

Outpatient Therapy at The Selfhelp Home



Maximizing Strength, Independence & Quality of Life

Let us be your choice for outpatient therapy

At The Selfhelp Home we offer a full continuum of care, including outpatient therapy services.

The Selfhelp Home has partnered with HealthPRO® Heritage, a leading provider of therapy services, to offer the highest quality comprehensive rehab services & health education.

Whether you're looking for a convenient location or you're a resident of Selfhelp, our outpatient therapy services are here for you.



*Physical Therapy | Occupational Therapy | Speech Therapy
Fall Prevention | Pain Management*

Outpatient Therapy Services

Fall Prevention Programs

Asses your risk for falls and help address both intrinsic and extrinsic risk factors.

Pain Management Programs

Helps those suffering from acute and chronic pain to find relief and get back to the activities they love.



Additional Details

- Therapy participation requires physician prescription
- Services are typically covered under Medicare Part B or HMO B benefit

Move-in Assessments for New Residents

Ensure that your apartment is set up to promote safety and independence. Learn to navigate the community and have a trained therapist assess your safety with all mobility in your new environment.



THE SELFHELP HOME

A TRADITION OF CARING

www.SelfhelpHome.org

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