

Dundas Manor residents have all the right moves

BY JOHN NELSON
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EMC Business -- A highly successful physiotherapy program is helping Dundas Manor residents live their lives to the fullest.

All 97 residents -- only one bed is empty -- at the privately owned and operated long-term care home on William Street receive regular treatment and the results are astonishing, even to seasoned physiotherapists.

"We are seeing amazing results," said Cheryl Souder, a physiotherapy assistant who works full time at the manor.

Ms. Souder pointed to case of one resident, Len Kelly, who after months of physiotherapy was able to stand on his own, something the resident had not done in years. She said it was an emotional moment for the Dundas Manor physiotherapy team and for the resident's family.

Each participant must have doctor approval and is assessed by a fully trained physiotherapist, said physiotherapy assistant Christina Flake. As well, each program is catered specifically for that individual. Programs do not being or change without an assessment, she said.

There are many benefits to physiotherapy regimens offered. One goal is to decrease the amount of medication residents are prescribed. Physiotherapy can help relieve pain without the use of drugs. As well,



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Dundas Manor physiotherapy assistant Cheryl Souder, left, activity, programs and services director Jennifer Hill and physiotherapy assistant Christina Flake pose by the physiotherapy wall of achievement. Most residents are excited to have their pictures posted on the wall.

even being able to stand allows patients to experience some movement and avoid the risk of bedsores and similar difficulties.

"It affects their whole health," said Jennifer Hill, Dundas Manor activity pro-

grams and service director, explaining that residents have more self-confidence and a sense of accomplishment as a result.

In the manor's small physiotherapy room, a wall of achievement is the pride

of both physiotherapists and residents alike. The wall features photos of residents successfully completing physical activity -- and most of them have smiles on their faces.

Ms. Souder said the key is to maintain muscle use and residents get that chance every weekday with exercise programs on Mondays, Wednesdays and Fridays and walking Tuesdays and Thursdays.

With increased mobility comes greater opportunity to participate in manor activities.

Ms. Hill explained that about 30 organized outings were held for residents in 2009. These included everything from plays and movies to shopping trips.

"We're very much out in the community," she said. As well, manor staff attempt to bring the community into the home, with entertainers, guest speakers and others visiting the facility.

Ms. Souder said the atmosphere is amazing at Dundas Manor.

"Country people ... look out for one another," she said. "It's like one big family."

Ms. Hill said that the 122 staff members work together to provide the best care to residents with members of all departments offering input.

"We know our residents," she said. "Every department is in tune with the residents' needs."