



How Therapy Helped Me

*Written By Betty Goodykoontz,
resident at Kirkwood by the River,
103 years old*

Several months ago, when I was admitted to the hospital, the doctors gave me very little hope ...even of survival! Today I am in the Assisted Living section of Kirkwood by the River and living almost totally independently. I attribute this “revival” to the excellent therapeutic treatments I received in skilled nursing.

Therapy has restored my balance, my confidence, and my ability to live almost entirely independently. Several things, I believe, contribute to successful therapeutic treatments. The first is the attitude of the patient receiving therapy. A positive attitude is vital, I believe. Believing “you can do it” and following the therapist’s instructions seems to be half the battle. Therapy has made me aware of the little things we live with every day that can be dangerous. It has also made me aware of my limits. It has taught me to take precautions that I had never even become aware of.

In summary, therapy has restored my confidence in myself. What else can one ask for?!