

Lutheran SeniorLife
has a long and successful history of
providing rehabilitation to residents
of our senior living communities.
This leadership and excellence
in rehabilitative care
are now available to you.

Live

*...to Stretch
...to Move
...to Work
...to Play.*

Live an Abundant Life®



www.lutheranseniorlife.org

Eligibility

Adults over age 18,
specializing in seniors, age 55 and older.
Services are eligible for coverage by
major insurance plans, including
managed care programs and Medicare.

**Call for more information
or to make a referral**

Zelienople

Passavant Community

Zelienople, PA

phone: 724-452-3492

fax: 724-452-2361

Mars

St. John Community

500 Wittenberg Way • Mars, PA 16046

phone: 724-625-4849

fax: 724-625-5818

Call for information on other locations.

724-452-3492


**Lutheran
SeniorLife**

www.lutheranseniorlife.org

Outpatient Rehabilitation Services



*providing a full range of
physical, occupational and speech
therapy services to older adults*


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SeniorLife**

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Do you have:

- pain or stiffness in your joints that limits your activity?
- decreased ability to use your hands?
- orthopedic problems and are now recovering from or preparing for surgery?
- increased difficulty getting up and walking?
- an ongoing condition affecting your ability to move and do things for yourself?
- feelings of weakness following a recent illness or surgery?
- a fear of falling or recent falls?
- the need for an assistive device to help with your balance, mobility and ability to function?
- trouble swallowing or choking?
- confusion or trouble with your memory?
- increasing problems with vision?



*If so,
we can
help...*



Our physical, occupational and speech therapists are experts in addressing the needs of seniors for a range of conditions.

ARTHRITIS PAIN

Targeted exercises and education to improve joint mobility, strength and function.

BALANCE AND FALL PREVENTION

An exercise program designed for strength, balance, function and confidence.

MOBILITY

Evaluation for wheelchair or other equipment and help in ordering the best device.

DRIVER ASSESSMENT

An evaluation of driving skills to help families and physicians assess driving safety.

HOME SAFETY

A home assessment to reduce the risk of falls and recommend safety modifications or equipment to foster independence.

MEMORY AND COMMUNICATION

Speech therapy and strategies to enable living at home as long as possible.

VISION CHANGES

Training to enhance function and safety with failing vision.

SWALLOWING

Exercises to improve abilities and strategies for families and caregivers to encourage safe swallowing.



If you, or someone you care for, would benefit from outpatient rehabilitation:

- talk with your doctor and request a referral or prescription for therapy;
- the doctor's office can fax the referral to the outpatient rehabilitation office in your area;
- or call the most convenient outpatient rehabilitation office to set up an appointment.

Locations and contact numbers for each area are listed on the back panel of this brochure.



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