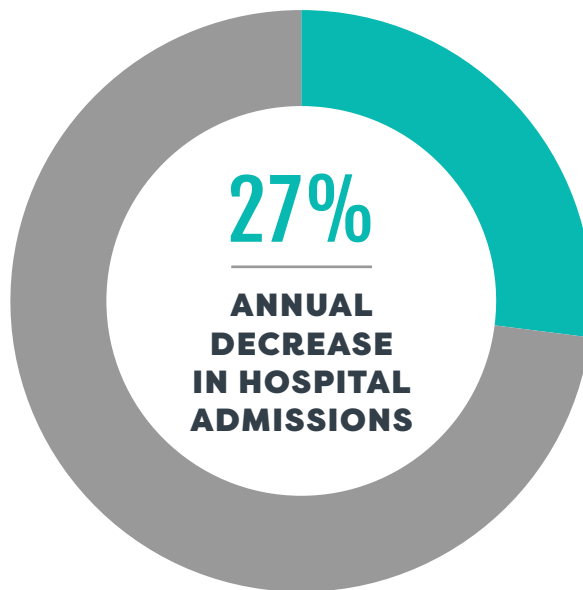
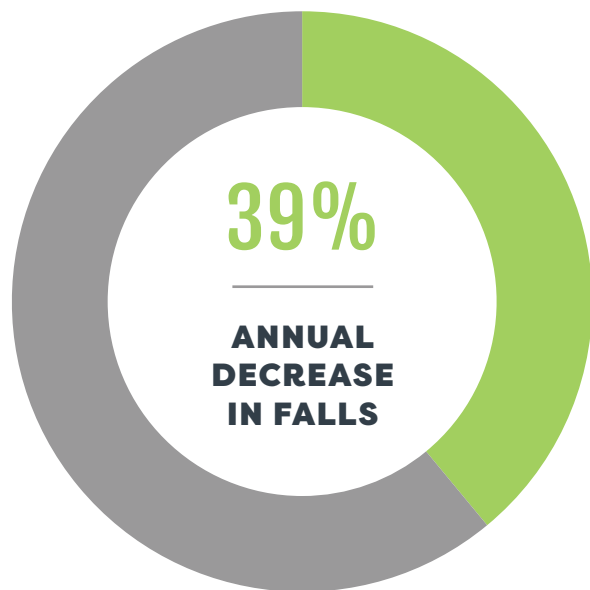


# THE MANSIONS

has partnered with FOX Rehabilitation to offer a clinically excellent and evidence-based Optimal Living wellness program.



**PHYSICAL, OCCUPATIONAL, & SPEECH THERAPY.  
FOX REHABILITATES LIVES.**

**T** 877.407.3422 | **W** [foxrehab.org](http://foxrehab.org)



Mansions at Alpharetta  
3700 Brookside Parkway  
Alpharetta, GA 30022  
404.369.0346



# THE VALUE OF FOX OPTIMAL LIVING AT THE MANSIONS

## PROACTIVE APPROACH TO FUNCTIONAL WELLNESS AT THE MANSIONS



***Exclusive and unrestricted access*** to wellness services beyond insurance through the continuum of care including:

- *1 on 1 wellness sessions with an Exercise Physiologist as indicated*
- *Group exercise classes led by an Exercise Physiologist in an open social setting*



***Full-time Wellness Director and Exercise Physiologist***



***Immediate assessment upon move-in***



***Progressive, intensive, and individualized wellness programs*** including:

- Progressive strength training
- Individualized neuromuscular re-education and balance protocols
- Whole body aerobic and cardiovascular programs to promote heart health
- Cognitive wellness programming for all residents



***Ongoing scheduled assessments*** for all residents to monitor their strength, mobility, balance, and quality of life



***Immediate assessment*** in response to concerns and recognized changes





# THE VALUE OF FOX OPTIMAL LIVING AT THE MANSIONS

## **FOL COMMUNITY: THE MANSIONS** **Proactive approach to healthcare**

## **STANDARD COMMUNITY** **Reactive approach to healthcare**

*Full-time Wellness Director*

*No ownership of functional wellness*

*Supervised and customized wellness programs for all residents*

*No wellness program*

*Wellness classes are evidence-based (progressive, intensive, and individualized)*

*Exercise classes, if any, are recreational*

*Immediate functional assessments for all residents upon move-in*

*Ability to assess is dictated by insurance*

*Ongoing assessments for all residents to monitor their strength, mobility, balance, and quality of life*

*Ability to assess is dictated by insurance*

*Constant communication between caregivers, staff and Optimal Living team*

*Limited communication due to lack of full-time presence in community*

*Monthly professional presentations for staff regarding safety and body mechanics*

*Inconsistent caregiver training due to lack of full-time presence in community*

*Cognitive wellness programming for all residents with varying levels of dementia*

*May or may not be provided unless billed to patient with covered insurance plan*





# ARTHRITIS



*Management of pain and stiffness*



*Maintenance of joint integrity*



*Prevention of functional deficits*





**FOX OPTIMAL LIVING GOALS & INTERVENTIONS AT THE MANSIONS**

# JOINT REPLACEMENTS



*Post-acute restoration of joint mobility*



*Progressive strength and balance training*



*Long term management of  
mobility and function*





**FOX OPTIMAL LIVING GOALS & INTERVENTIONS AT THE MANSIONS**

# DIABETES



*Supervised therapeutic exercises*



*Individualized aerobic training*



*Sensory-motor conditioning  
for fall prevention*







**FOX OPTIMAL LIVING GOALS & INTERVENTIONS AT THE MANSIONS**

# DEMENTIA



*Strategies for continued independence*



*Risk management and fall prevention*



*Customized functional wellness programs*





**FOX OPTIMAL LIVING GOALS & INTERVENTIONS AT THE MANSIONS**

# DECONDITIONING



*Cardiovascular endurance training*



*Progressive, resistance strength training*



*Task-specific conditioning*





# CEREBROVASCULAR ACCIDENT



*Post-acute restorative care*



*Training for activities of daily living*



*Management of cognition/communication*



*Adaptive equipment  
recommendation/education*





**FOX OPTIMAL LIVING GOALS & INTERVENTIONS AT THE MANSIONS**

# CARDIAC



*Cardiovascular conditioning*



*Strength and flexibility training*



*Functional activity programs*





**FOX OPTIMAL LIVING GOALS & INTERVENTIONS AT THE MANSIONS**

# PARKINSON'S



*Therapeutic exercises*



*Functional activities*



*Neuromuscular re-education*

