



## Therapy All Star

### **Administrator:**

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Well your 21 day rehab has come to an end! You have passed with flying colors and ready to get back to your daily life at home. Our facility wanted to do something special for our residents so that they would continue to be successful at home and then remember us if they ever needed to return!

Our Best Practice addresses the need to assure that each resident continues a successful recovery when they return home and that if our services are ever needed in the future, then we are their first choice! It also indirectly allows opportunity for the facility's name visually to be out and in our community as the resident uses the contents of the bag, as well as the bag itself. So what is it and what is in it?????

It is a goody bag (with our name and logo printed on it) that can be used to take to the grocery store, senior centers, used on trips etc ...that each resident receives on day of discharge that contains:

- 1 Helpful information to help transition back into community; brochure of home health chosen with contact numbers, facility brochure and phone numbers if needed, appointment reminders, discharge instructions, meals on wheels information etc....
- 2 Fun items ; such as their favorite snacks, a deck of cards, a stress ball, note pad and pen
- 3 A thank you card signed by staff for allowing us to care for them
- 4 Exercise Instruction sheet that was specifically done with that resident in mind that gives simple exercises that they can continue to do at home
- 5 A Water Bottle (with our facility name and logo)
- 6 And the most favorite item: the coveted T-Shirt that declares and congratulates that resident for completing their therapy here and becoming A Therapy All Star!

We found that our residents going home benefited from that little extra "farewell gift" that kept giving way beyond their discharge.

Our Best Practice allows our residents to know that we are invested in their recovery and want to help in their continued ability to recover even after they leave our facility. We want them to have all the tools they need to stay home, but also providing those visual constant reminders of where they received that care and in hopes that our facility will always remain their first choice if they need us again.