



Caitlyn Donegan, PT, DPT, NHA, RAC-CT, CADDCT, CDP

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## PROFESSIONAL OVERVIEW

Experienced Physical Therapist, Director of Rehab and Nursing Home Administrator with demonstrated ability to improve quality and efficiency of rehab and nursing home services for the adult and geriatric population.

## EDUCATION

Texas Tech Health Sciences Center - Lubbock, Texas - *Doctorate of Physical Therapy (May 2013)*

Nicholls State University - Thibodaux, Louisiana - *Bachelors of Science (May 2010)*

## PROFESSIONAL EXPERIENCE

Adara Living - *Nursing Home Administrator* January 2024 - Present

- Oversee daily operations of a very large nursing and rehab center, ensuring compliance with state and federal regulations.
- Manage a team of 300+ staff, providing leadership and support to improve resident care
- Develop and implement policies and procedures to enhance operational efficiency, staff accountability and resident/family satisfaction.
- Collaborate with healthcare professionals to create individualized care plans for residents.
- Monitor budgets and financial performance to achieve fiscal goals.

Optum | UnitedHealth Group - *Director of Product Development* March 2022 - January 2024

- Provided strategic direction and prioritized initiatives to align with organizational goals and market needs, balancing innovation with client demand.
- Collaborated with cross-functional teams to successfully develop and launch healthcare initiatives.
- Conducted market analysis to identify opportunities, assess competitors, and inform product development strategies.
- Implemented affordability initiatives to optimize financial resources and enhance operational efficiency.
- Developed solutions for process optimization, streamlining operations, and improving overall efficiency.

D3 Consulting - Lafayette, CO - *Owner/Consultant* January 2020 - January 2024

- Managed operational performance of value-based care arrangements and rehab operations within skilled nursing facilities owners and operators.
- Developed and implemented clinical training and rehab utilization management strategy yielding \$8 million dollars in savings over a two-year period and YoY ongoing savings.
- Analyzed financial and clinical trends to identify areas of opportunity to improve clinical delivery, patient outcomes and program financial stability.

Legacy Healthcare - Broomfield, Colorado – *Director of Rehab* April 2018 – May 2020

- Managed rehab operations including patient schedules, rehab staffing, budget operations and clinical needs identification of community.
- Developed and implemented clinical programs alongside nursing leadership and administrator to improve quality measures and clinical outcomes.

Sava Senior Care - Colorado – *Rehab Program Manager* April 2016 - April 2018

- Managed rehab teams across multiple buildings with consistent focus on improving clinical systems and evidenced-based therapy resulting in improved outcomes and financial stability.
- Supervised teams of rehab clinicians to ensure ethical practice and appropriate treatment sessions for all patients.

Travel Therapy - Florida and Colorado - *Physical Therapist* May 2015 - April 2016

- Worked as a physical therapist on numerous travel assignments, gaining experience in diverse settings such as acute care, wound care, workers' compensation, skilled nursing, and outpatient services.
- Developed and implemented individualized treatment plans for both short-term and long-term patients in various settings.

Medical City Dallas - Dallas, Texas - *Physical Therapist* August 2013 – May 2015

- Practiced as an acute care physical therapist treating adults and geriatric patients in cardiovascular, neurovascular, surgical, and medical ICUs, as well as other populations including orthopedic, telemetry, oncology, bone marrow transplant and wound care.

## **CERTIFICATIONS**

Physical Therapy License (#PTL.0023623) - September 2015 – Present

Certified Nursing Home Administrator (#NHA.0003072) - December 2023 – Present

RAC-CT Certification - September 2019 – Present

Certified Alzheimer's Disease and Dementia Care Trainer - April 2017 - Present

Certified Dementia Practitioner - April 2017 – Present