

Welcome

PHYSICAL THERAPY | OCCUPATIONAL THERAPY | SPEECH-LANGUAGE THERAPY

OUTPATIENT THERAPY DELIVERED IN THE HOME



LifeCare
THERAPY SERVICES

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.

Your Therapy Plan of Care is for _____ Visits at _____ times/week

Your Therapist(s): _____

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. Please give as much notice as possible if you need to cancel a scheduled visit.

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.

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Remote Therapeutic Monitoring

If recommended by your therapist, you may be offered to participate in Remote Therapeutic Monitoring (RTM). Remote therapeutic monitoring is a system in which your therapist will be able to connect with you, the patient, or a family member/caregiver through daily text messages. This service:

- Let your therapist monitor your progress outside of your therapy sessions.
- Allows you to ask questions and share information with all of the members of your therapy team.
- Gives motivation to follow through with the home exercise program.

The system works through direct text messaging to a mobile phone or flip phone. Your therapist(s) will explain more but enrollment will begin after your first treatment session if recommended and agreed to by you. The questions are automatic but you can let us know anything that is important and it will be shared with all the therapists on your team.

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