

Short-Term Rehabilitation





“It always seems impossible until it’s done.”

–Nelson Mandela



Our Promise To You

American Senior Communities promises to deliver the very best in rehabilitation with integrity, respect and compassion. You can count on our clinicians to deliver person-centered quality care, based on proven methodologies, in a professional and courteous manner. Your health and happiness are our priorities at all times. Let's do this!

American Senior Communities offers a full range of lifestyle & care options:

- Garden Homes
- Independent Living Apartments
- Assisted Living Apartments
- Memory Care
- Respite, Short-Term Care
- Short-Term Rehabilitation
- Outpatient Therapy
- Advanced Pulmonary & Ventilator Care
- Skilled Nursing Care
- Long-Term Care
- Hospice Care
- New Energy Wellness

*Services vary by location.
Please visit [ASCCare.com](https://www.asccare.com) or scan QR code
below to find a community near you.*



**American Senior
Communities®**

Where caring people make the difference.

Experts in Rehabilitation & Recovery

For those who are recovering following a hospital stay and desire to return home, we proudly offer Moving Forward Rehabilitation.

Moving Forward Rehabilitation is a short-term, inpatient, person-centered program using a combination of therapy programs specially designed for individuals striving to restore abilities lost from conditions such as stroke, cardiovascular concerns and orthopedic surgery. Programs vary in frequency, intensity and therapy type, including Physical, Occupational and Speech Therapy.

Our comprehensive range of therapies, medically-integrated programs and holistic wellness services are tailored to enhance strength, foster independence, and elevate the overall quality of life for each individual we serve.

No matter your age or current health status, our dedicated clinicians are extensively trained and wholly committed to your progress. They invest time in understanding your motivations, ensuring a personalized approach. Equipped with established methodologies, our clinical teams can be relied upon to deliver cutting-edge treatments with utmost respect and empathy. Your well-being and contentment are always our highest concern.



Person-Centered Care

Even though we rely on consistent protocols, our care is highly personalized—founded on what is widely referred to as “person-centered care.” Our clinical team initiates a thorough discovery process, engaging with you and your family to get to know you on a personal level. We delve into the specifics of your wellness goals, interests, values, expectations and motivations. This important learning enables us to innovate and tailor our care plan, ensuring a personalized and successful journey for you.

We believe that every patient holds a unique life story, and our aim is to impact and inspire, and share in your accomplishments and success.



Interdisciplinary Care

We believe the best approach is a team approach. Your interdisciplinary recovery team will include a diverse group of skilled professionals who will collaborate to develop a comprehensive treatment plan focused on maximizing recovery and minimizing pain. We will educate you on your specific condition, enabling you to be an active participant in your recovery. Your team of experts may include physicians, nurse practitioners, nurses, aides, therapists, nutritionists, social workers and life enrichment professionals. We access the most innovative methods of therapies and treatments in the field of healthcare to help you achieve the best possible outcomes for you.

Therapies can include:

- Physical therapy
- Occupational therapy
- Speech and language therapy
- Respiratory therapy

The Road to Recovery

Our interdisciplinary team will complete an initial evaluation and develop an individualized rehabilitation plan that will guide you through your recovery process. This goal-setting meeting is important for aligning the objectives and expectations of you and your family. We also carefully monitor and document all outcomes to continually improve and enhance our services and results.



Discover New Friends

During your stay, try something new by taking advantage of a full program of life enrichment, including social, physical and spiritual activities. Designed by skilled activity professionals with your interests in mind, these opportunities can create lasting friendships.

Education and Ongoing Support

Our transition experts will equip you with the education and resources you need to make a seamless return to your normal life and activities with confidence. Should you require continued assistance, we can advise you on other lifestyle and care options available at American Senior Communities.