



— THE —  
DELMAR GARDENS  
*Family*



SKILLED NURSING AND  
REHABILITATION CENTERS

# REHABILITATION SERVICES

*At Delmar Gardens of Green Valley, we are proud of our accomplishments in the field of rehabilitation. Our modern facilities and professional staff can assist you in reaching higher levels of independent functioning and quality of life. A doctor of physical medicine (physiatrist) is available to meet the rehabilitative needs of our residents.*

## ***Physical Therapy***

Physical Therapy under Part A of Medicare is given to residents who have a physician's order for Physical Therapy and qualify under Medicare guidelines for skilled services. A Physical Therapy evaluation is performed by our Registered Physical Therapist. A treatment plan is then established and approved by the attending physician. Treatment is carried out by our Registered Physical Therapist, twice a day or daily (depending on the physician's orders), as needed. Charges are billed under Part A of Medicare.

Physical Therapy under Part B of Medicare is given to residents who do not qualify for Part A of Medicare, but still require some Physical Therapy services on a weekly basis. Part B of Medicare will pay 80% of Physical Therapy charges. The resident's responsible party or secondary insurance company is billed for the remaining 20%.

Physical Therapy services include gait training, wound care, balance training, arthritis and pain management, and a variety of state of the art modalities used in urinary incontinence intervention, pain management, muscle re-education and a therapeutic pool with a gait bar.

Restorative Therapy is given to residents who are ambulatory, but are not able to ambulate without assistance. Range of motion is given to bed patients who are not able to move their extremities independently. Treatment is offered five days a week (or as otherwise ordered) by a Restorative Aide.

## ***Occupational Therapy***

Occupational Therapy is a health service which uses purposeful activity (dressing, feeding, bathing, etc.) as a means of preventing, reducing, or overcoming many physical, social, and emotional disabilities. Techniques used may include fabricating and applying splints, guidance in the selection and use of adaptive equipment, activities and therapeutic exercises to improve functional skills with emphasis on hand and arm rehabilitation. Each resident's ability to learn new tasks is determined by our cognitive specialty program testing. The resident's goals are tailored to each individual's needs.

Occupational Therapy is a covered service under Parts A and B of Medicare. Private pay services are also available. For more information, please consult our Occupational Therapy staff.

## ***Speech Pathology Services***

The ability to communicate effectively is one of the most important and vital skills we possess. To interrupt, change or completely lose this ability, which we have used all our lives, can be very traumatic.

If you would like the Speech Pathologist to consult with your family member, because you feel they might have a communication or swallowing disorder, please inform the Charge Nurse, the Director of Nursing, the attending Physician, or the Speech Pathologist.

Speech Therapy is covered by Medicare Parts A and B.

## ***Speech Pathology Services***

Therapy services are available to residents with HMO coverage according to your individual needs as approved by your insurance carrier.

## PHYSICIAN'S SERVICES

All residents admitted to Delmar Gardens of Green Valley must be admitted upon the recommendation of a physician licensed to practice in the State of Nevada.

The admitting physician is responsible for providing the facility with detailed medical information regarding the care of the resident, including:

Medication Orders  
Urinalysis (UA)  
Current Medical Findings  
Complete Blood Count (CBC)  
Diagnosis  
Chest X-Ray  
Rehabilitation Potential  
History and Physical Exam  
Summary of Any Prior Treatment  
Specific Diet

All medical information must be current.  
The admission physical exam must be dated no more than thirty (30) days prior to the resident's admission date.

Each of our residents must be under the continuing care of a physician while at Delmar Gardens of Green Valley. The physician must be available to provide periodic progress notes--usually every 30 days--and be available for consultation with our nursing and rehabilitation staff to discuss the appropriate course of treatment for the resident.

If your admitting physician chooses not to follow the resident while at Delmar Gardens of Green Valley, you may request medical services be provided by one of our staff physicians.

Please discuss this section with your admitting physician prior to admission.

## ADMISSIONS CHECKLIST

In order to help make a smooth transition from home or hospital to Delmar Gardens of Green Valley, please complete the following items on the checklist below. This information assists our staff in preparing to meet the resident's medical, nursing and psycho-social needs.

- Completion of Admission Packet prior to scheduled admission date.
- Presentation of health insurance (Medicare) card to Admission Personnel prior to admission. Third party insurance cards may also be presented.
- Determine who will be the primary physician while the resident is staying at Delmar Gardens of Green Valley. A staff physician is available if your personal physician does not make nursing home visits.
- Provide complete medical information which is to include the following: 1) current history and physical report dated no more than thirty days prior to admission date; 2) physician's orders signed by the doctor; 3) reports of lab work and chest x-ray. If the resident is coming from home, we will be happy to supply your physician with the necessary forms to complete.
- Articles of clothing should be labeled by the facility with a permanent labeling system on admission.
- Room and board charges are billed monthly, and in advance. If admitted before the 20th, the balance of the month is due. If admitted on or after the 20th, the balance of the current month and all of the next month is due. Thereafter all payments are due by the 10th day of the current month.
- Delmar Gardens of Green Valley accepts admissions seven days a week, without regard to race, color, national origin or handicap. When possible, please make arrangements to admit resident during morning hours.

*With over 50 years of experience in caring for seniors, the Delmar Gardens Family understands that the care, services and amenities vary by person. Please call us for the most current pricing as based on your loved one's needs and requests.*

  
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# THERAPEUTIC RECREATION

Delmar Gardens of Green Valley offers an activity-based program designed to improve or maintain the physical, mental, emotional, spiritual, and/or social functioning of our residents. We assist them in expressing individual lifestyles, which we believe will add meaning and value to their sense of self during their stay at Delmar Gardens of Green Valley.

Therapeutic Recreation has been and continues to be an integral part of Delmar Gardens of Green Valley's "tradition of excellence." Included in the comprehensive care of every resident is an individualized therapeutic recreation program designed to meet a wide spectrum of needs and skill levels, from active leisure lifestyles to sensory stimulation.

At Delmar Gardens of Green Valley, we provide a wide variety of group, as well as individual, therapeutic interventions to meet our residents' many needs. They include:

- Entertainment
- Crafts
- Intergenerational Programming
- Exercise
- Cooking
- Gardening
- Music Therapy
- Family Gatherings
- Social Hours
- Resident Council
- Out Trips
- Room Visits
- Service Projects
- Parties
- Community Outings
- Pet Therapy
- Religious Services
- Games
- Current Events
- Reminiscence Groups

An opportunity to have a successful experience is created through the use of adaptations to meet the strengths and/or limitations of each resident. Small and large groups of people with similar interests and abilities are offered programs and activities to create a non-threatening environment and promote social well-being.

The activity department is proud to offer this specialized activity program as part of the comprehensive care that your family member will receive at Delmar Gardens of Green Valley. We have designed the program with the hope that your loved one's stay here will be a full and satisfying one.

We believe that you, the family, are an important part of helping us assess the unique strengths, interests, and needs of our residents. We welcome your ideas and your participation in the care of your family member. We look forward to working with you.

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## SPECIALIZED CARE UNIT

Because Delmar Gardens of Green Valley recognizes the growing need in the health-care field for the care and treatment of dementia such as Alzheimer's disease, it has incorporated a Specialized Care Unit. This Unit is staffed by trained professionals who are devoted to caring for those patients afflicted with Alzheimer's and other severe dementias.

Comfortable and tasteful decor in residents' rooms is complemented by a beautifully landscaped private courtyard. The Specialized Care Unit offers its own dining room and recreational area. Close staff supervision is constantly maintained offering patients freedom of mobility without restraint, promoting personal safety.

Delmar Gardens of Green Valley is proud to be a leader in providing specialized programming designed to meet the needs of persons with dementia. Our structured activity program provided by our activity department sets us apart from other facilities in caring for dementia residents. Activity personnel are able to provide unique services to meet a variety of needs. Therapeutic recreation is used on the Specialized Care Unit to:

- Decrease anxiety
- Express feelings
- Manage stress
- Increase self-esteem
- Teach coping skills
- Deal with grief
- Maintain long-term memories
- Encourage reality orientation
- Maintain a balanced leisure lifestyle
- Provide support/encouragement for families
- Redirect behaviors and divert attention
- Provide successful experiences for residents
- Encourage socialization
- Give an overall sense of well-being

We offer a wide variety of activities to meet the needs of all residents from group functions to individual visits, including:

- Crafts
- Music Therapy
- Current Events
- Cooking
- Entertainment
- Games
- Theme Parties and Social Hours
- Pet Therapy
- Intergenerational Programming
- Room Visits
- Family Gatherings
- Community Outings
- Religious Services
- Gardening

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## SERVICES AND AMENITIES

*Delmar Gardens of Green Valley was specially designed with the safety, convenience, and accessibility of its residents in mind. The convenient, central-core floor plan provides a close watch and "at home" care for residents. Special features include:*

- Private and semi-private rooms and pods
- 24 hour professional nursing services
- Unlimited visiting hours
- Full rehabilitative program including daily physical, speech, and occupational therapy
- Specialized Care Unit
- Daily social and recreational programs
- Religious services
- Emergency call system
- Fire safety equipment
- Automatic and manual auxiliary lighting systems
- Hospital-width corridors with railings on both sides
- Grab bars in bathing and toilet areas
- Obstruction-free floor plan (promotes greater independence)
- Luxurious furnishings
- Elegant dining rooms
- Large activity room
- Flat-screen television with complimentary cable / satellite service
- Beauty/Barber shop

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# MEDICARE INFORMATION

Delmar Gardens of Green Valley is certified for participation in the Medicare (Title XVIII) program. Some patients who need in-patient and skilled nursing care or rehabilitation services following a period of hospitalization, may be eligible to receive certain Medicare benefits while residing in our facility.

Many people assume that any patient who has been in the hospital and needs nursing home care can qualify for Medicare coverage in a skilled nursing facility. It's not quite that simple. Medicare will not pay for "custodial care" and will only assist in meeting the cost of care if a patient requires "skilled care." Medicare readily acknowledges that tube feedings, intravenous fluids, daily injections, and rehabilitation services are examples of care which usually qualify as skilled care. The degree of a patient's helplessness, the prognosis and diagnosis are not significant in the Medicare determination; rather it is the professional skill that is necessitated in caring for the patient which qualifies a patient for Medicare coverage.

Prior to discharge from a hospital, the physician, therapists, and other health care professionals, in conjunction with the nursing facility, can determine whether the care the patient needs will qualify for coverage under the Medicare guidelines. There are circumstances which may make the decision not possible until after the patient has been evaluated by the facility.

Participation in the Medicare program is short term. Length of time or coverage is based on observable and measurable progress. Each case is different and there are many circumstances to be considered to determine length of time on the program.

Maximum coverage currently available is 100 days. Not all participants meet Medicare criteria to receive 100 days. The Medicare program will cover the cost of a nursing home stay 100% from day 1 through 20. On the 21st day (if the participant still qualifies for coverage) Medicare pays a portion of the stay. The portion not covered is either the responsibility of the individual or another insurance program.

Our Admissions Coordinator, Social Worker, Director of Nursing, Assistant Administrator or Administrator will be happy to answer any additional questions you might have regarding Medicare coverage.

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