

# Maclay Healthcare Center



Rehab Services Provided by

**THERAPY SPECIALISTS**  
PHYSICAL • OCCUPATIONAL • HAND • SPEECH

## *Enjoy Independence* Longer

## *Regain Your* Quality of Life

When you've experienced an injury or a health challenge that limits your independence, you want to get back to enjoying your life as quickly as possible.

Yet it's vitally important to make sure that you allow enough time to learn the skills and build the strength you need to regain and improve your physical abilities. This is the most effective way to ensure that you can enjoy life safely and comfortably.

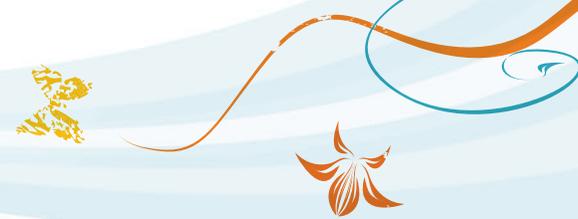
We are absolutely dedicated to helping you regain your quality of life and empowering your independence for as long as possible.

Our facility has partnered with Therapy Specialists to provide you with the specialized rehab services you need, to regain your quality of life and increase your ability to live as independently as possible, for as long as possible.

Founded by Susan J. Harris, a pioneer in rehab therapy, Therapy Specialists is Southern California's most experienced independent rehab provider. You can be confident that with this family owned and operated company, we will provide you with the highest quality, compassionate and respectful care.



**Susan J. Harris**  
Founder / CEO. Therapy Specialists  
Licensed Occupational Therapist



## *Family Support* and Education

### *Personalized Rehab* Plan and Goals

Based on your desired lifestyle and your current abilities, a dedicated team of skilled therapists will collaborate to develop a personalized treatment plan just for you. Your plan is designed to help you regain your strength, skills and abilities at higher and safer levels. Your rehab team will work with you and review your progress after every treatment. That way, you'll know exactly where you are every step of the way.

During your rehab stay, we host regular family and caregiver meetings, both in-person and over the phone, to share your progress, answer questions and coach your family members or caregivers on how they can support your overall success. We teach your loved ones exercises they can do with you once your therapy is complete, as well as strategies to make your lifestyle as safe and comfortable as possible on a daily basis.

### *Making Your Home* and Environment Safe

Our therapists work carefully with you and your family or caregiver, to assess your living environment and activities. We then provide recommendations to ensure you are living as safely and comfortably as possible. We provide easy-to-use checklists and personalized coaching to empower your family or caregiver on home safety. And for activities you may need assistance with, we can recommend trusted resources.

### *Living The Lifestyle* You Love Longer

After your rehab is complete and you return to your life, we continue to support your success with a post-therapy plan. Based on your capabilities and lifestyle goals, your post therapy plan is developed by your rehab team. This includes nutrition and exercise, as well as counseling and guidelines on activities to enhance your cognitive and physical abilities. So you can live the life you love for as long as possible.

# Getting You Back to Your Life and The People *You Love*



# Empowering Your Independence

All of us at Maclay Healthcare Center and Therapy Specialists are dedicated to empowering you to enjoy life to the fullest. To support you on your road to wellness, we offer a variety of therapeutic specialties, including:

- PT/OT/Speech
- OT
- Cardiac Rehab
- Orthopedic
- Wound Therapy
- Dysphagia
- Balance & Fall Prevention
- Modalities: E-Stim, Ultrasound
- PT
- ST
- Alzheimer's/Dementia
- Neurologic
- Cognitive Therapy
- Feeding Difficulties
- Positioning

At Maclay Healthcare Center, you can rest assured that you'll receive the highest quality care and be treated with dignity, compassion and respect.

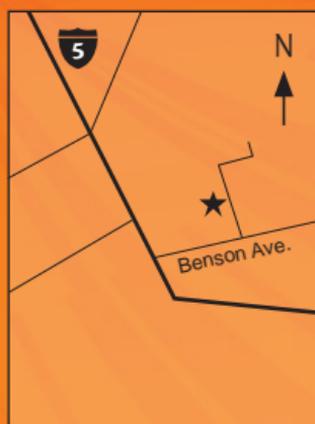
## **Maclay Healthcare Center**

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For more information or to talk about your specific needs, please contact Lisa Rodriguez, Therapy Specialists' Vice President of Clinical Operations at (858) 514-0375, ext. 412.

**Medicare and All Major Insurances Accepted**