

383 Mt View Drive Hillsdale PA 15746

## Success Stories from Hillsdale Park Rehab



Monica Corraine was admitted to Aristacare at Hillsdale Park on April 8, 2018. At that time, she needed the assistance of 2 people to transfer, was able to stand with support 30-60 seconds, and could not ambulate. Her dynamic standing balance was poor, and she needed maximum assist with wheelchair management, clothing management, and cooking.

She is now able to transfer with contact guard, is able to stand 1-3 minutes and her dynamic standing balance has improved. She is independent with her wheelchair, and now only needs contact guard assist with clothing management, and supervision with cooking. Monica was able to go home with her husband on April 20, 2018.

### *A letter from Monica*

To everyone and Aristacare@Hillsdale Park:

Thank-you for all that you have done to help me get strong and healthy so I could go home and be with Louie. Now that the weather is getting nice, I can get out and walk in my driveway. My goal is that I'll be able to walk for at least 5 minutes, which will be a big accomplishment for me.

At the hospital when I was asked where I wanted to go for therapy, I said, "Hillsdale". Before my last stay at Hillsdale, I hadn't walked in 3 ½ years. In only two months, Physical Therapy and Occupational Therapy at Hillsdale got me walking. It was a miracle, and I thank you all in therapy for your devotion and dedication to helping me walk again. After getting an infection and ending up in the hospital again, there was no other choice for me than Hillsdale.

Also, to Heidi, Kim, Shannon, and all of the nurses, aides, dietary, activities, housekeeping, maintenance and receptionist staff, I say "Thank-you". Everyone that I met had a good decent mannerism about themselves. I always say, "Laughter is the best medicine." I tried to be funny to get people to laugh, as I know how difficult your jobs must be at times.

God Bless everyone for all that you've done to make me better. I couldn't have done it by myself. The next time that I am at Hillsdale, it will be as a visitor.

Thank-you all again,

Monica

P.S Louie is glad that I am home – he is getting home-cooked meals again!



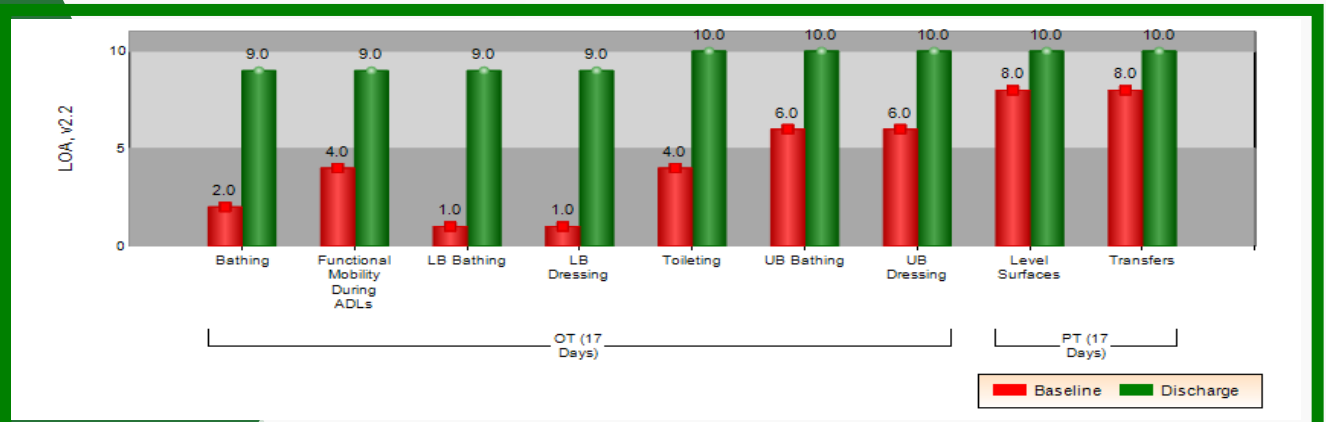
**Name: Bonnie Shultz**  
**Admitting Diagnosis: B/I Total Knee Replacement**  
**Admission Date: 10/2/18**  
**Discharge Date: 10/19/18**  
**Discharge Location: Home+**

Rehab provided by  
 Tender Touch

## Celebration of success story

Bonnie is a 68 year old female, admitted to Arista Care at Hillside Park following hospitalization due to bilateral total knee replacements. He received Physical and Occupational Therapy for 5 – 7 days per week to address functional transfers, mobility, and self care. Initially, Bonnie required assistance of 1 person for bed mobility, functional transfer, and functional mobility with FWW. She also required extensive assistance with wheelchair and clothing management due to pain and limited range of motion in both knees. Patient was provided with a reacher, sock aide and foot funnel for clothing management. At time of discharge, she was able to transfer independently and ambulate approximately 350 feet independently with a FWW. She was also able to go up and down the steps with minimal assistance. She is also Supervision for clothing, cooking and W/C management. She was safely discharged home with family support.

### FUNCTIONAL OUTCOME MEASURES – REHAB



### FUNCTIONAL SCORES

- 10.0 – Independent:** Independent with all components of task, with or without assistive device
- 9.0 – Supervision:** Supervision and/or cueing required to complete task.
- 8.0 – Contact Guard Assist:** Hands-on cueing/guiding required to complete task.
- 7.0 – Contact Guard/Minimal Assist:** Requires less than 30% assist to complete task
- 6.0 – Minimal Assist:** Requires 30-39% assist to complete task.
- 5.0 – Minimal/Moderate Assist:** Requires 40-49% assist to complete task.
- 4.0 – Moderate Assist:** Requires 50-59% assist from one caregiver to complete task.
- 3.0 – Moderate Assist of 2 People:** Requires 60-69% assist from two caregivers to complete task.
- 2.0 – Moderate/Maximal Assist:** Requires 70-79% assist to complete task
- 1.0 – Maximal Assist:** Requires 80-89% assist of one caregiver to complete task.
- 0.5 – Maximal Assist of 2 People:** Requires 90-99% assist of two caregivers to complete tasks.
- 0.0 – Total Dependence:** Does not attempt to initiate tasks.



# Celebration of Success

383 Mountain View Drive, Hillsdale, PA 15746 , PHONE (814) 743-6613

**Name: Marilyn Good**  
**Admitting Diagnosis: Right Total Hip Replacement**  
**Admission Date: 11/09/18**  
**Discharge Date: 11/21/18**  
**Discharge Location: Home+**

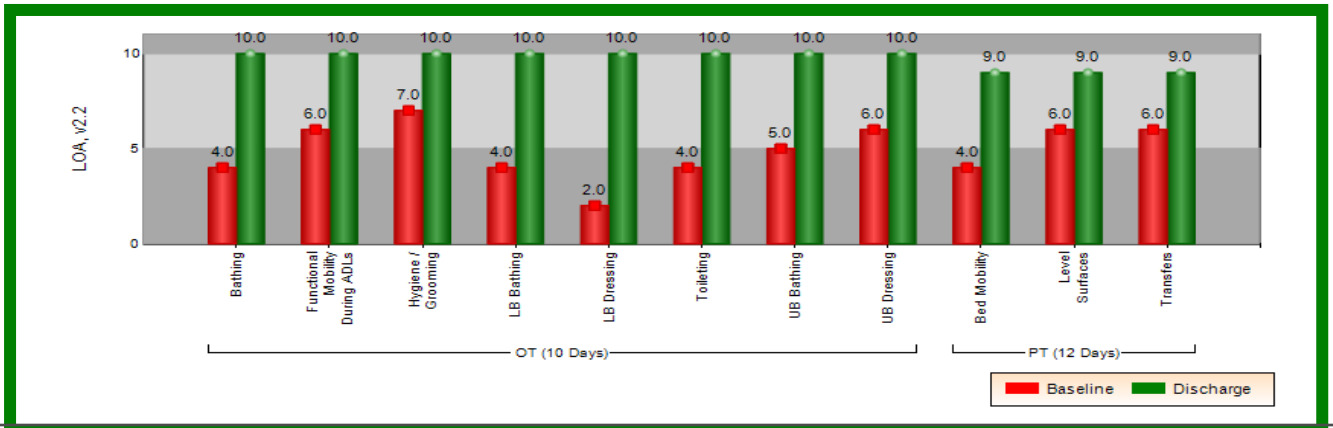


Rehab provided by  
Tender Touch

## Celebration of success story

Marilyn is a 70 year old female, admitted to Arista Care at Hillsdale Park following hospitalization due to Right total hip replacement. She received Physical and Occupational Therapy for 5 – 7 days per week to address functional transfers, mobility and self care. Initially, Marilyn required assistance of 1 person for bed mobility, functional transfer, and functional mobility with her Rolling walker . She also required extensive assistance with wheelchair and clothing management due to pain and limited range of motion in right hip. At time of discharge, she was able to transfer with Supervision and ambulate approximately 250 feet with Supervision(A) with a FWW. She was also able to go up and down the steps with minimal assistance. She is also Supervision for clothing, cooking and Wheelchair management. She was safely discharged home with family support.

## FUNCTIONAL OUTCOME MEASURES – REHAB



## FUNCTIONAL SCORES

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- 8.0 – Contact Guard Assist:** Hands-on cueing/guiding required to complete task.
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