

### 24-hour Sub-acute/Skilled nursing care

Sub-acute care and skilled nursing care is care that typically occurs after a hospital stay. Sub-acute care is comprehensive inpatient care and is generally more intensive than traditional skilled nursing care. Both types of care are provided by skilled nursing centers and serve as a transition from hospital to home. Patients receive coordinated treatment plans based on their specific needs. Specialized services often include wound care, rehabilitation after stroke or injury, IV therapy and tracheostomy care to name a few.

### Orthopedic rehabilitation

Orthopedic rehabilitation is a form of physical therapy that focuses on issues that affect the skeletal and muscular systems such as joint replacements and repairs.

### Stroke rehabilitation

The long-term goal of rehabilitation after a stroke is to improve function so the stroke survivor can become as independent as possible. Often times, people who experience a stroke need to relearn basic skills such as walking, bathing, eating and other activities of daily living (ADLs). This is accomplished through coordinated efforts of a physician, nurses, therapists and various other care team members.

### Cardiac rehabilitation

Cardiac rehabilitation is required after heart attack, heart failure, angioplasty or other heart surgeries. It is a medically supervised program that involves education and counseling on choices, lifestyle and other habits that affect the heart.

### Pulmonary care

Pulmonary care improves the well-being of people who have chronic or ongoing breathing problems. Patients suffering from chronic obstructive pulmonary disease (COPD) and other breathing issues can benefit from this type of care.

### Post-operative care

Care that is received after a surgical procedure is called post-operative care. It will vary depending on what type of surgery and may involve pain management and wound care. Post-operative care begins immediately after surgery and can help reduce the risk of complications to support the recovery process.

### Physical, occupational and speech therapy services

Physical therapy is a type of rehabilitation therapy that uses specially designed exercises and equipment to help patients regain or improve their physical abilities and mobility.

Occupational therapy is focused around activities of daily living. The goal is to enable patients to improve or restore independence in everyday life such as self-care, independent living, work and leisure.

The goal of speech therapy is to increase functional communication, cognitive skills and teach safe swallowing by introducing diet modifications and special feeding techniques.

#### Wound care management

There are many different types of wounds, and some require specialized treatment to heal correctly. Minor wounds can often be treated at home, while open wounds, non-healing wounds and pressure ulcers require daily cleanings, debridement, dressing changes and antibiotic therapy treatments.

#### Tracheostomy care

A tracheostomy is a surgically created opening that goes through the front of your neck into the trachea. Routine care and cleaning is required to prevent odor, irritation and infection.

#### Life enrichment programming

Life enrichment programs and programming are thoughtfully designed to maintain and improve mind, body and spirit. They generally include a scheduled calendar of events, activities and outings to stimulate and engage residents.

#### Social services

The role of social services is to assess what level of care and ensure the right support is in place for each patient. They work closely with health care professionals and family members to enable each individual to function at the highest possible level of social and emotional wellness. They also ease the transition to a skilled nursing center while providing expert advice to ensure the patient receives the correct, coordinated care as needs change.

#### Nutritional/specialized diets

Sometimes specialized diets, or therapeutic diets, are required for residents and patients. Examples of specialized diets include; low sodium, low fat, diabetic meals. Additionally, texture or food intolerance modifications, liquid diets, or pureed diets may be needed.

#### Admissions accepted seven days a week, 24 hours a day

Our post-acute, skilled nursing and rehabilitation centers accept admissions seven days a week, 24 hours per day.

#### Prestige's award-winning Expressions Memory Care program

*Expressions* is a memory care program designed for people with Alzheimer's disease or other forms of dementia. Our program uses innovative techniques and approaches that focus on turning daily activities into memorable and meaningful events. Our *Expressions* program was awarded the Innovator Award from the International Council on Active Aging in 2012.

#### Celebrations Innovative Wellness Program

Prestige developed *Celebrations*, a signature wellness program that is designed to nurture body, mind and spirit in our assisted living communities. *Celebrations* is focused on six wellness categories to help nurture residents' body, mind and spirit.

#### Energize Exercise & Fall Reduction Program

The Energize Exercise and Fall Reduction Program is part of our *Celebrations* wellness program. The primary goals of *Energize* are to improve balance, and increase strength and flexibility. The program offers a complete fitness evaluation to start with and regular assessments to measure progress over time. Additionally, there are tiered group exercise classes available and one-on-one training may also be available for an additional fee.

#### Wellness Coach

Prestige's *Wellness Coach* is the individual responsible for delivering wellness focused programming including the *Energize Exercise & Fall Reduction Program* and *Mind Masters Cognitive Stimulation Program* as part of our signature *Celebrations Innovative Wellness Program*.

#### Mind Masters Cognitive Stimulation Program

*Mind Masters Cognitive Stimulation Program* is a component of our *Celebrations* wellness program. Studies have shown that continuous learning and exercising the brain through games and puzzles that focus on memory, reasoning and strategy. The purpose of these activities is to maintain or improve memory, reaction time and cognitive ability. Our *Wellness Coaches* are Certified Cognitive Stimulation Instructors who are specially trained to deliver our programming. All participants will be assessed prior to beginning the activities and games.

#### Life Enrichment Director

Life Enrichment Directors play a critical role in the community and they are responsible for developing and coordinating daily, weekly and monthly activities designed to enrich the lives of residents. They assess and customize programming based on each resident's likes or dislikes. Life enrichment activities may include exercise classes, educational events, outings, games, concerts, sporting events, cooking demonstrations and a variety of other happenings in the greater community.

#### Assistance with activities of daily living (ADLs)

Activities of daily living (ADLs) are routine activities of daily life that usually include eating, bathing, dressing, toileting, walking and continence. When individuals are no longer able to perform one or more ADL, they may not be able to live independently. An ADL assessment is performed to determine what type of assistance or care may be needed for individuals moving into an assisted living community, or during stays at post-acute, skilled nursing and rehabilitation centers.

#### Medication management

Medication management is one of the services that is provided to our patients and residents if needed. Assistance with medication and delivery can reduce medication errors, reduce adverse drug events and provide oversight for individuals who require multiple medications.

#### Coordinated hospice care

Prestige coordinates with professionally licensed hospice care providers to ensure individuals receive the emotional, spiritual and physical care needed during advanced illness and end of life. Hospice care is focused on quality of life and provides counseling and social support for both the individual and their family.

#### Support group meetings

Support group meetings consist of a group of people who share a common disorder who meet to share their experience and provide support for one another. These groups are considered safe places where people can openly share their struggles and successes. Support groups can be peer-led or led by a professional facilitator. Many groups meet in person, but they can also be found online.

#### Short-term retreat stays

A short-term retreat stay, or respite care, is available at many independent, assisted living and memory care communities. Generally, access to all community amenities and a fully furnished apartment is provided for those who schedule a stay. People may seek out a short-term retreat stay to determine if senior living might be a good fit, to recover after a hospital stay if you are not ready to live independently at home or if you are the caregiver of someone who wants to take a break or a vacation.

#### Coordinated rehabilitative and home health services

Prestige coordinates any necessary rehabilitation services and home health services through our trusted partners, or your own preferred partners.