



# The Team Approach

Find out how a team of doctors, nurses, therapists and others collaborate to provide *Menorah Park's* post hospital patients with a full spectrum of care.

by **Nina PolienLight**

**M**ore than 900 post-hospitalization patients are admitted annually to *Menorah Park Center for Senior Living Post Rehab Care*. The rehabilitation team's goal is always the same.

"We want to return people to their prior functional level so we can send them home doing activities they were previously doing," says Ruth Plautz, Menorah Park's director of rehabilitation services.

Professionals across disciplines cooperate on every case.

"Ours is a true team approach with complete continuity of care that supports every need—social, emotional and physical," notes Dr. Michael Knight, medical director. "Each Menorah Park team member plays an integral role in a patient's recovery."

Staff doctors, physician's assistants and nurses work seamlessly with physical, occupational and speech therapists to provide treatment prescribed by the referring physician. Therapists monitor challenges, then help patients learn or relearn skills in a real-life living suite.

"The suite is set up as an apartment so people can practice living skills before going home," Ruth explains. "We teach them things like carrying liquid from the counter to the table while temporarily using a walker, so they develop safe techniques." Clients bake cookies, wash dishes and

perform other daily living tasks using specially designed equipment from Menorah Park's Adaptive Living Shoppe. Therapists recommend specific equipment to ease the transition home and minimize the chances of an accident or recurrence.

"It can be anything from shower seats to reachers or grabbers," Ruth says. "We have silverware with larger handles, clocks with larger numbers, and alarms that go off so a person knows it's time to take medicine. When clients go home, they feel capable of doing things on their own."

Relatives attend in-suite training so therapists can familiarize them with adaptive equipment, explain its necessity, and answer questions.

Menorah Park's team approach is a large reason for its ranking among the top 10 percent of senior care centers nationally. With a five-star Medicare rating and zero deficiencies from state inspectors, Menorah Park offers 24/7 admissions and accepts Medicare and most private insurance.

But the rehab team is more interested in helping people than in garnering accolades.

"It's exciting to see clients be successful as they continue to recover and regain their abilities," Ruth says.

*Menorah Park Center for Senior Living Post Rehab Care is located at 27100 Cedar Road, in Beachwood. The phone number is 216-831-6500 and the web address is [www.menorahpark.org](http://www.menorahpark.org).*