthcare Center provides long-term care to those who require more comprehensive help with daily life: assistance with dressing, bathing, and grooming, as well as specialized medical services, such as wound care and feeding tube management. In addition, a physician oversees the care of all patients, and a skilled nurse is always on the premises and available 24 hours a day.

Care begins with an assessment to create individualized treatment and plan for the resident. Our teams also

work closely with families to meet the patient's preferences and personal and emotional needs. The active involvement and participation of families in the planning and management of care aids us in helping their loved ones.

Our long-term care program is committed to empowering each resident through individualized plans to reach the goal of increased independence. We provide as much autonomy as possible in a comfortable environment that nurtures and supports each person. Our specialized staff offers physical, speech, and occupational therapies, wound and IV care, and more.

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### **Services & Amenities**

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- Wi-Fi
- Internet café
- Personal laundry services
- Full-service salon and barbershop
- Personal laundry services
- Social, educational, recreational, and religious programming
- Active volunteer program
- 24-hour building security
- Transportation to medical appointments, including routine dialysis treatments

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