



If You're Wondering About Rehab at Maristhill...

Just ask Elayne:

Elayne Spiegel is an alert, oriented 77-year-old widow who sustained a fall in her Newton apartment, resulting in a non-displaced fracture of the left ankle. She came to us with a non-weight-bearing status on her lower-left extremity – she was unable to walk without help.

Previously independent and a regular automobile driver, Elayne now required minimum assistance with a rolling walker for transfers, minimum assistance for dressing and bathing, and a contact guard for ambulating with a rolling walker. She was also quite concerned, upon arrival, about companionship within the facility, as Elaine was vivacious and very social.

Comprehensive Rehabilitation – Beyond the Rehab Center

Therapeutic exercises with our Physical Therapists comprised the first step in Elayne's individualized treatment plan, followed by an orthopedic appointment at which her cast was removed. Her status was then changed to weight-bearing as tolerated, and over the next five weeks Elayne participated in gait and stair training, and worked daily with our Physical Therapists and Occupational Therapists to improve bed mobility, transfers, strength and range-of-motion.

She also became engaged in numerous activities at Maristhill, including musical performances and Bingo. Despite her initial concerns about companionship, she quickly found that there were plenty of people close to her age and functional status with whom to socialize. She enjoyed their company, and began attending our gourmet theme luncheons. Being diabetic, Elayne wondered about the desserts. She consulted with our food service manager, who introduced her to a new consistent carbohydrate diet for diabetics.

"The rehabilitation was superb—and I should know...!"

"After speaking with him, I understand about the diet, how the carbohydrates work and why I can have desserts," she said. She would later contact him to discuss her Passover menu.

Shortly after her arrival, a spiritual assessment was also completed. Elayne practices Judaism, and discussed her philosophy about inter-faith collaboration with our Pastoral Care Assistant. The two women prayed together. Elayne remarked about the exceptional kindness of our certified nursing assistants who cared for her and her roommate. "These girls, they're unbelievable! They treat my roommate like she's their grandmother!"

Elayne was discharged to her home with a home-health aid and occupational therapy for her shower routine. She is now ambulating with a walker and functioning independently. She recently called and chatted about her Maristhill experience. "The rehabilitation," she said, "was superb. And I should know, because I've been through enough rehab."

