

Outpatient Rehabilitation is Now Onsite!

Residents can receive on-site concierge-style physical, occupational and speech therapy services through the **ONR TOUCH program**, which focuses on maintaining and regaining independence to live life to its fullest at every stage. Coastal Heights Senior Living is proud to partner with ONR, Inc., a national leader in rehabilitation services, to offer expanded resident services in integrated wellness through the ONR TOUCH program.

ONR TOUCH is an on-site concierge-style therapy program designed to help promote independence for residents by offering individualized care and access to our specialized programs with physical, occupational and speech therapists, which include three TOUCHstones:

- **Education**
- **Fitness and Wellness**
- **Rehabilitation**



Customized Therapy Programs to Achieve Great Outcomes

With ONR TOUCH, each resident will have an individualized treatment plan to address their rehabilitation needs and to achieve their optimal level of function. The integrated wellness services offered by full-time, on-site ONR therapists include:

- Fitness and wellness programs designed to keep residents healthy and active for enhanced independence and quality of life; may include working with a personal trainer or group exercise classes such as yoga, massage therapy, therapeutic movement, other specialized exercises
- Wellness lecture series on topics from healthy heart living to bone and joint health
- Complimentary assessments and screenings such as home safety, fall risk, balance and mobility

Option 1: Rehabilitation in The Comfort of a Home Setting

The Hospital to Home Program is committed to improving transitions from hospital to home for Coastal Heights residents. This program is designed to prevent rehospitalizations and to improve quality of life and resident outcomes. It focuses on the psychosocial aspects of care transitions, medical needs and individualized rehabilitation needs, including caregiver training.

Option 2: Rehabilitation in The Comfort of Your Home

Our Hospital to Home Program uses an interdisciplinary team approach led by ONR physical, occupational and speech therapists and includes hospital staff, physicians, nurses, pharmacists, rehabilitation practitioners and assistants. Treatments will focus on restoring lost function and maximizing independence in the resident's home and community.