



Therapy MYTH-BUSTERS

Many older adults hold misconceptions about therapy that can prevent them from getting the care they need. Let's bust some common myths and see how therapy can support your health, independence, and quality of life.



"I'm too frail for therapy."

REALITY: Frailty isn't a reason to skip therapy—it's a reason to do it! Gentle, guided exercises can boost your energy, mobility, and confidence.



"Falling is just part of getting older."

REALITY: Falls aren't normal. Therapy improves balance and safety while lowering your risk of falling.



"Speech therapy is only for stroke patients."

REALITY: Speech therapy supports safe swallowing, clear speech, memory, and overall communication for many conditions, not just strokes.



"I don't need therapy. I can still get around on my own."

REALITY: Therapy helps you maintain independence and stay active. Even if you move well now, it can prevent future decline and reduce fall risk.



"I'll never regain what I've lost."

REALITY: Progress is possible. Therapy supports recovery at your pace, helping you regain confidence and function.

HOW THERAPY CAN HELP YOU

Our on-site therapy department offers personalized programs in physical, occupational and speech therapy. Ask your doctor for a referral and discover how therapy can help you stay strong, safe and independent.

[insert your contact information, etc.]

[insert your logo]