

# Profile: Slate Valley Center's new OT receiving high praise

There is a rising young star in the rehabilitation department at Slate Valley Center in Granville and she goes by the name of Kately Allen.

Allen, who is from Lake Luzerne, New York, is highly respected among the residents she cares for, very well-liked by her colleagues, and a highly admired occupational therapist (OT) who has only been employed at the facility since July of this year, according to Slate Valley Center.

She's no stranger to the 88-bed skilled nursing facility as she was a student there only last year in 2022. Her love of helping others to get back to themselves by doing their everyday tasks is never a walk in the park but her love of her job and field in OT gives her that upper hand with success, something that not everyone is

cut out for.

"One needs to have the right characteristics, personality and special frame of mind to do this job," Allen said. "It's all worth it when you see your patient meet their end-goal so they can return home."

It all began when Kately was a young girl and her family, during the holiday season, helped others when they took part in horse-drawn carriage rides during Christmas. This planted the seed in Kately's life where it motivated her to help others who were not as fortunate as her.

"My job may look like simple therapy, but what is missed is the endless work we do together to maximize independence and achieve their best quality of life," Allen said. "It's not always about the big milestones, but

reclaiming the thousands of small things most of us take for granted."

Simple? Never. The three most popular disciplines in rehabilitation are physical therapy (PT), occupational therapy (OT) and speech therapy (ST), and in any of those therapies, therapists have the daunting task every day to get people who were previously hospitalized due to perhaps a bad fall, a stroke or heart attack, to hopefully get them back on their feet in order to return home.

For short-term patients, that's the only goal, but people come from all walks of life. Allen knows this in these early years as a therapist and that observation puts her in a class all by herself, according to Slate Valley Center.

Allen also works with dementia patients in OT and she says that each day is a new step for them. To help get these patients get on the right road with occupational therapy can be a big challenge, but a task that can be



Contributed photo  
**Occupational therapist Kately Allen from Slate Valley Center.**

tackled as she works with them accomplishing familiarities.

Slate Valley Center's Director of Rehabilitation, Kylie Cavallaro, is proud of what Allen has accomplished in such a short time.

"At first it was unknown if Kately would embrace long-term care when she was a student here," said Cavallaro. "She was truly adamant that she wanted to do her best, but then she started showing her true

self. Over her three months, she fell in love with the facility and was unbending that when she graduated in May 2023, she wanted to return as a full-time OT. She made such an impression on the staff and residents that they frequently asked for her after she left. She worked very hard, passed her boards right after graduation and returned as a full-time OT. She has shown such initiative in just a few short months, willing to learn how to grow as a clinician and how to best grow the OT department at Slate Valley Center. I'm very proud of her and her accomplishments."

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