



Helpful Documents

COMMON MYTHS AND QUESTIONS

After hospitalization returning home is better than admission to a skilled nursing facility (SNF).

It is the goal of all quality skilled nursing facilities to allow their residents to return home. All facility disciplines are oriented to ensuring the resident will be prepared to safely return home. The appropriate SNF length of stay allows the resident to achieve the best long-term solution and outcome to avoid re-hospitalization or failure once home.

Will placement in an appropriate skilled facility result in a decline in my quality of care?

Generally speaking, seniors who have had a hospital stay to stabilize a medical condition or undergo elective or non-elective surgery are far better served by staff with the training and experience to provide rehabilitation and other unique needs of geriatric residents. Make sure to search out a true therapy care center that will meet your needs and can prove their outcomes.

Once in a skilled facility will I ever return home?

Those hospitalized from a stroke, orthopedic surgery, broken bones, heart surgery, or congestive heart failure has an excellent chance of returning home. Make sure to ask the facility for the percentage of rehab residents that return home and the average length of stay for those residents. Make sure to have something in writing. Never rely on off the cuff responses or opinions of marketing people.

I do not need to tour facilities, but instead can rely on referrals or recommendations.

The best and simplest way to examine a facility is to use your senses. For more information on this download the *"Using Your Senses"* document.

I can only enter a nursing home from a hospital.

You can enter a nursing home from a home, an assisted living facility, another nursing home, or after a hospital stay. The reasons for going to a nursing home are many. Placement may be the result of illness, injury, or the lack of social support.



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How is a nursing home different than a hospital?

Even though hospitals and nursing homes provide the same medical and rehabilitative care, a nursing home tries to provide a home like atmosphere. A place where people can feel comfortable, socialize with others, and continue activities appropriate to their age and capabilities. Nursing facilities also do not have restrictive visiting hours. In fact, family members and friends are encouraged to visit. Activities are offered each day to stimulate and entertain residents mentally, physically and socially.

There's no privacy in a nursing home.

While there are common areas where they are open to everyone, resident rooms are considered private. Facility staff members tend to respect a resident's room and will knock or notify one before entering.

Will I be controlled by medication?

All drugs are prescribed by a physician. Use of drugs in nursing facilities is closely monitored. All skilled nursing homes are required by the government to have a consultant pharmacist review drug treatments monthly, there are also state inspectors that review medications. Residents and families are encouraged to participate in care planning sessions to discuss pharmacy issues and ask questions about prescription medications, especially if it is felt they are having a negative effect.