



THE  
DELMAR GARDENS  
*Family*



SKILLED NURSING AND  
REHABILITATION CENTERS

# REHABILITATION SERVICES



At *Delmar Gardens of O'Fallon*, we are proud of our accomplishments in the field of rehabilitation. Our state-of-the-art facilities and professional staff can assist you in reaching higher levels of independent functioning and quality of life.

## *Physical Therapy*

Physical Therapy under Medicare Part A is given to residents who have a physician's order 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 licensed Physical Therapists, twice a day or daily (depending on the physician's orders), as needed. Charges are billed under Medicare Part A.

Physical Therapy under Medicare Part B is given to residents who do not qualify for Medicare Part A, but still require some Physical Therapy services on a weekly basis. Medicare Part B will pay 80% of Physical Therapy charges. The resident and/or any supplemental insurance he/she may have will be billed for the remaining 20%.

Physical Therapy services include gait training, wound care, balance training, arthritis and pain management, and variety of state of the art modalities including a therapeutic pool with a gait bar.

## *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 is treated on a one-to-one basis with goals focusing on individual needs.

Delmar Gardens of O'Fallon offers a fully equipped apartment for residents to utilize the skills they have learned during occupational therapy before being discharged home.

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

## *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 under Medicare Parts A and B.

## *Restorative Therapy*

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

*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.*



# PERSONNEL DIRECTORY



If you have any questions or comments, please feel free to contact our Department Supervisors.

Delmar Gardens of O'Fallon, 636/240-6100

Our staff is more than happy to assist you:

*Teri Reiter, Administrator*

*Ellen Wade, Assistant Administrator*

*Jessica Taylor, Admissions Coordinator*

*Chris Aussieker, RN, Director of Nursing*

*Keiahsha White, Social Services Director*

*Samantha Reuther, Business Office Manager*

*Jill Walker, PT, Lead Therapist*

*Ciara Jackson, Recreation Director*

*Michelle Rainey, Dining Services Director*

*Joseph Veal-Briscoe, Maintenance Director*

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# THERAPEUTIC RECREATION



*Delmar Gardens of O'Fallon* offers Therapeutic Recreation. This is 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 O'Fallon.

Therapeutic Recreation has been and continues to be an integral part of Delmar Gardens' *"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 O'Fallon, 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

- ✿ Religious Services
- ✿ Room Visits
- ✿ Service Projects
- ✿ Parties
- ✿ Community Outings
- ✿ Pet Therapy
- ✿ 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 residents with similar interests and abilities are offered programs and activities to create a warm environment and promote social well-being.

The therapeutic recreation 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 O'Fallon. 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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# MEDICARE INFORMATION



*Delmar Gardens of O'Fallon* is certified for participation in the Medicare (Title XVIII) program. Some patients who need in-resident 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 resident 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 minimum three day hospital stay, 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 Social Worker, Director of Nursing, or Administrator will be happy to answer any additional questions you might have regarding Medicare coverage.

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# PHYSICIAN'S SERVICES



*All residents admitted* to Delmar Gardens of O'Fallon must be admitted upon the recommendation of a physician licensed to practice in the State of Missouri.

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
- ✿ Treatment

All medical information must be current. The admission physical exam must be dated no more than five (5) 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 O'Fallon. 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 O'Fallon, you may request medical services be provided by one of our staff physicians. In most cases, if a resident being cared for by a staff physician requires hospitalization, the original admitting physician will be contacted to make all necessary arrangements.

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

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# ADMISSIONS CHECKLIST



*In order to help* make a smooth transition from home or hospital to Delmar Gardens of O'Fallon, please complete the 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 O'Fallon. 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 five 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 marked with permanent identification of resident.
- ✿ Room and board charges are billed monthly, and in advance. A 30-day advance payment is due on the day of admission. Thereafter all payments are due by the 10th day of the current month.
- ✿ Delmar Gardens of O'Fallon 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.

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# SERVICES & AMENITIES



*Delmar Gardens of O'Fallon* 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:

- ✿ Admissions seven days a week
  - ✿ Beautifully decorated private and semi-private rooms and pods
  - ✿ Exquisitely landscaped and enclosed courtyards
  - ✿ 24 hour professional nursing services
  - ✿ Medical Director on-call 24 hours a day
  - ✿ Dental, optometric, and podiatric care
  - ✿ Unlimited visiting hours
  - ✿ Specialized Care Unit
  - ✿ Full rehabilitative program including daily physical, speech, and occupational therapy
  - ✿ Fully-equipped apartment for residents to prepare for discharge
- ✿ Daily social and recreational programs
  - ✿ Monthly birthday parties
  - ✿ Wheelchair accessible bus for recreational trips
  - ✿ Two saltwater aquariums
  - ✿ Chapel for religious services (all denominations)
  - ✿ Computer lab and Billiard Room
  - ✿ Ice Cream Parlor & Gift Shop
  - ✿ Styling Salon
  - ✿ Elegant Dining Rooms
  - ✿ State-of-the-art Home-Theatre
  - ✿ Enhanced fire safety design (fully sprinklered)
  - ✿ Emergency electrical and lighting systems
  - ✿ Obstruction-free floor plan (promotes greater independence)
  - ✿ Early Childhood Center for infants, toddlers & preschoolers

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