

Weakness & Debility

SKILLED CARE & REHABILITATION SERVICES

We believe in keeping your rehab moving in the right direction

Rehab can often seem like an intimidating challenge, filled with unknowns and uncertainties. At Covenant Living Communities & Services we offer the highest level of care during your short-term rehab stay at one of our communities. You'll see and feel the difference in everything we do, from the minute you arrive to the time of your discharge. Our working relationships with community-based home care services ensure that you continue to experience successful results when you return home.

Since everyone is different—and has unique rehab goals—we approach therapy on an individual basis, working closely with you to develop a rehab program specifically suited to your needs. Our rehabilitative services team delivers exceptional speech, physical and occupational therapy, as well as outstanding nursing and discharge support. At every step along the way, we'll treat you like a person, not a patient.

Aerobics and strength training are a powerful combination

Strength training may seem more suitable for football players than for seniors. However, strength training, along with aerobic exercise, can contribute greatly to healthy aging. Both types of activities can increase longevity while decreasing debility.

Every person, regardless of their age, has a different level of tolerance and endurance. Starting with proper assessment of your condition and an

accurate measure of your muscle strength, our expert therapists can establish a program for you, determining the proper frequency and intensity, as well as selecting the right types of exercise. Once all of these factors are taken into consideration, a carefully developed strength training program for deconditioned individuals can be a safe, effective way to promote healthful lifestyles.

FOR MORE INFORMATION on Covenant Living Communities & Services and the care that we offer, please visit us online at **CovLiving.org**.

Our goal is to help you achieve your rehab goals

- ✓ We'll design therapeutic programs specifically tailored to your medical condition—as well as your physical condition—customizing your therapy process by utilizing various equipment that may include the NuStep®, weights, ultrasound and electronic stimulation, Omnicycle®, VitalStim®, parallel bars and standing frame. The goal is for you to reach your highest potential. Programs will also be tailored to address cognitive and swallowing impairments.
- ✓ We'll provide the necessary information regarding medication management and, with the assistance of the entire rehab team, ensure the proper handling and dosages of all medications.
- ✓ Education is crucial to the rehab process. That's why we'll provide you and your family with a clear understanding of your condition and your subsequent therapy.
- ✓ Therapy will include regulating your diet, as well as monitoring your blood sugar levels and your blood pressure. In fact, close monitoring of your progress is essential—as well as keeping a vigilant watch for potentially troublesome signs and symptoms. Stress management is also a key factor to keep you on the right course.
- ✓ We'll make recommendations concerning modifications in your home, determining the types of adaptive equipment that will provide you with the highest level of independence.
- ✓ When it's time for you to return home, we'll utilize a collaborative approach by the entire team to ensure a smooth, successful discharge.
- ✓ Our priority is getting you safely home as soon as possible by using the most effective and efficient rehab strategy.

Our Locations

- Brandel Manor (Turlock, CA)
- Covenant Living of Turlock (Turlock, CA)
- Covenant Living at the Samarkand (Santa Barbara, CA)
- Covenant Living at Mount Miguel (Spring Valley, CA)
- Covenant Living of Colorado (Westminster, CO)
- Covenant Living of Cromwell (Cromwell, CT)
- Covenant Living at the Holmstad (Batavia, IL)
- Covenant Living at Windsor Park (Carol Stream, IL)
- Covenant Living of Northbrook (Northbrook, IL)
- Covenant Living of Florida (Plantation, FL)
- Covenant Living of the Great Lakes (Grand Rapids, MI)
- Covenant Living of Golden Valley (Golden Valley, MN)
- Covenant Living at the Shores (Mercer Island, WA)

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