



# overview

## COPLEY HEALTH CENTER

*Copley Health Center* is located in a quiet residential neighborhood. We are a full continuum of care nursing home and assisted living providing skilled nursing care, medical services, activities and therapy for your loved ones. We're dedicated to giving the elderly care with the respect they deserve that goes beyond their medical needs. We administer care to your loved one's emotional, physical and spiritual needs...all very important components in maintaining the highest quality of life possible. We offer a lifestyle which promotes comfort, security and dignity, while helping maintain independence, all in one campus.

### Services Available:

At Copley, our professional caregivers will take the time to listen and find out what's important to each resident and their family. We also offer:

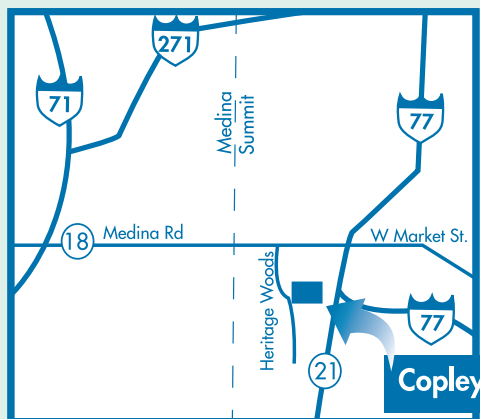
- Long & Short Term Care
- 24-Hour Skilled Nursing Care
- Outpatient Rehabilitation
- Hospice Care
- Respite Care
- Medicare and Medicaid Certified
- Most Insurances Accepted

**MEDICARE/MEDICAID CERTIFIED  
ADMISSIONS ACCEPTED 24 HOURS A DAY,  
7 DAYS A WEEK**

### Conveniently Located:

From 77N - Take exit SR-18 West #136 (West Market St). Turn Left (South) at the second light onto Heritage Woods Drive (.5 miles). Our facility is located on the left.

From 77S - Take Exit SR-18 #136 (Medina Rd). Turn Left (South) at the second light onto Heritage Woods Drive (.5 miles). Our facility is located on the left



**155 HERITAGE WOODS DRIVE  
COPLEY, OH 44321**

**Tel: (330) 666.0980  
Fax: (330) 666.5585**

[www.communicarehealth.com](http://www.communicarehealth.com)



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## REHABILITATION THERAPY

**Call Today To  
Schedule a Tour  
or an Admission!  
(330) 666.0980**





**TEAM APPROACH:**

If short-term rehabilitation or post surgical recovery care is required, Copley Health Center is here to meet your needs. Our goal is to give residents the strength and knowledge to function at their highest level of ability. We offer a skilled team of physical, occupational, and speech language pathologists to facilitate and expedite the rehabilitation process.

We recognize that rehabilitation goes well beyond the traditional therapy. A Psychiatrist, a specialist in the area of rehabilitation medicine, directs our well-trained team of therapists. Copley Health Center is a leading rehab provider and is recognized for its quality clinical practices, positive outcomes and innovative programming for over 20 years. Our health center offers a wide range of programs and services to meet the diverse needs of the community we serve. Here are some examples of what sets us apart...

**SPECIALIZED TREATMENT PROGRAMS INCLUDE:**

**Physical Therapy**

Provides range of motion, strengthening, pain management, vestibular/balance rehab and functional training to help a resident achieve independence.

**Occupational Therapy**

Gives residents the "skills for the job of living" such as regaining the ability to perform self-care and activities of daily living.

**Speech Therapy**

Works with residents who suffer from neurological impairments, communication and swallowing disorders as well as assist with problem solving and cognitive deficits.



# COPLEY REHABILITATION PROGRAM

**VitalStim® Therapy:**

Dysphagia is defined as difficulty with swallowing. An estimated 15 million Americans currently suffer from dysphagia. People with dysphagia usually exhibit signs of aspiration (food or liquid getting into the lungs), muscle weakness or paralysis and difficulty managing a normal diet resulting in food choice restrictions.

We are pleased to offer a new safe and effective therapy cleared by the FDA to reduce the difficulties associated with dysphagia — **VitalStim® Therapy**. A Speech Language Pathologist uses specifically designed electrodes applied to the muscles of the throat to promote proper swallowing.

**Who Is a Typical Patient?**

A typical patient may have suffered from one of the following:

- Stroke
- Neuromuscular disease processes such as Parkinson's and ALS
- Head or neck cancer (post radiation) and/or surgery
- Deconditioning as a result of age

**Who Is a Candidate for VitalStim® Therapy?**

If you show signs of aspiration or have difficulty swallowing, you may be a candidate for VitalStim® Therapy. Look for one or more of the following symptoms:

- Coughing
- Clearing throat after swallowing
- Decreased voice quality (wet, hoarse, weak)
- Recurring chest infections
- Difficulty completing a meal
- Feeling of food stuck in throat
- Modified diet (thickened liquids, pureed foods, soft solids)
- Spilling food from lips and/or drooling

VitalStim® is designed to improve swallowing through the use of Neuromuscular Electrical Stimulation (NMES) and is used to assist muscle strengthening to rehabilitate the swallow. A VitalStim® program is typically administered 3 to 5 times per week for one hour. Most VitalStim® patients can expect their program to last approximately one month. *Allow Copley Health Center to help you or a loved one achieve your goals of swallow recovery with VitalStim® Therapy.*

**Balance and Vestibular Rehabilitation:**

Poor balance poses a serious risk of injury, while also limiting what you feel comfortable doing.

- Do you or someone you know suffer from poor balance, unsteadiness, or spinning?
- Have you fallen in the past, or limit your activity due to the fear of falling?
- Do you, or have you, experienced the feeling of the room spinning or yourself spinning with certain movements?
- Do you feel lightheaded, or get a faint feeling, when you change positions?
- Do you have a general feeling of unsteadiness while walking which may limit what you enjoy doing?
- Have you been hospitalized from a medical condition that has left you weak and unable to return home safely?



*If you have answered YES to any of these or similar questions, consider the Balance and Vestibular Rehabilitation services at Copley Health Center.*

Highly trained clinical specialists can help diagnose your balance deficit and comprise a treatment plan specific to your needs.

**We Specialize In:**

- Vestibular rehabilitation; disorders of the inner ear and ocular system that leads to vertigo, or spinning; blurred vision with head movements, and difficulty focusing
- Gait disorders or unsteady walking
- Orthostatic disorders or the feeling of lightheadedness or fainting with positional changes
- Leg weakness and general weakness following a surgery or hospital stay.