

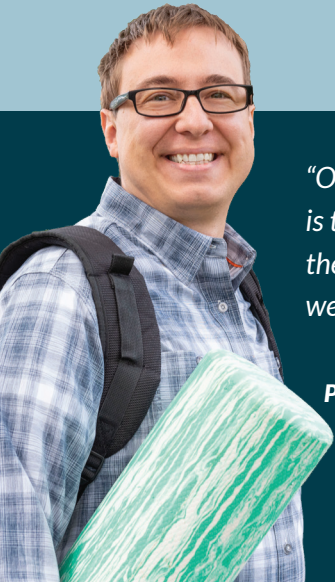


ABOUT US & WHAT WE VALUE

- You can choose to come to our clinic in Scarborough or for us to travel to your home.*
- One to one care with holistic approach
- You do not have to be homebound**
- Board Certification in Geriatric Physical Therapy by the American Board of Physical Therapy Specialties
- Certified in Multiple Sclerosis care by The Consortium of Multiple Sclerosis Centers
- Certified Exercise Expert for Aging Adults by the American Physical Therapy Association

* In Portland and surrounding areas.
Call for more specifics.

**Medicare, private insurance plans vary



"Our goal at Resilience Maine is to help our neighbors build their physical resilience to weather the storms of life."

-BILL ANDERSON, PT, DPT
PHYSICAL THERAPIST & OWNER



Appointments available at our clinic location or in your home.

Clinic Location
23 Hannaford Drive
OPTA Office
Scarborough, Maine 04074

Mailing Address
110 Marginal Way, #964
Portland, Maine 04101

Email: info@resiliencemaine.com
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WWW.RESILIENCEMAINE.COM

Resilience Maine
MOBILE REHABILITATION & WELLNESS

Resilience Maine

MOBILE REHABILITATION & WELLNESS

CARE ANYWHERE

Receive award-winning clinical care in our office or at your home.



RECLAIM your lifestyle.



COMPARING SERVICES

- ✓ Home Health Agency
- ✓ Resilience Maine
- ✓ Out-Patient Physical Therapy Clinic

TYPICAL HOME HEALTH AGENCY

- One to one care
- Short-term services
- Care is limited to the home environment
- Have nursing and social work services
- Privacy of your own home
- You must be homebound to be eligible (Medicare, most private insurers)
- Focus more on adaptations and restoring to basic function

RESILIENCE MAINE

- One to one care in a holistic manner
 - Short or longer term services
 - Can occur anywhere in our coverage area*
 - Provides Restorative, Maintenance, and Wellness services
 - Privacy of your own home or small clinic*
 - Does not have nursing services
 - There is no Homebound requirement (Medicare)
 - Continuing beyond basic function for reintegration into the community
 - Builds a functional reserve for resiliency in case of a future accident or illness
 - Can act as a bridge from a Home Health Agency to the community
- *Insurance coverage can vary.*

TYPICAL OUT-PATIENT PT CLINIC

- Not always one to one care
- A busy gym environment
- Does not have nursing services
- Requires transportation
- Interventions may not always tie into functional goals specific to the patient's environment

**3
CARE
TRACKS**

Restorative *(Traditional Physical Therapy)*

Maintenance

Wellness

	Restorative <i>(Traditional Physical Therapy)</i>	Maintenance	Wellness
Goal	Improve functional status	Slowing or preventing loss of function when improvement is not anticipated	Establishment or continuation of an exercise program for long-term wellness
Insurance Coverage	Coverage by most insurers	Coverage by Medicare if medically necessary to maintain function. Private insurers-varies by individual policy	Not covered by insurers
Details	Care plan must require the unique skills of a physical therapist for coverage	Care plan must require the unique skills of a physical therapist for coverage	General wellness: personal training with the skills and training of a physical therapist

We will work with you to decide which track is best to meet your goals. You will get a program tailored to your needs, all within the same practice, and keep your same therapist.