

When selecting a care center for the therapy services you or a loved one need, it is important to visit the centers, ask the right questions, record their answers and then rationally compare them. This comparison checklist will help you do just that. It is also important to understand the three basic types of therapy services offered— occupational, physical and speech therapy.

Occupational Therapy

Occupational therapy has a unique, diverse and important role in geriatric health care. Therapists seek to optimize the patients’ quality of life by improving their ability to perform activities of daily living, or ADLs. ADLs include tasks such as eating, bathing, dressing, grooming, toileting, transferring and home management responsibilities.


Physical Therapy

Physical therapists are dedicated to improving the patients’ quality of life by increasing mobility, decreasing pain, improving balance, enhancing strength and reducing joint contractures.

Speech Therapy

Speech therapy helps patients to better understand what is being communicated to them and to regain their verbal communication abilities. Speech therapy also assists in retraining patients to read and write. Additionally, in some cases, speech therapy can help patients whose communication ability may appear to be intact but the patient’s cognitive and linguistic functions are impaired.

Therapy Center

			
<i>Does the center offer consistent occupational, physical, and speech therapies?</i>	Yes No	Yes No	Yes No
<i>Is therapy available seven days a week?</i>	Yes No	Yes No	Yes No
<i>Does the center offer outpatient therapy?</i>	Yes No	Yes No	Yes No
<i>Does the rehab program offer in-home assessments for a safe transition home?</i>	Yes No	Yes No	Yes No
<i>If assistive equipment is needed, is it ordered by the center prior to discharge?</i>	Yes No	Yes No	Yes No
<i>Are personalized home exercise programs developed for each patient prior to discharge?</i>	Yes No	Yes No	Yes No
<i>Are the therapists experienced in dealing with your medical condition?</i>	Yes No	Yes No	Yes No
<i>Are treatment schedules flexible and designed for the patient’s needs?</i>	Yes No	Yes No	Yes No
<i>Is family participation encouraged with treatment?</i>	Yes No	Yes No	Yes No
<i>Is family/caregiver education and support provided by the therapists?</i>	Yes No	Yes No	Yes No