

Welcome

PHYSICAL THERAPY | OCCUPATIONAL THERAPY | SPEECH-LANGUAGE THERAPY

OUTPATIENT THERAPY DELIVERED IN THE HOME



Call: 866-718-5757 | Fax: 866-718-5759 | Email: referrals@lifecaretherapy.com

On behalf of the LifeCare Therapy Team, we would like to extend our warmest welcome. We hope that every aspect of your care and our service will exceed your expectations. We wanted to share information as you get started.

Your Initial Therapy Plan of Care

Based on the orders from your physician or medical care provider, initial therapy evaluation(s) are completed. At that time, an initial therapy plan of care is established including goals for therapy and plan of care frequency. This plan will be shared with your physician and will be reviewed and updated at regularly scheduled follow up visits.

What to Expect For Your Therapy Sessions

Your therapy session frequency and duration will be based on the recommendations and plan established at your initial therapy evaluation. Your visits will always be one to one with your therapist so every minute spent is about helping you reach your goals. Sessions are usually scheduled weekly and this is done directly with your therapist. Dress comfortably for the session and be prepared to work hard!

Cancellations

Your therapist commits their time to you and cancellations disrupt progress and your therapist's ability to care for other patients. If it is necessary to cancel an appointment, we ask that you notify your therapist 24 hours before a scheduled appointment. If you cancel with less than 24 hours of notice or do not show for a scheduled appointment, then a \$50.00 charge may be applied to your account. This charge must be paid for privately and is not billable to Medicare or other insurance and is given directly to your therapist to compensate for lost time. LifeCare Therapy understands that emergencies can and do occur and exceptions will be made on a case-by-case basis.

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Supervisory Visits

Medicare regulations and practice guidelines require that a “supervisory visit” be done every 30 calendar days or after eight “therapy only” visits. It can seem like a lot, but it is what is required by law in order for care to continue if you are being treated under a PT or OT. These visits are normally completed by the therapist who conducted your initial evaluation and will be scheduled either at each supervisory visit or the therapist will reach out to you before the due date to make arrangements for these follow-up appointments.

Your Home Program

As your therapy begins, you will be given activities and exercises to do at home outside of your therapy sessions. Make a commitment now to try to do these activities as recommended. Think of your home exercise program as an extension of your therapy sessions. It complements the work you do with your therapist and ensures that you’re maximizing the benefits of your treatment. Your home program also plays a crucial role in maintaining and even enhancing these gains. It ensures that the hard work you put in during therapy continues to pay off in the long run. So, let’s keep the momentum going! Set aside a few minutes each day to complete your exercises. Whether it’s stretching, strengthening, or practicing functional movements, every effort counts towards your well-being. If you ever feel unsure about your exercises or need assistance, don’t hesitate to reach out. We’re here to support you every step of the way.

Discharge Planning

At the supervisory visits and on a routine basis, your therapy plan of care and progress will be reviewed. Some patients progress more quickly and others may need an extension to achieve their goals. Every case is unique but we will do our best to help you reach your goals for therapy and will discuss aftercare needs and options with you. This may include additional therapy, referral to another therapy discipline or a recommendation to return for medical follow-up. We can also help with community resources and suggestions for DME or mobility equipment.

We know that you have options when it comes to choosing a therapy provider. We welcome the opportunity to speak with you directly, to hear your story and learn more about your needs. From your first phone call and as long as you are with us for care, we promise you courteous, friendly and professional service. Please reach out at any time.



Elisha Becker
Director of Admissions