



Welcome and thank you for choosing **The Advanced Therapy Center at Chesterwood Village**. This introduction letter is to help familiarize you with the rehabilitation experience and provide guidance on what you can expect during your first twenty-four hours with us.

#### **NURSING:**

- Your Licensed Nurse will complete their assessments and verify your hospital discharge orders with your facility physician.
- Once your discharge orders have been verified your medication will be ordered from the pharmacy and delivered within approximately 6-8 hours.
- You may use your call light to alert staff that you need assistance at any time. This call light will ring to the Nurse/ Aide phone and allow you to communicate directly with them.

#### **THERAPY:**

- Physical (PT) and Occupational Therapy (OT) evaluations are usually completed the morning after your arrival.
- During your first visit with Physical and Occupational Therapy, your evaluation will be completed and your therapists will prescribe an individualized treatment plan.
- Physical Therapy's primary areas of focus in a Skilled Nursing Facility (SNF) may include but not limited to the following areas:
  - Functional Mobilities including bed mobility, transfers, ambulation, stairs, etc.
  - Strength and Range of Motion, such as legs and arms, to aid daily functional improvement.
  - Balance and fall prevention trainings.
  - Equipment needs assessment- cane, walker, wheelchair, etc.
  - Discharge planning for safe transition back to discharge destination such as your home.
- Occupational Therapy's focus in a SNF may include some or all of the following when applicable:
  - Activities of Daily Living (ADLs) with focus on regaining daily functional abilities such as dressing, bathing, self-care activities, safe functional transfers with daily activities, and home safety recommendations.
  - Strength and Range of Motion to aid further daily functional improvement.
  - Wheelchair mobility, Wheelchair positioning, Wheelchair prescription
  - Training on adaptation techniques for daily tasks to promote independence within restrictions.
  - Discharge preparation and planning including patient/family trainings and recommendations.



- Speech Therapy (ST) will assess if you have difficulty with speech/language, cognitive impairment, or swallowing difficulties.
- Therapy sessions are generally 45-60 minutes each of Physical Therapy and Occupational Therapy, 5 days per week.
- If you arrive Friday evening or over the weekend, you will be evaluated by therapy over the weekend. Treatment sessions may also be provided.
- Average length of stay (LOS) in a skilled nursing facility is approx. 2 weeks. This can vary highly based on your diagnosis and individual treatment needs.

#### **DINING:**

- You will be provided a menu from which you will be able to choose your entrée for breakfast, lunch, and dinner. You may also write in any selection from our Always Available Alternates Menu at any time and the staff will be happy to make that change.
- Meals are served at the following times:
  - Breakfast: Beginning at 7:00 a.m.
  - Lunch: Beginning at 12:00 p.m.
  - Dinner: Beginning at 5:00 p.m.

#### **ADMISSIONS PAPERWORK:**

- An Admission Clerk will contact you or your Power-Of-Attorney (POA) to complete an admission packet. The paperwork in this packet gives the facility and physician permission to treat, bill your insurance, and instructs staff on your wishes during an emergency. You will receive a copy of all the documents signed.
- Your picture will be taken and uploaded into your Electronic Medical Record for identification purposes.
- We will need copies of the following items: Drivers license, primary insurance cards, secondary insurance cards, and pharmacy insurance cards when applicable.
- If you have a Living Will or POA we would like a copy of those documents for your medical record. These will help identify your healthcare advocates and Advanced Directives in the event of an emergency.

Again, thank you for the opportunity to be a part of your recovery. We care like family because we are! If you have any questions or concerns, please contact us.