

*“Providing Seniors Quality Christian
Care and Service”*

Davenport Lutheran Home Communities

1130 West 53rd Street Davenport, IA 52806

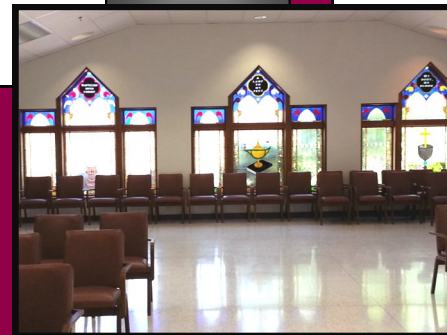
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**THE LUTHERAN
HOME for the AGED
ASSOCIATION-EAST**



**NURSING
FACILITY**

October 2022

Personal Items and Valuables

Residents and families are encouraged to personalize their room with favorite things such as a recliner, pictures, and other mementos to make it as homey as possible. A telephone hookup is available, however, arrangements will be need for installation and payment. It is necessary to limit and organize personal items so that movement about the room can be done safely without risk of tripping or falling.

How Much Clothing Should be Brought?

We recommend that at least seven complete outfits are available. Appropriate clothing is usually considered to be slack, shirts or tops, dresses, sweat suits, sweaters, nightgown/sleepwear, and underwear. Shoes or slippers should have nonslip soles. As a general rule, clothing should be roomy and have large enough openings that they can be put on and removed with minimum stress to the resident.

- *Personal laundry service is provided by the facility.
- *Clothing should be machine washable and dryable.
- *Each item of clothing should be indelibly marked with the resident's name (the Laundry Department can also mark the clothing).
- *Families should expect to maintain the Resident's wardrobe.

Skilled Program

The Nursing Facility is certified to participate in the Medicare (Skilled) Program. For those of you who are not familiar with the Medicare Program here is a brief overview:

In order for a nursing facility to participate in the Medicare program, the facility must meet the requirement issued by the United States Secretary of Health and Human Services.

The Medicare program is a health insurance program for people 65 years of age and older and for certain people under age 65, who are disabled.

There are several Medicare choices:

Original or Traditional Medicare:

Part A – Provides assistance for hospital, skilled nursing facility, home health care and health maintenance expenses. The benefit includes up to 100 days following a 3-day qualifying hospital stay. The average length of stay under Medicare Part A is 15 days. Rarely does anyone qualify for the full 100 days.

Part B – Provides assistance with medical and some other health care related expense. Such as: Physical, Occupational, and Speech Therapy.

Medicare Advantage—HMO or PPO:

HMO's and PPO's are offered by private insurance companies approved by Medicare to provide coverage. The Lutheran Home is a network provider for a variety of HMO and PPO plans. Please check with the Admission Coordinator.

Private Pay or Other Medicare Choices:

The Lutheran Home also accepts private pay.

Rehabilitation Services

Therapy Team

Our Professional Therapy Team - Physical Therapists, Occupational Therapists, and Speech-Language Pathologist, along with our Lutheran Home staff, specialize in the treatment of the older adult population. Together, a wide variety of care and treatments are offered in a comfortable environment with emphasis on the whole individual. Restoring maximum function is the approach to rehabilitation.

Physical Therapy:

Physical Therapy helps Residents develop, restore and maintain maximum movement and functional ability while recovering from an illness or injury. Examples of the wide range of conditions include:

- *Pain
- *Swelling
- *Arthritis
- *Muscle weakness related to COPD
- *Coordination or balance problems
- *A recent fall or fear of falling
- *Recovery from joint replacement
- *Complications from stroke
- *Loss of movement
- *Bladder problems
- *Slow healing wounds
- *Post-surgical recovery
- *Carpal tunnel syndrome
- *Muscle weakness

Occupational Therapy

Occupational Therapy is the use of various treatments to develop recover or maintain daily livings skills. The Therapists work with the resident focusing on adapting the environment, modifying the task,

teach the skill an educating the individual in order to maintain or restore personal independence. Service examples:

- *Teaching new ways to manage daily tasks such as eating, dressing, bathing, etc.
- * Teaching compensatory techniques for losses of strength, cognition, endurance, vision, sensation, coordination and balance.
- * Recommending and training in use of adaptive equipment.
- * Fabricating or issuing splints to improve function relieve pain, or strengthen muscles.
- * Training in safe and effective methods of caregiving.
- *Home evaluations.

Speech-Language Pathology

Speech-Language Pathology is treatment that focuses on improving A person's ability to communicate effectively and eat safely. The Speech Pathologist at the Lutheran Home may work to improve:

- * Expressive and receptive language skills.
- * Voice and articulation.
- * Fluency (stuttering)
- * Memory, thinking and processing
- * Dysphagia management (swallowing therapy)
- *Caregiver training.