

# Rehabilitation AT ASHBY PONDS

## Looking for quality senior rehabilitation for your loved one?

With so many options for senior rehabilitation, how can you feel confident that you're making the right decision? **Use this checklist to compare the options for physical, speech, and occupational therapy in your area.** To help you get started, we've already checked the Ashby Ponds column for you.

Review your options, then call **571-291-6215** to request more information or to schedule a visit to Ashby Ponds. Our knowledgeable team is here to help.

### STRATEGIC BUILDING DESIGN AND SAFETY

|                                                                                                                                                                         | ASHBY<br>PONDS | Name | Name |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|------|------|
| Homelike environment strategically designed to include smaller, intimate spaces to allow our guests to meet their highest level of independence during their stay       | ✓              |      |      |
| All private suites with full baths to preserve privacy and dignity                                                                                                      | ✓              |      |      |
| Medications stored in a locked cabinet in each guest's suite to foster participation in managing medications and encourage independence and a successful return to home | ✓              |      |      |

### PERSON-CENTERED APPROACH TO CARE

|                                                                                                                                                                                 | ASHBY<br>PONDS | Name | Name |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|------|------|
| A holistic review of each resident's likes, dislikes, goals, and motivators resulting in higher guest participation and engagement in their care plan                           | ✓              |      |      |
| Interdisciplinary approach involving our own medical director, and nursing, therapy, and social services teams to support each guest's progress and goals throughout their stay | ✓              |      |      |
| Flexible dining options that include a choice of dining locations and times that satisfy varying dietary needs                                                                  | ✓              |      |      |

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## ACCESS TO QUALITY HEALTH CARE

|                                                                                                                                                                                      | ASHBY<br>PONDS | Name | Name |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|------|------|
| Full-time physicians and nurse practitioner on-site who are experts in caring for older adults and are involved in the medical oversight of each guest                               | ✓              |      |      |
| Full-time therapists dedicated to the residents and guests of Ashby Ponds allowing for more flexibility in therapy times, locations, and approaches based on the guest's preferences | ✓              |      |      |
| Frequent care plan meeting in which the guest, family, and care team work to develop and discuss the plan of care, supporting each individual's goals                                | ✓              |      |      |
| Part of Erickson Senior Living, <sup>®</sup> a national network of managed communities with 35+ years of experience serving the health and well-being needs of seniors               | ✓              |      |      |
| Earned a high performing rating from <i>U.S. News &amp; World Report</i> for Short-Term Rehabilitation                                                                               | ✓              |      |      |



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Independent Living | Post-Acute Rehabilitation  
Assisted Living | Memory Care | Long-Term Care

**571-291-6215**



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