

Meals/Diets

The facility will be providing your meals during your stay. Most facilities are able to accommodate special dietary needs and/or restrictions. It is important for you to notify the facility of these needs.

The facility may encourage you to eat your meals in their dining area. They may also offer alternative choices to meals.

Life Enrichment Activities

The facility offers an activity program with many opportunities for you to get involved during your stay. These may include bingo, crafts, exercise groups, beauty services, live entertainment, etc. The activity staff will speak with you about your preferences during your stay.

Laundry

The facility will provide laundry services for you unless you prefer otherwise. Your family may elect to do your laundry for you.

Family Visits

Unless restricted, you will be allowed visitors according to the facility policies. Visitation times and the number of visitors at one time may be limited.

Therapy

The facility will provide you with therapy services during your stay as directed by your physician up to seven days per week. This may include

Physical, Occupational, and/or Speech therapy.

You will be evaluated by the therapy staff and a treatment plan will be initiated that is specific to your individual needs.

Your therapy services will begin following the evaluation and creation of your specific plan.



Visit www.medicare.gov for more information on quality star ratings and nursing home comparisons published by Medicare.

This material was prepared by Alliant Health Solutions, a Quality Innovation Network – Quality Improvement Organization (QIN – QIO) under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. Publication No. 12SOW-AHS-QIN-QIO-TO1-NH-3713-05/08/23



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What to Expect WHEN GOING TO A SKILLED NURSING FACILITY



We know that going to a skilled nursing facility can be challenging. We strive to provide you with a home away from home experience during your stay.

There are many aspects of care to adjust to during this time. Safety and dignity are the basis for many facility policies and recommendations.

This pamphlet will assist you in answering many frequently asked questions and more.

We want to ensure you have a pleasant experience and feel comfortable with your transition.

What to Bring

- **Insurance and ID cards** (including social security).
- **Comfortable Clothing and nonskid shoes,**
- List of any **allergies** you have.

Most other items will be provided by the facility or they will let you know what else you might need to bring.

Doctor Visits

The facility will assign a physician who will oversee your specific care needs during your stay.

You may also see a Nurse Practitioner, Physician Assistant, and/or Clinical Nurse Specialist that works with the facility physician. Depending on your individual needs, the doctor will determine the frequency of visits.

Follow up appointments from your hospital stay will be managed by the facility. If you have other appointments, please inform the facility so that they can be rescheduled, if necessary.

Room Assignment

You may have a roommate. Most insurances do not pay for a private room, but a private room may be available for an additional charge.

Medications

The facility policies for managing your medications will be reviewed with you. It is very **important** to tell the facility about all of the medications, including



over-the-counter medications, supplements, and herbs that you take. Your family may be asked to bring in your medications from home for the facility to review.

Advanced Directives

It is important to inform the facility of your **advance directive choices**, for example; code status, living will, healthcare decision maker, etc. Please bring copies of these items to the facility upon **admission**.

Paperwork/Consents

There will be paperwork for you to **complete and sign**, which includes facility specific information and Resident Rights. Be prepared to **answer questions** from multiple staff members. They will be requesting your **permission and consent** to treat you in the facility. There will also be **financial paperwork** for you to complete and sign.

Personal Care

During your stay, a **certified nursing assistant** will assist you with your

activities of daily living which may include **bathing, dressing, toileting,** and other services.

You will have a regular **shower schedule** and your linens will be changed based on that schedule and as needed.

Certified Staff will provide your **medications**, as well as any **treatments** ordered by your physician.

You will have a **full body skin assessment** upon arrival to the facility so that any issues can be immediately addressed.

Discharge Goals and Planning

Your **goals** are very important to the facility. The team will work to help you meet those goals. The facility will discuss these goals with both you and your family/caregiver. It is important that you give the team honest and real answers so that they can determine what **support, supplies, equipment, and services** you will need when you are ready to discharge.

Individualized Care Plan

The management team will be developing a specific **plan of care** for you. This plan will be tailored to your individual **needs and goals** during your stay.

You and your family will be asked to **participate** in this plan.