



CHOOSING

THE RIGHT SKILLED NURSING FACILITY

At Riddle Village, we know how challenging it can be to find the right skilled nursing care. There are many options to choose from, and it takes a lot of time to research each community to ensure it offers exactly what you or your loved one needs.

Many skilled nursing facilities also vary widely in cost. Some health insurance providers may help defray the cost a bit, but this is also going to vary depending on your plan type and coverage limits.

Availability is another important consideration – will the places you’re considering be available for you or your loved one when you need it?

Finally, there are the types of coverage to consider and whether individual communities offer the specialty needs and services your situation requires.



Luckily, the experts here at Riddle Village can help guide you through this challenging process to aid in your decision. In this guide, we help answer some of your biggest and smallest questions and give you a comprehensive overview of everything you need to know.

Contact Riddle Village today to schedule an appointment and find out how we can help.

WHAT IS SKILLED NURSING?

A skilled nursing facility is a health care center that has at least one full-time registered nurse on staff at all times (many have more than one on duty at one time) and provides round-the-clock services and assistance to patients in need of short- and long-term care. Services range from assistance with dressing, bathing and medication management to more advanced medical care, such as, wound care and IV antibiotics. Rehabilitation services are also available and include physical therapy, speech therapy and occupational therapy. A licensed physician supervises the care of each resident.



At Riddle Village, providing skilled nursing is only a small part of the services we offer, as Riddle Village is more of a comprehensive retirement community that provides unlimited access to skilled nursing care if it's ever needed.

Once you have a plan in place, it's time to dig in and start sorting. We understand that at this point, the process can seem daunting, but not to worry!

SKILLED NURSING IN A CCRC

Riddle Village is a CCRC, which stands for Continuing Care Retirement Community, and is also often called a Life Plan Community.

A CCRC like Riddle Village has Independent Living, Personal Care and Skilled Nursing all located on the same campus. It is the most appropriate type of setting for seniors who want to remain in the same community, no matter what health changes occur in the future.

While you may not currently need skilled nursing care, you might need this type of care down the road. This is a comforting option for people and families who want to know their health care needs will be taken care of should those circumstances occur.

EXAMPLES OF SKILLED NURSING SERVICES OFFERED INCLUDE:

- Taking care of an injury, wound or other medical issue that might require medical equipment
- Rehabilitation - Physical Therapy, Occupational Therapy and Speech Therapy
- 24 hour care for individuals with declining health

WHAT IS NOT OFFERED IN A SKILLED NURSING FACILITY

To avoid misconceptions, review this short list of what skilled nursing in a CCRC like Riddle Village is not:



Doctors, nurses and therapists do not necessarily see patients every day

- Skilled nursing is not hospitalization. Skilled nursing in a CCRC provides quality medical care, but in a home-like setting
- Skilled nursing is not always permanent or ongoing. Many enter a skilled nursing facility temporarily for rehabilitation purposes, such as, physical, speech or occupational therapy.

WHAT'S THE DIFFERENCE?

SHORT-TERM SKILLED NURSING CARE

A short-term skilled nursing facility typically offers care that's more temporary, usually coming after a hospital stay. It's an important step on the journey towards a full recovery. The care that you or your loved one receives during this time can drastically improve your overall health after a period of hospitalization and can boost your overall mood and well-being.

LONG-TERM SKILLED NURSING CARE

Long-term skilled nursing care is typically for older adults who need an extra helping hand with activities of daily living, including personal hygiene, using the bathroom, eating, getting dressed, moving in and out of chairs and similar physical needs. Long-term skilled nursing care is typically provided in a community or setting such as a CCRC to ensure you or your loved one is living a safe, healthy, comfortable and happy life each and every day in a home-like setting.



TO LOOK FOR:

- Physicians on-call 24 hours a day, 7 days a week
- Wound Nurse Specialists on site
- Certified Registered Nurse Practitioners (CRNP) on staff
- Registered Nurses (RN) on staff

You can also consult the website [medicare.gov](https://www.medicare.gov) to search for individual facilities that offer skilled nursing care and see their rating as well as any Department of Health information.

WHAT OTHER ASPECTS SHOULD YOU CONSIDER?

Remember that each skilled nursing program is unique, so it's important to identify your needs or your loved one's needs first before deciding.

The type of skilled nursing community you choose depends on many factors.

What types of services or care does the community provide? Examine what it offers – important services to look for include:

- 24/7 care
- Short- and long-term care options
- Rehab services

At Riddle Village, we offer independent living, personal care and skilled nursing services on the same campus for the convenience of residents, allowing them to live as independently as possible while obtaining skilled nursing services when needed in a home-like setting. Amenities are also important when evaluating a skilled nursing facility.

CONSIDER WHETHER THE COMMUNITY HAS:

- Private areas to enjoy with friends and family
- Physical, speech and occupational therapy on-site
- Emergency pull cords or buttons
- TV, phone, tablet access
- Accessible management
- Registered nurse on staff 24/7
- Strong activities program

Definitely take the time to tour the facility you're most interested in and examine its condition. Is it clean, bright, friendly? Immaculately kept? Can you tell professional cleaners regularly attend to residents' rooms and public areas?

Also, find out whether the community encourages family involvement and visits. This is important for residents who have grandchildren, children and other family members who may want to spend time with their loved ones.

PERSONALIZED CARE PLANS

Skilled nursing facilities devise personalized care plans for residents depending on their short- and long-term care needs. These are usually drawn up by a medical professional or care coordinator based on multiple evaluations of you or your loved one's health.

RESOURCES

It's important to discover whether the skilled nursing facilities you're considering have resources available for residents, such as educational classes and enriching activities that help enhance their quality of life.





IMPORTANT QUESTIONS TO ASK

LOCATION

There are many aspects to consider in terms of location when choosing a short-term skilled nursing facility – in particular, the location's distance from all the important amenities you or your loved one may need.

- How close is the nearest hospital in case of emergency?
- How far away will loved ones be?
- How close are special services that you or your loved one may need?
- Are you close to public transportation?

GENERAL CARE AND THERAPY

In considering a skilled nursing facility, be sure to compare the types of therapy and other care offerings available to be sure they coincide with what you or your loved one needs.

- Do you or your loved one need speech, physical or occupational therapy, and does the skilled nursing facility provide it on-site?
- Is there a therapy gym, pool or rehab facility at the location?
- What other medical professionals are available on-site, such as dentists or optometrists?
- Can the staff of the facility provide assistance with all activities of daily living if necessary?

QUESTIONS TO ASK WHEN VISITING THE FACILITY

Visiting the location you're considering is a crucial step in the process. Be sure to take a tour so you can see what common areas look like and what a living space might look like, and ask the staff plenty of questions. Here's a good starting point:

- How old is the building? When was it last renovated, if ever?
- Is the interior warm and welcoming?
- Are private or semi-private rooms available?
- Are there common areas, living rooms and dining areas for residents to mingle and get to know one another?



- Are there private areas for families and visitors to have time alone?
- What kind of food is offered on the menu, and are special diets such as gluten-free or vegetarian accommodated?
- Are the interior spaces well-lit, bright and inviting?
- Is transportation to doctor's appointments available?
- Is there assistance with scheduling appointments available?

During the tour, be sure to take notes if you can on important things you want to remember. The staff will also likely send you home with plenty of pamphlets and paperwork for reference.



ASSESSING THE STAFF

The quality, friendliness and overall competency of the staff at a skilled nursing facility can make or break its quality. Be sure to ask questions that assess their skills and training levels, and try to get a sense of their personality.

- Are there people on staff who have the proper medical credentials to provide the skilled care necessary for you or your loved one?
- What is the staff-to-resident ratio?
- Ask yourself: Do staff members seem warm and patient with the residents?
- How long has the Director of Nursing and the Nursing Home Administrator been employed at the facility?



\$ LOOKING AT THE COSTS

Most people don't have an unlimited health care budget, so cost is an important element to consider when choosing a skilled nursing facility. When attempting to assess overall cost, ask questions such as:

- What are the monthly rates and what is included?
- Are there any extras that need to be paid for separately? (Examples might include TV, internet, phone.)
- What insurance does the facility accept, and how much of the portion of the cost does that insurance cover?

CONTACT

If you are interested in learning more about Riddle Village and our skilled nursing program, please give us a call at 610-891-3700 or online by visiting:

<https://www.riddlevillage.com/contact>