

# REHABILITATION AND SKILLED CARE



## A commitment to quality care

*"In Christ's Love, Everyone Is Someone"*

Our residents are special to us, just as they are to God. In this spirit, we strive to continually provide the best possible professional care in a homelike setting, giving our residents the compassion and dignity they deserve.

### Superior care in a homelike setting

Perkins Pavilion is a modern, all-brick building with beautifully landscaped grounds. With an emphasis on comfort and privacy, the atmosphere is bright and cheerful. The private and semiprivate rooms are all furnished with a bed, bedside table, dresser and chair. Each room also features a half bath, bedside call button and closed-circuit cable TV hookup. Showers, tub baths and whirlpool baths are conveniently located nearby. For additional peace of mind, the center has a fire sprinkler system and a safety lock system is utilized for all outside doors.

Delicious meals, between-meal snacks and nutritional supplements are planned by a registered dietitian, who pays careful attention to nutrition, resident preferences and special diets. Residents are encouraged to come to the dining room to socialize. Guests are always welcome to join residents at meals. Accommodations are available for family gatherings throughout the building.

Laundry service is provided for all residents, unless their family chooses to do their personal laundry. Transportation for medical appointments and other purposes is readily available, for an additional charge.

For added convenience, a full-service beauty salon/barbershop is available in the center. This is operated by a licensed beautician who will accommodate special needs.

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## Long-term care

### What to expect

Our hope is for every resident to be comfortable in his or her new home, and to function at the highest possible level. We encourage residents to bring their own pictures, wall hangings, furniture and mementos.

Prior to admission, our admissions coordinator—in cooperation with the nursing department—gathers information about every new resident's needs and personal preferences. After a new resident moves in, a member of our social services staff is assigned to be a personal liaison between the resident and the nursing staff. The social worker assists in developing an individualized plan of daily care and services to effectively address individual needs. (All healthcare plans are approved by the resident's primary physician.)

Care plans are reviewed at quarterly meetings attended by staff members from nursing, physical therapy, dietary, activities and social services. Residents and family members are welcome and encouraged to attend. Family members who live out of the area are able to be a part of the care plan meetings through conference calls. By receiving personal attention, each resident can be assured of the best day-to-day care.

Residents are encouraged to make as many of their own decisions as they can, such as deciding what to wear and what activities to do. Resident council, a monthly meeting for all residents, is an additional avenue for promoting well-being. Through this meeting, residents help decide things such as what new foods they would like to see on the menu.

### Enriching the mind, body and soul

We want our residents to resume many of the activities they enjoyed in their own home—and we encourage the development of new interests as well. Our activities program is designed to enhance each resident's sense of usefulness and self respect, as well as to stimulate physical and mental abilities to the fullest extent.

Social activities regularly consist of group discussions on various topics, neighborhood gatherings, sing-alongs, parties, picnics, shopping, movies and sight-seeing trips. Creative outlets include crafts and baking. Card games, bingo, puzzles and table games are always available, too.

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# POST-ACUTE REHABILITATION SERVICES



## Life. We help you get back to it.

Many patients achieve increased mobility thanks to our comprehensive therapy programs. After receiving rehabilitation services due to a serious illness or surgery, patients are soon able to return to their own home or to a lower level of care.

Our therapy department uses specialized Nautilus equipment for rehabilitation. We are one of the first nursing centers to use VitalStem technology in our speech therapy department to treat swallowing disorders. All of these services are available to Village residents, as well as to the community on an outpatient basis.

After a physician's evaluation, we find the solution with a range of rehabilitation services uniquely designed to meet each patient's special needs. Our experienced, licensed staff of therapy professionals bring the knowledge and dedication necessary to help our patients return to the most active and satisfying life possible.

Illness and injury can be devastating to patients and their families. Our therapists take the time to work with patients' loved ones to help them understand treatment strategies and appreciate each step involved in the recovery process. Our rehabilitation professionals are dedicated to the highest standard of professionalism and are committed to offering the best possible care delivered with the utmost compassion.

Outpatient rehabilitation is offered at both Perkins Pavilion and The Villa.

“Our outpatient rehabilitation program provides therapeutic intervention to people of all ages following surgery, illness or injury when hospitalization or 24-hour nursing care is not required.”

For more information call 402-460-3201. Outpatient therapy orders and insurance information can be faxed to 402-462-3154.

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## Physical therapy

### What is physical therapy?

Physical therapists provide medical support to each patient by evaluating, treating and preventing a wide variety of movement and function problems that often accompany illnesses or injuries. These hands-on specialists work with patients on an inpatient and outpatient basis, helping them increase movement potential, decrease pain and achieve therapy goals for optimal health.

Our physical therapists and therapy assistants emphasize restoring function and developing skills that will make patients more mobile and safe in their living environment.

After evaluation to identify needs, the physical therapist may provide:

- Balance training
- Gait training
- Range-of-motion exercises
- Neuromuscular re-education
- Pain management
- Wound care
- Therapeutic exercise to improve strength and endurance
- Orthotic/prosthetic training
- Function mobility skills

Some of the more common problems treated are those associated with stroke, head injury, joint replacement, fractures, or back and neck problems.

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## Occupational therapy

### What is occupational therapy?

Occupational therapists and their assistants work with individuals whose lives have been disrupted by illness, injury, normal aging or developmental disability. Occupational therapy programs are designed to increase a patient's well-being, working to restore health, confidence and self-sufficiency.

After evaluation to identify specific needs, the occupational therapist may focus on treatment areas that include:

- Activities of daily living (feeding, dressing, grooming)
- Positioning
- Adaptive equipment
- Home safety and management
- Cognition/dementia management
- Upper extremity, fine motor and therapeutic exercise programs
- Bathroom safety
- Visual/perceptual programs
- Contracture management (splinting)
- Hand therapy
- Work injury
- Job analysis

Some of the more common problems treated are those associated with stroke, head injury, and neurological and related disorders that result in a decline in the ability to carry out self-care activities.

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## Speech therapy

### What is speech therapy?

Speech-language pathologists are specially trained and experienced in the evaluation and treatment of disorders of speech, language, cognition and swallowing. Therapy programs are designed to improve the patient's ability to communicate with family members and caregivers.

After evaluation to identify specific needs, the pathologist may provide treatment to focus on:

- Verbal and written expression
- Auditory comprehension
- Reading comprehension
- Cognition/dementia management
- Alternative communication systems
- Swallowing using VitalStem technology
- Dysarthria (slurred speech)
- Dysfluency (stuttering or stammering)
- Apraxia (inability to form words)
- Aural rehabilitation (strategies for hearing impairment)
- Developmental speech-language delay/disorder

Stroke, heart surgery, neck surgery, head injury, and certain cancers and neurological disorders are among the most common problems that benefit from speech-language therapies.

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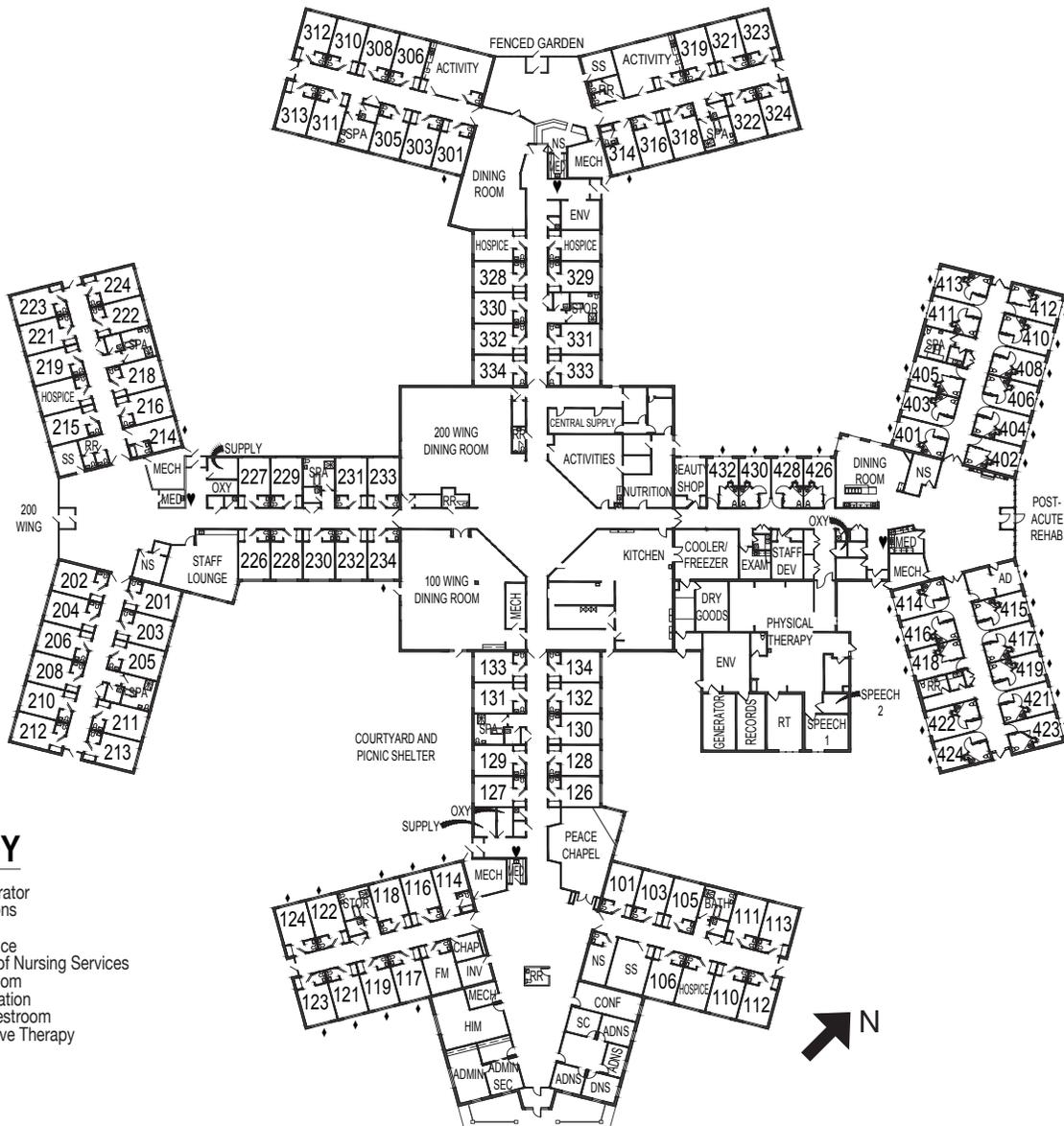


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## Rehab/skilled care center map



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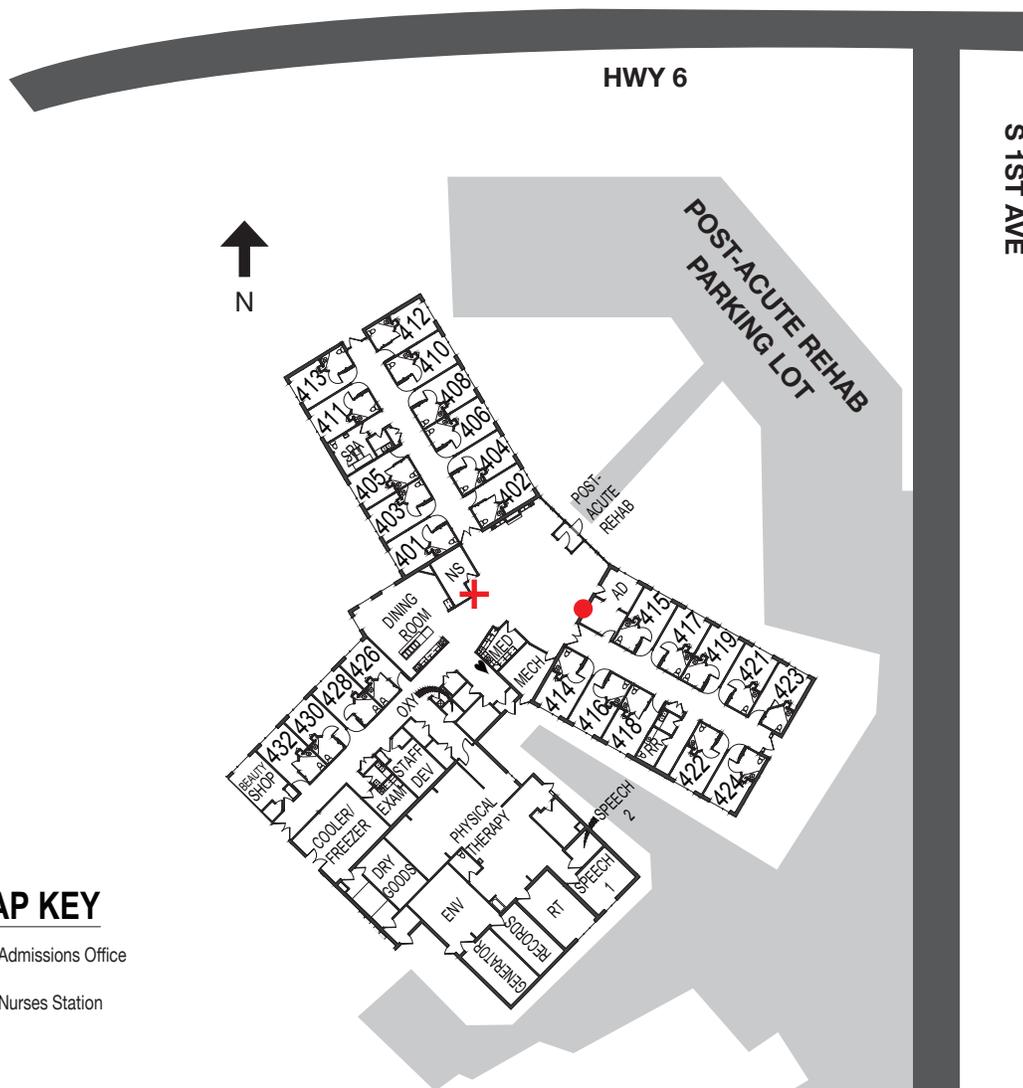
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# POST-ACUTE REHABILITATION SERVICES



## Post-acute rehabilitation center map



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