

Welcome!



HIGHLAND RIDGE
REHAB CENTER

You've made a great choice in selecting **HIGHLAND RIDGE REHAB CENTER**, the region's premier senior care provider. We are here to help each step of the way on your road to wellness and have already begun preparing for your arrival. This guide includes some helpful tips and check-lists to utilize before and during your stay.

At Highland Ridge, we strive to help our patients and residents reach their highest potential. Our dedication to providing comprehensive rehabilitation and nursing care begins with our skilled, compassionate team of nurses and therapists who specialize in rehabilitative care.

Our exceptional team is the strong foundation of our success, and we build on that with our relaxing and quiet environment and evidence-based care. We are a team with experience, dedication and passion.

Beneath it all, Highland Ridge is a community organization. Our staff is united by a desire to have a positive impact on our community both as individuals and as an organization—one that distinguishes itself as a caregiver, employer and neighbor.

Welcome to **Highland Ridge Rehab Center**.
We're committed to helping you be you again.

Watch our video



OUR PEOPLE FIRST PHILOSOPHY

Our **Keys** to Excellent Customer Service



FRIENDLY

We believe in creating an environment where you feel part of a close-knit community.

INFORMED

We prioritize keeping you fully informed about your care and services.

RESPONSIVE

We understand the importance of timely and effective communication—our commitment to being responsive means that we are always ready to assist you when you need us.

SUPPORTIVE

Life can present unexpected challenges, and we are here to provide a helping hand.

TRANSPARENT

We believe in fostering a relationship built on trust and open communication.

Proud to be the Area's **#1** Senior Care Provider

But don't just take our word for it...

"The staff will do everything they can to care for your loved one. **The culture is to treat each person as if they were family.**" Crystal M.

"I appreciate all of the CNAs and all the nursing staff and all therapists!
A big thank you to everyone!" Linda M.

"Great care setting.
Residents are well cared for." Tressia G.

"Great team with caring
compassionate staff!"
Mike G.



DON'T
FORGET
TO
LIKE US
and
FOLLOW

Visit Us on **facebook**

OUR FACEBOOK PAGE HIGHLIGHTS:

- ♥ Resident Activities
- ♥ Resident Birthday Celebrations
- ♥ Staff Highlights & Profiles
- ♥ Facility News & Updates
- ♥ AND LOTS OF SMILING FACES!

Be a part of the fun!



Just scan the code with your phone's camera to get started!

Our in-house therapy team provides medically prescribed treatment for restoring function to residents who are recovering from surgery or rehospitalization or have conditions such as stroke, hip fracture, Parkinson's disease and arthritis. The goal of rehabilitative care is to help each resident attain his or her highest level of function and independence.

Therapy Services



PHYSICAL THERAPY

Physical Therapists and assistants provide treatment designed to help patients regain body strength and function. Treatment might include: exercises, circulatory improvement treatment, pain treatment (by means of packs or electrical stimulation,) re-teaching the person to walk and providing training in the use of assistive devices.



OCCUPATIONAL THERAPY

Occupational Therapists help patients and residents relearn activities of daily living and self-care such as eating, dressing and grooming. They also show residents how to use adaptive methods and devices and help them prepare for the transition back home or to another setting.



SPEECH THERAPY

Speech Therapists provide treatment to maximize the ability to speak or communicate in other ways. They also work to improve swallowing function.

Amenities



Large Private &
Semi-Private Suites



Dedicated
Rehabilitation Unit



Lush Landscaped
Grounds



Personal Telephones



Beautifully
Updated Interiors



Wireless Internet



Transportation
Services



Various Religious
Services



Beauty Salon



Visiting Pets
Welcome





Our industry-leading **PEAK REHAB PROGRAM** is an outcome based program designed to keep you comfortable, healthy and goal oriented during and after your stay with us.

WELCOME GUIDE

You'll find this at your bedside once you arrive. This guide will help answer questions you may have about your stay. We've created it based off the most common questions from patients just like you. Our care team will also be standing by to answer any additional questions you may have.

REACH YOUR PEAK GUIDE

This will be your road atlas during your stay with us. Our Care Coordinator will work along side you to identify your goals, expectations and any feedback that will help us make your stay more comfortable. If you choose, you'll be able to share this guide with family and friends who are involved with your care to ensure everyone is on the same page. You'll receive this document and meet our care coordinator during the first few days of your stay.

PERSONAL HEALTH RECORD & RESIDENT SUMMARY

As you're preparing to return home, our Care Coordinator will work with you to develop a plan for you to take with you. This plan is based on evidence based practices to keep you healthy and a proactive advocate for your care once you return home. You'll take this with you to your primary care physician once you return home.

The core pieces of this summary are:

- **A personal medication plan**
- **Information on follow-up appointments**
- **Understanding the signs and symptoms that can cause decline and rehospitalization**

Peak rehab is a comprehensive therapy program that is proven to get you back on your feet and back home as quickly and safely as possible. Our therapies are designed by a team of specialists to help you regain your independence after surgery, an accident or illness.

This rehab roadmap is a visual guide that will show you where you on your rehab and the importance of each step of your therapy.

Your **PEAK REHAB** *Roadmap*

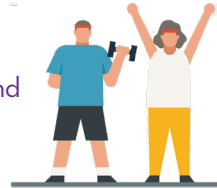


DISCHARGE PLANNING

Right from the start we are care planning to get you home as quickly and safely as possible.

PEAK REHAB STARTS

Starting to regain your strength, functionality and independence with physical, occupational and speech therapies. Get moving to get better!



REGAINING YOUR INDEPENDENCE

Getting back your daily living skills like:

- Bathing
- Dressing
- Ambulating
- Cooking
- Cleaning

ENSURING YOUR SAFE DISCHARGE

You're almost home, so let's focus therapy on relearning some of your favorite activities and hobbies so you can enjoy life after rehab.



PARTING IS SUCH SWEET SORROW

We are sad to see you leave but happy you are! Follow-up check-ins will help fine tune your skills and ensure you have made a complete recovery.



UPON YOUR ARRIVAL

We understand you may have some questions about your admission to our care center. Here are some things that will help ease your transition:

- Feel free to ask questions!
- Please anticipate spending some time with the Admissions Coordinator and Admitting Nurse to complete the admissions process. This will need to occur within 24 hours of admission.
- Bring any items that will help with your care either at the time of admission or shortly thereafter. Some recommendations include:
 - Power of Attorney/Durable Power of Attorney Forms
 - Healthcare Directives
 - Guardianship Documents
 - Current addresses & phone numbers for family and friends
 - Copies of insurance cards (including Medicare, Medicaid, and any supplemental)
- Part of your admission may include an evaluation from a member of our therapy team. If you arrive in the evening or on a weekend, this may occur the day after your arrival.

Understanding Financial Information

MEDICARE

Medicare is the federally funded program that provides partial health care coverage for most Americans age 65 and older and for persons who are disabled.

Under the current way Medicare pays hospitals, the hospital has a big financial incentive to discharge a patient quickly. Often, this means a patient will be well enough to leave the hospital, but not yet well enough to return home. This is where Medicare Part A will pay for a large part of the cost of care in a skilled nursing facility for up to 100 days. This kind of care is usually called sub-acute care.

Medicare covers:

- semi-private room
- meals
- skilled nursing
- services
- medications
- medical supplies

Nursing home payment under Medicare may be subject to these limitations:

- The skilled nursing facility must participate in the Medicare program.
- Admission must follow a period of at least three consecutive days of hospitalization.
- The nursing home stay must be for further treatment of the same condition the person was hospitalized with.
- The patient's physician must certify that the patient requires skilled nursing or rehabilitation services on a daily basis.
- The patient is responsible for a co-pay beginning with day 21. The co-payment amount is available from the facility.
- Medicare payment ends after the 100th day.

Remember, Medicare does not cover skilled nursing facility care on a long-term or custodial care basis.

MEDICAID

Medicaid is a joint federal-state program that helps pay the cost of health care, including extended care in a nursing facility, for persons with limited financial means.

Unlike Medicare (which is widely available based on reaching age 65 or being disabled), Medicaid requires that a recipient be eligible for benefits. To be eligible, a person's monthly income and financial resources must fall below certain specific amounts. In deciding eligibility, some resources are considered exempt and are disregarded.

MANAGED CARE AND LONG-TERM CARE INSURANCE

Some people are in a managed care plan that covers care in a skilled nursing facility or they have purchased their own long-term care insurance. In either situation, coverage including what a plan will pay for and how much it will pay depends on the particular plan or policy. Each managed care plan and long-term care insurance policy is unique in the long-term care or sub-acute care benefits it offers.

Getting Help With Eligibility and Other Payment Questions

Understanding payment, eligibility or coverages can be very confusing. Not to worry, we are here to help. Even though each situation is unique, many questions come up over and over

Just for Fun

Sudoku #1 - Easy

		7		1		5		8
			2			3	9	6
2			5				4	7
7	9			4			6	5
5			6		8			4
4	6			9			7	1
9	7				1			3
8	1	2			3			
3		6		5		7		

Sudoku #2 - Easy

2		7	1	9	6			
6	9		4	8			2	
							4	
		8	6		9	2	3	
1								9
	6	2	3		7	8		
	8							
	1			3	2		5	4
			7	5	4	1		8

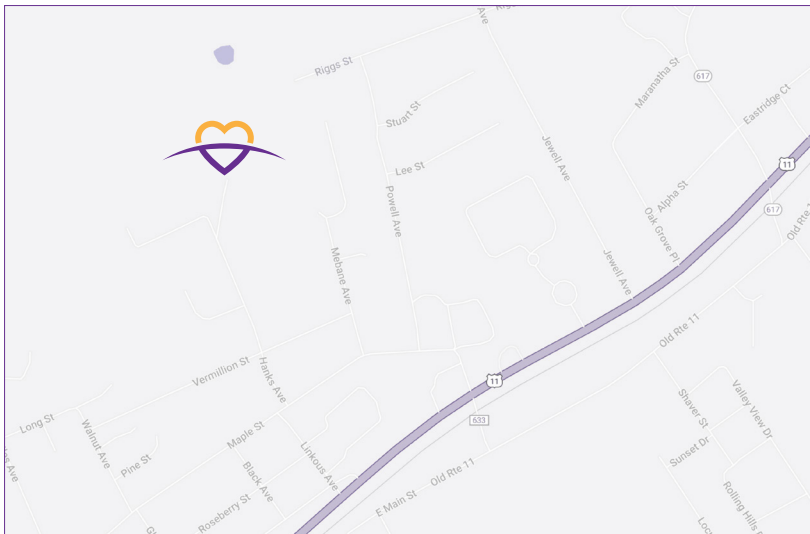
Sudoku #3 - Intermediate

	4	3	7					
9					2	7		
					4	5		2
	3	8		9		4		
6								1
		2		5		8	9	
7		1	8					
		9	5					8
					3	6	2	

Sudoku #4 - Intermediate

4	5			9	6			
3			8			4		
	2		4					8
					1		4	
6			5		3			9
	4		2					
9					4		7	
		3			8			4
			7	3			9	6

Notes



HIGHLAND RIDGE

REHAB CENTER

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