



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



**NURSING
FACILITY**

NURSING FACILITY RATE SCHEDULE

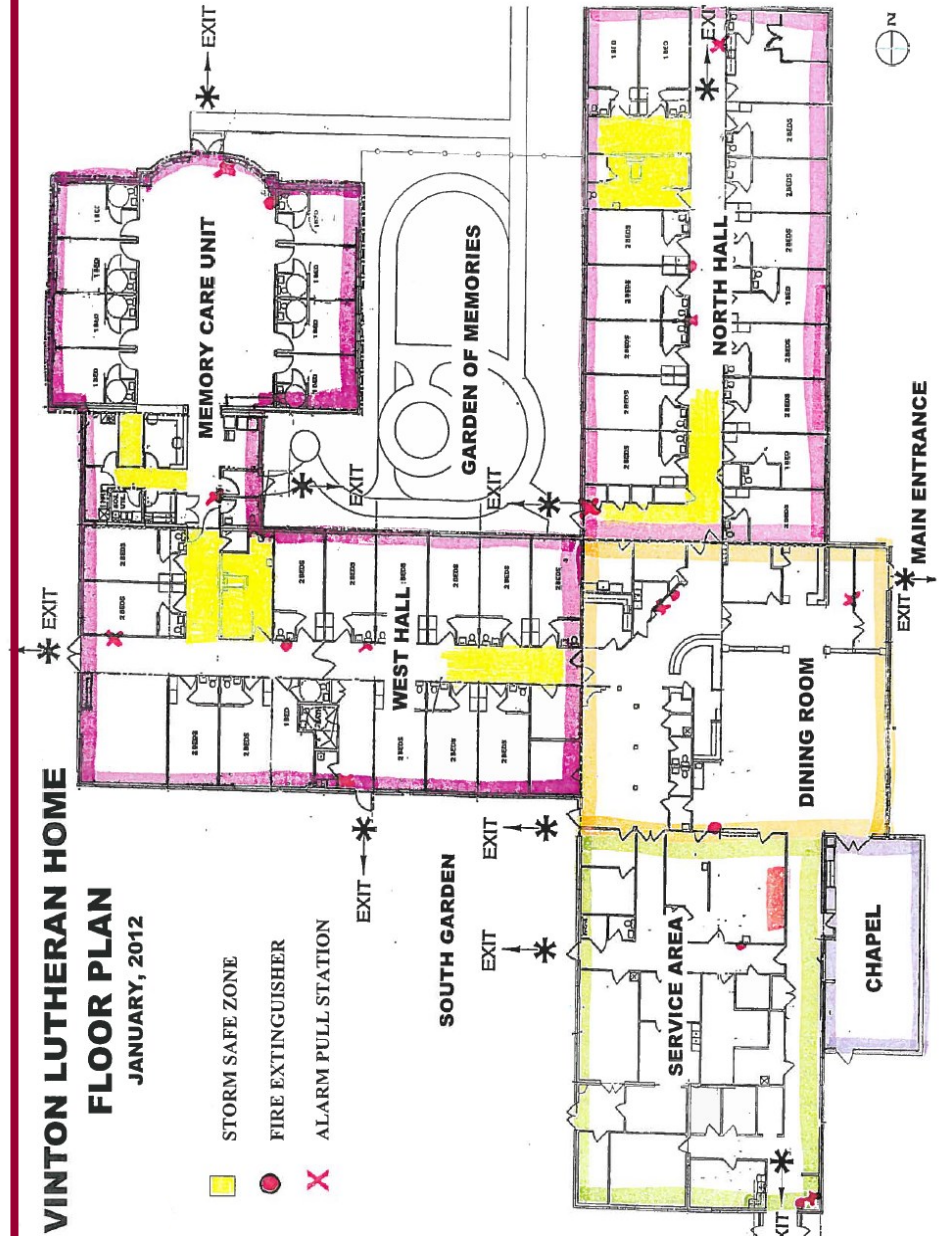
Effective October 1, 2018

Private Deluxe	\$273.00
Private Room	\$235.00
Two-Person Room	\$218.00
Skilled Private Pay Private Room	\$274.00
Skilled Private Pay 2-Person Room	\$258.00
Memory Care (Private Room)	\$235.00
Memory Care (2-Person Room)	\$218.00
Supplemental Medicaid Payment for Private Room	\$17.00

NOTE: Under the system of charging for Services adopted by our Board of Directors, there are no hidden service charges added to our basic daily rate.

EXCEPTIONS: Not considered as direct services and are directly from the provider.

- ▶ personal physician
- ▶ dentist
- ▶ medical specialists
- ▶ drugs and medication
- ▶ ambulance service
- ▶ private telephone
- ▶ oxygen
- ▶ other personal services i.e.: transportation
- ▶ barber
- ▶ beautician
- ▶ sundry items such as cosmetics, razors, etc. are paid for directly by the resident



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 television is provided by the facility with cable t.v. connection. 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 both the resident and the clothing.

- ▶ Personal laundry services 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 assist in 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 either the Administrator or Social Services.

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:

- ▶ Stroke
- ▶ Wound Healing
- ▶ Rheumatoid & Osteoarthritis
- ▶ Knee & Hip Replacement
- ▶ Chronic Heart Failure
- ▶ Peripheral Neuropathy
- ▶ Carpal Tunnel Syndrome

Occupational Therapy

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

the environment, modifying the task, teaching the skill and 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.

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.

Transitional Care

The Lutheran Home has available an independent living unit designed for individuals who no longer require skilled care on a 24-hour basis, but would benefit from additional therapy and/or nursing services. The independent living unit is fully furnished and equipped to assist in the preparation of returning home.