

# RECOVERY TRACK

*...helping people live better*

SAFE, INDEPENDENT & FUNCTIONAL

Stabilization Zone

MEDICAL EVENT

## BASIC SKILLS DEVELOPMENT

- Initial steps in regaining daily life skills.
- Can be physically and emotionally challenging.
- Significant progress is typically made.

## ESSENTIAL SKILLS SUPPORT

- A greater proficiency in basic daily living skills through practice.

## CRITICAL CROSSROADS

- Many patients feel that they are capable of leaving the rehabilitation center.
- They are feeling better and may become homesick.
- For many, leaving at this point of the recovery track is not the best decision.

## TRANSITIONAL SKILLS REFINEMENT

- Teaching reinforcing life skills continues as the patient prepares for the goal of returning home.
- The refinement of transitional skills in this phase will sustain positive momentum leading to a safe, independent and functional recovery.

## COMMUNITY REINTEGRATION

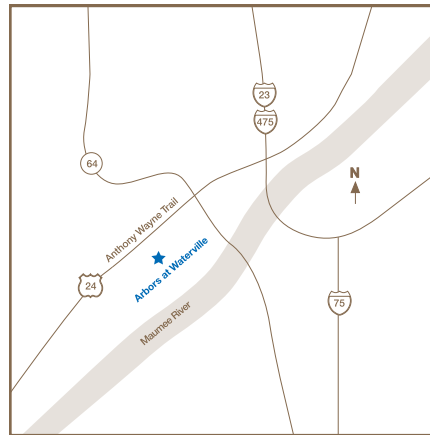
- independence is fostered as the patient begins to return to a familiar lifestyle.
- Support is still present, but empowerment is gradually shifted to the patient.

*Arbors at Waterville*  
A NURSING AND REHABILITATION CENTER

# WORKING TOGETHER ON THE ROAD TO RECOVERY

- We customize a healthcare plan providing an outline of services and goals that you and your patients can expect during the recuperation process.
- "Several researchers have demonstrated that the amount of therapy a patient receives is related to outcomes such as independence in ambulation and ambulation distance, independence in activities, and chances of discharge to home." <sup>2</sup>
- Promotes a team approach to your health care needs
- Encompasses your strengths and weaknesses
- Educates you and your loved ones on your recovery process
- Allows you the ability to communicate and coordinate with our team
- Presents medical information in easy-to-understand language
- Involve you and your loved ones in the recovery process

<sup>2</sup> Kirk-Sanchez & Roach, 2001, p. 889.



## *Arbors at Waterville*

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