



**TRANSITIONS**  
HOME HEALTH

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*Holton*  
MANOR

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**CORE**  
REHABILITATION

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## Success Story | Inpatient, Outpatient Therapy plus Home Health Brings Solutions For Healing

Marian H. is 87 years old and lives with her daughter and her family. After two falls which resulted in a broken femur, knee cap, and pelvis, and a bad case Vertigo, she and her family chose Holton Manor to begin her healing. The CNAs, nurses, volunteers, and staff became so in-tune with her condition and needs, that when Marian used the call button, they could often anticipate her needs and respond quickly.

Marian lives her life with the motto "If you don't use it, you lose it", but when therapy first approached her about starting to walk, she thought they might be crazy. But she embraced their techniques which came from a personally designed care plan, and was able to walk 25 steps on the first attempt. After her pelvis broke, her doctor told her that 24% of people in her age group die within a year because the pain often keeps the patient bedridden. Marian admitted that when she was at Holton Manor she worried that she might never walk again. But with determination she fought through, and chose to "destroy excuses."

Throughout her time at Holton Manor, she worked with her physical therapist, Josh, who made all the difference in her care. "The therapists are all so friendly; they make you feel like you've accomplished something with your time with them. They laugh right along with you, and stay by your side the whole time," said Marian.



When she returned home, Transitions Home Health was there when she needed it the most. Stephanie and Terra, CNAs with Transitions, helped her bathe and complete daily activities. Josh continued with in-home therapy and helped her meet her goal of going up and down the stairs without help. When Marian needed wound care, Jodi, Administrator and Registered Nurse for Transitions, worked with her on a skilled nursing level and meeting her needs.

Marian soon disposed of her walker, graduated to a cane, and was able to drive again. She continued with Aqua Therapy as a Core Rehab outpatient in the warm, 93-degree pool located at Holton Manor. "It really helped because, on land, my pelvis hurt when I walked, but in the pool I didn't feel it. It controls your pain to get you through the exercise. When I was in the pool I didn't have any pain," said Marian.

With caring and expert help from Holton Manor, Transitions Home Health, and Core Rehabilitation, Marian reached her health goals and is back to where she was before she fell. She is able to bathe herself standing up, maneuver stairs, lift and carry an ironing board to take care of her daily activities, make beds, do laundry, and clean the house. "I wanted to get back to 100%; if I couldn't get there, I wanted 99%. If you don't get up and get on your feet and do it, then you're not ever going to do anything but sit in a chair and die," said Marian.



Marian was even able to continue with Josh as her therapist after her discharge from Holton Manor when she moved home, using Transitions Home Health combined with outpatient therapy at Core Rehabilitation (located at Holton Manor) to complete her treatment. The continuity of care and having the familiarity of her trusted therapist at every stage was important in Marian's progress.

