



Choosing a Rehabilitation & Nursing Center...

Choosing the right rehabilitation and nursing center is never easy. The following guidelines can help to ensure that you select the best care environment for yourself or your loved one.

- Discuss the type of services needed with the physician then obtain a list of area rehabilitation and nursing centers offering those services from either the doctor, a social worker or a case manager. You can also get recommendations from friends, neighbors and your church.
- Call the centers on your list and speak with their directors of admissions to ask questions and schedule a tour. During your conversation, evaluate each director's helpfulness and friendliness.
- Conduct the Five Senses Test while taking a tour:
 - Look at the building.
 - Listen to the interactions between residents, families and staff members.
 - Smell the aroma of the resident rooms, bathrooms and hallways.
 - Taste the food. Is it hot, fresh and delicious?
 - Touch the furniture, the bedrails and the linens.
- Consult with friends or family members who may visit the center on a regular basis.
- Inquire about the facility's state survey results. All facilities that participate in the Medicare and Medicaid programs are surveyed annually to ensure compliance with state and federal regulations.