

# THERAPY

*The growing demand for short-term rehabilitation services in senior living communities is creating more job opportunities for therapy professionals in this setting.*

## Restorative Aide

A restorative aide is a certified nursing assistant (CNA) who has additional, specialized training in restorative nursing care. Restorative aides assist residents with exercises designed by the nursing or rehabilitation staff to help them improve the use of limbs and body functions. A restorative aide's duties can include assisting residents with walking, strength training and range of motion exercises, dressing and grooming. Restorative aides work as a part of a care team and are responsible for documenting residents' daily activities and progress. Like CNAs, restorative aides play a very hands-on role in the care process and spend a significant part of their time working closely with residents.

### Education and Experience

Restorative aide is a skill and a job classification that builds on a CNA (Certified Nurse Aide). Work experience as a CNA and usually completion of high school or GED is required.

### Next Steps

Physical Therapy Assistant (PTA)  
Occupational Therapy Assistant (OTA)

## Rehabilitation Therapist

A rehabilitation therapist is a health and wellness specialist trained to assist, diagnose and treat individuals with mobility problems caused by injury, illness or accidents. Rehabilitation therapists are responsible for evaluating and diagnosing mobility impairments resulting from strains, fractures, sprains, diseases, and numerous other conditions. Based on their examinations, they recommend and administer therapeutic exercises and other forms of appropriate treatment.

### Education and Experience

Rehabilitation therapists are required to have an undergraduate degree in biology, chemistry, physics, anatomy or a similar field. They must pass the National Physical Therapy Examination (NPTE) administered by the Federation of State Boards of Physical Therapy (FSBPT).

### Next Steps

Director of Rehabilitation Services  
Corporate Director of Rehabilitation



## Director of Rehabilitation

A Director of Rehabilitation Services directs the programs and staff of the rehabilitation services department for the senior living community. They set and implement guidelines for rehabilitation programs such as physical therapy, occupational therapy, and speech therapy and assigns patients to staff therapists for treatment and reviews residents' progress. The director of rehabilitation also communicates results of resident care to other services and departments.

### Education and Experience

A Director of Rehabilitation Services must meet all of the same education and certification requirements as a rehabilitation therapist. The role may also require an advanced degree in physical therapy and at least seven years of direct experience in the field.

### Next Steps

Regional Director of Rehabilitation  
Corporate Director of Rehabilitation

