



# *Should You Consider Implementing Massage at Your Care Facility?*

## *Answers to Common Questions*

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1. Does therapeutic massage help meet federal guidelines for resident program activities?

Yes, a program of therapeutic massage is an excellent response to health care guidelines encouraging increased one-on-one programming and bedside activities for facility residents. In some cases, it may also qualify as a treatment alternative for reducing the need for physical or chemical restraints.

2. How can massage therapy fit in with our facility programs?

Depending on your facility's needs, you can hire a massage therapist as a staff member, or bring one in as a private contractor. The massage therapist will be prepared to coordinate with other health care staff and family members as needed to integrate massage into each individual's care plan.

3. How do residents or family members pay for massage?

Some possible payment methods are:

- Paid directly by the individual or family member
- Purchased as a gift by family or friends
- Invoiced to the guardian or conservator
- Charged to the individual's trust account
- Paid by some insurance companies with a physician's prescription
- Covered by hospice services in some cases

Fees can vary. Contact the massage therapist to discuss specific fee schedules.

4. What are the qualifications of a massage therapist specializing in facility care?

Many massage therapists receive their education through specific programs for working with the elderly, hospice patients and people with particular conditions. A massage therapist can describe in detail his or her education, certification or licensing, and specific training or credentials.

5. How can we find out more?

Set up a meeting with the massage therapist to discuss implementing and promoting a massage service at your facility. Your therapist can also schedule a presentation and demonstration for your staff.