

# Rehabilitation and Skilled Nursing Care

The Health Center at Canterbury Woods is your on-site resource for therapeutic care in the event of a medical issue, injury or other need. Our dedicated staff of professional nurses and therapists provides 24-hour supportive care for short-term stays, plus rehabilitation under the supervision of our medical director, to help you regain and maintain function, health and mobility. We also offer long-term care and support for chronic conditions, and hospice care when needed.

Both our staff and our experienced caregiving partners understand quality care and your personal needs. We work closely with your physician or can connect you with an on-site physician to oversee your care. We are rated by the Centers for Medicare & Medicaid Services (CMS). Support services include:

## **POST-ACUTE CARE**

Round-the-clock care following a stay in the hospital or other medical event. Includes rehabilitative therapies, pain management, medication adjustment, wound care and restorative nursing.

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## **PHYSICAL THERAPY**

Expert guidance in exercises and activities to help regain mobility and function by improving strength, balance, muscle control and range of motion.

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## **OCCUPATIONAL THERAPY**

Help to increase strength and balance or improve fine motor coordination, as well as support in adjusting day-to-day tasks for greater independence and success after your return home.

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## **SPEECH-LANGUAGE THERAPY**

Therapists specialize in oral and written language for improved communications, as well as conditions affecting the ability to swallow.

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## **RESTORATIVE CARE**

Assistance in maintaining rehabilitative progress, provided by certified nursing assistants (CNAs), with a focus on endurance, mobility and movement.

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## **HOSPICE CARE**

We partner with experienced organizations that provide comfort and compassionate care that attends to emotional and spiritual needs at the end of life.

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## HEALTH CENTER SERVICES:

- Fully licensed, experienced nurses and certified aides
- Physical, occupational and speech therapies (including outpatient therapy)
- Assistance with eating, bathing and dressing
- Support for walks or general mobility
- Medication reminders or management
- Social services and counseling
- Spiritual support
- Activities programs
- Customized activities for special needs
- Discharge planning
- Hospice care and services
- End-of-life program

## Insurance and Access

Most rehabilitative therapy is covered under Medicare Part A and Part B, and we also work with most private insurance companies. Residents are responsible for deductibles and co-pays. Some insurers require regular physician visits every 30 days while receiving therapy.

If you qualify under Medicare Part A, your therapy will be 100% covered for the first 20 days. Under Part B benefits, your therapist will send a statement to your insurer and Medicare will reimburse the Health Center at Canterbury Woods directly for a set amount. Be sure to read any statements you receive from your insurer carefully, as not all statements are bills. For stays without a qualifying Medicare event or if you surpass your Medicare coverage days, we will work with you to arrange private payment.

If you have any questions about your insurance or therapeutic needs, please do not hesitate to contact us. We're here to help.