

Susan Gray and Surbi Suhagia are both rehabilitation aids at Bayside Personal Care Home. At Bayside, the entire team believes physical wellness and autonomy are major contributors to health and safety and therefore essential to quality of life for their Residents.

Using that philosophy, Susan and Surbi developed walking programs, balance training, and range of motion (both passive and active ROM) activities three times a week for residents to treat problems such as:

- Age related contractures and Pain related to arthritic stiffness
- Fractures
- And to build confidence for residents who are fearful after having a fall

But Susan and Surbi did far more than just develop programs and activities. These ladies added a heavy dose of FUN to the fundamentals of all these activities! They don't just organize group exercise programs, they organize fun, resident centered 1 to 1 therapies. They strive to motivate residents and improve their sense of self confidence.

The Walking Program is designed to improve leg strength, balance and circulation. By ensuring capable Residents get up for a walk regularly we can improve their safety, strength and comfort. The Rehab Aides can utilize a Steady Mate Walker which harnesses the Resident to the walker to prevent falls and allows the Rehab Aide to walk the Resident safely with a minimum assist of one staff. This walker offers the fearful resident a sense of safety and therefore boosts their confidence while ambulating. Susan and Surbi also de-escalate responsive behaviors by walking with residents who are restless, anxious, pacing or exit seeking.

The Range of Motion Program is designed to increase the Range of Motion of affected joints that have limited movement related to previous injuries, surgeries or chronic conditions (arthritis etc.). The goal of this program is to allow the Resident to function and complete daily tasks as independently as possible for as long as possible.

The Sit to Stand Program is designed to increase the Residents core strength, leg strength and improve balance. The resident will use a specially installed railing located on each nursing station to pull themselves into a standing position. These strengthening exercises also aid in fall prevention, improve core strength and improve circulation to legs and feet.

And Touch therapy is offered. We all know about the healing powers of touch! Surbi and Susan provide therapeutic touch to Residents who suffer from chronic pain and for Residents whom are wheelchair dependent. The touch therapy improves circulation; decreases pain and can reduce anxiety. Hand, foot and back massages are offered to Residents.

Surbi and Susan work hand in hand with the Physio Therapist, Occupational Therapist and Charge Nurse to prioritize needs and establish resident centered goals for improved mobility, strength, safety and autonomy.

Bayside has achieved significant success in helping residents with fractures, and stroke and age related contractures to return to an improved state of function. This would not be possible

without the dedication and compassion that is woven into these care and therapy programs delivered by these two ladies.

Surbi and Susan are dedicated team mates who work diligently and with great passion to improve the resident's physical and mental status and safety. They offer positive encouragement and set attainable resident centered goals. They make the recovery process fun by showing the residents that they genuinely care about their conditions. You will often see the residents and our Rehab Aides laughing in the hallways during their exercises. Susan and Surbi are kind, knowledgeable and integral members of our Resident support team and our facility and residents are much stronger for their daily contributions.