



Balance

Outpatient Therapy & Wellness

BROAD RIVER REHAB

Assisted Living and Independent Living Communities

OVERVIEW

A steady position or condition. A state of equilibrium. At first glance, you may think this just applies to the physical needs of your patients or residents. However, it also applies to your community. Balancing the needs of a successful, thriving community means you need to be concerned about all aspects of operations: census development, positive

Introducing Broad River BALANCE. Our packaged offerings of rehab therapy, wellness programming and educational offerings will keep your patients and residents – and your community – in balance for the long-term. At first glance, you may think our offerings are the same as every other rehab provider, but they're not:

- **We are therapist-owned.** We come in with the right mindset, processes, and procedures to help you obtain positive outcomes and results.
- **Our data is our difference.** To complement the expertise of our team, we offer a suite of proprietary technology and data tools, many of which are driven by AI, to help ensure we're on-track. **We are also the only therapy provider who audits 100% of our**

documentation 365 days/year. The accuracy of our data and reporting helps us achieve goals, adjust course when needed and track outcomes that you, in turn, can discuss with confidence to family members and key referral partners.

- **We customize.** Just like every person is different, so is every AL and/or IL community. Broad River Rehab understands this and adapts BALANCE to your unique environment.

The concept of BALANCE is simple: Our team is your team. We're vested in your success, and we'll go above and beyond to earn your confidence. Let's achieve BALANCE together.

How We Work in Your Community

Our Broad River BALANCE approach provides onsite personnel and expertise to help your community succeed in all areas of rehab therapy and wellness operations:



Rehab Therapy Programs

PHYSICAL THERAPY:

Restore and improve strength, mobility, activity and function focus

- Fall prevention training
- Exercises to improve balance and walking
- Safety in transfers: Bed, chair, toilet
- Individualized treatment for overall weakness and pain

OCCUPATIONAL THERAPY:

Improve fine movement, ADLs, functional focus

- Restore independence in Activities of Daily Living (ADLs)
- Training for toileting, continence and adaptive techniques or equipment
- Improve memory, orientation and cognitive integration

SPEECH THERAPY:

Assess, diagnose and treat speech, language, aural, social and cognitive communication, and swallowing disorders.

- Measure and improve cognitive processing, learning potential and problem-solving abilities
- Work with staff to adjust individual communication strategies
- Improve communication skills and quality of speech

Wellness Programs: Get Healthy, Stay Fit, Move Better

“WATCH YOUR STEP” FALL PREVENTION & SAFETY MANAGEMENT

Falls, especially in our elder adult population, are a significant challenge. According to the Center for Disease Control (CDC), the total cost of falls exceeds \$50 Billion each year, not to mention the human toll of pain and suffering that accompanies falls.

Broad River Rehab’s “Watch Your Step” program works to identify a fall before it happens by understanding the risk of each resident and address these factors individually to reduce your community’s overall risk.

MEMORY CARE AND DEMENTIA PROGRAMS

People with dementia have elevated fall risks and subsequent increased risks of injuries due to falls. Fall risk is elevated due to the cycle of reduced mobility through which muscle atrophy occurs.

Broad River Rehab’s Memory Care program leverages all our clinical expertise to provide each patient with an individualized care plan with frequency based ONLY on need, whether for skilled treatment or wellness, for each resident in the program. We also incorporate portions of the CMS “Hand in Hand” program.

GROUPFIT FITNESS PROGRAM

Research shows the link between fitness, social interaction, and the positive effects on health that these exercise and wellness programs brings. This is especially true for seniors.

Broad River Rehab’s GroupFit Exercise program is an upbeat, interactive, and social program where fitness is achieved through fun. The program, which is offered 3-5 times/week, comes with a range of fitness programs, and more can be added as the popularity of the program grows within your community. Here is just a sampling of the classes we offer:

- Hula hoop class
- Tee Time- Putting/golf
- Chair dance class
- Tai Chi on the patio
- Yoga and sweet tea
- Walking club
- Open gym
- Driving assessments for motorized chairs
- Cooking classes



Community Education Series

Interactive talks provided monthly to patients and residents, their families, and interested staff in your community. Sample topics include:

For Patients/Residents and Staff:

- Proper Hydration and Avoiding Dehydration
- Fall Prevention Tips & Strategies
- Good Nutrition & Your Physical Health
- Keeping Your Brain Flexible
- Living with Parkinson's

For Family Members:

- Coping with Aging Parents
- Understanding Dementia
- How to Prep to Bring Mom or Dad Home for the Holidays
- Caregiver Stress Management

START (Safe Transfer and Ambulation of Residents Training) Certification for Community Staff

Effective and practical training to keep your staff safe and healthy, this training places heavy emphasis on safe body mechanics used during the transfer of patients and residents. Staff who have gone through the training report learning skills they're immediately able to apply in caring for residents.

SPECIALIZED CLINICAL PATHWAYS

- Discrete Continence Training
- Strength-specific Exercise Training (small groups and/or personal training)
- Chronic Pulmonary Disease Management (including COPD and Pneumonia)
- Pain Management
- DME Training
- Stay Sharp: The Balanced Brain Program (cognitive exercises for the non-memory care community)



Contact Us Today

To get started with Broad River BALANCE, please contact us at **800.596.7234** or **828.774.5222** or email/call:

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