



SOUTHGATE
SENIOR LIVING



We are pleased to announce the partnership between Southgate Senior Living and ONR, Inc., a national leader in rehabilitation services. It is our goal to provide therapy services that will serve our residents. The program offered by this partnership will complement our community's commitment to serving the healthcare needs of residents.

The focus of the program is to help residents regain independence. The Rehabilitation Program at Southgate Senior Living serves residents with hip and knee fractures, joint replacements, stroke, arthritis, cardiovascular disease, dementia, diabetes, pain, chronic health conditions and other disabling diseases and injuries.

Each resident has an individualized treatment plan and receives continued support by our staff throughout their stay. We offer an in-home evaluation as part of the discharge planning process and follow-up with the resident's physician.

We welcome the opportunity to work collaboratively.

1421 West 10th Street, Metropolis, IL 62960
(833) 574-1650 (toll-free) • ssltherapy@onr-inc.com

Outpatient Rehabilitation is Now Onsite!

- PHYSICAL THERAPY
- OCCUPATIONAL THERAPY
- SPEECH-LANGUAGE PATHOLOGY



Southgate Senior Living, in collaboration with Orthopaedic and Neurological Rehabilitation (ONR, Inc.), is pleased to announce that outpatient therapy services are now available in your community.

You can receive quality rehab services in our office just a few steps from your front door, or even in the comfort of your own home.

Residents seeking enhanced mobility, greater independence and increased success with activities of daily living will enjoy the luxury of these onsite therapy services. With over 30 years' experience providing personalized and specialized therapeutic care, we believe that life should be lived to the fullest at every stage. Pain, weakness, or limited mobility should not prevent you from doing the things you love.

We cordially invite you to experience rehabilitative care at its finest.

For more information, contact the Therapy Department at (833) 574-1650 (toll-free) or ssltherapy@onr-inc.com.

ONR REHAB SERVICES CAN HELP WITH:

- Arthritic Pain
- Back and neck pain
- Balance/walking difficulties
- Cardiac/Respiratory
- Communication and swallowing difficulties
- Fall Prevention
- Neurological
- Orthopedic Injuries
- Osteoporosis
- Parkinson's disease
- Performance of everyday activities
- Posture training
- Pre and Post-Surgical Rehab
- Vestibular

All services are covered by Medicare and most other insurances.

We look forward to partnering with you on our journey toward maintaining optimum health and wellness together!



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HEY PHYSICAL THERAPY,



I may require the attention of a physical therapist and here is why . . .

- Falls in my room, home or in the community
- Difficulty walking, posture problems, and difficulty moving in bed
- Difficulty transferring from my bed into a chair or car, or standing up and sitting down
- Muscle weakness
- Pain
- Problems with balance and strength affecting my safety
- Problems with, or need of, an assistive device such as a cane or walker
- Fine or gross motor problems with my hands, arms and legs
- Contracture problems, stiffness, or tremors
- Difficulty climbing stairs
- Medical diagnosis of Parkinson's, multiple sclerosis, stroke, dementia, ALS, orthopedic problems or traumatic brain injury, or other neurological diseases

For more information on how to receive your therapy services, contact the Southgate Senior Living Therapy Department at (833) 574-1650 (toll-free).



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HEY OCCUPATIONAL THERAPY,



I may require the attention of an occupational therapist and here is why . . .

- ▶ Problems or concern about caring for myself due to memory or thinking abilities
- ▶ Increased confusion
- ▶ Difficulty dressing, bathing or toileting
- ▶ Difficulty with organization of tasks, cooking, cleaning, shopping, etc.
- ▶ Difficulty managing my medications
- ▶ Problems with low vision or vision diseases
- ▶ Recent falls
- ▶ Problems with balance and strength affecting my safety
- ▶ Medical diagnosis of Parkinson's, multiple sclerosis, stroke, dementia, ALS, orthopedic problems or traumatic brain injury, or other neurological diseases
- ▶ Breathing problems that affect my ability to perform daily activities
- ▶ Fine or gross motor problems with my hands, arms and legs
- ▶ Contracture problems, stiffness, or tremors

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HEY SPEECH THERAPY,



I may require the attention of a speech therapist and here is why . . .

- Changes in memory or thinking abilities
- Increased confusion
- Difficulty following directions
- Coughing or choking during meals
- Difficulty swallowing medications
- Difficulty speaking
- Changes in voice
- Changes in ability to communicate
- Medical diagnosis of Parkinson's, stroke, dementia, ALS or traumatic brain injury

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