



Care That's
Built Around You

Kindred's Guide to Post-Acute Care

Kindred
Healthcare 





EACH YEAR, NEARLY

9 MILLION

PEOPLE – 24,000 A DAY – ARE DISCHARGED

FROM HOSPITALS AND REQUIRE SOME FORM OF POST-ACUTE CARE.



There are a variety of situations that require care in settings outside of the traditional hospital. They range from the very serious, like recovery from stroke or after a surgery such as a hip replacement, to important but less critical issues like medication management. Most of these situations require medical expertise but not the full array of services that take place in a traditional hospital.

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What Is Post-Acute Care?

The easiest way to think about post-acute care is to define it as any care you receive after leaving a traditional hospital. Often, when people are released from a traditional hospital they need continued care to make a full recovery. Post-acute care can also refer to the long-term management of a chronic illness (like diabetes or COPD) or disability.

Where Do I Get Post-Acute Care?

Some of the confusion about post-acute care comes from the variety of settings in which it occurs. This can range from long-term acute care hospitals to skilled nursing facilities (what most call nursing homes) to care in the home. For a clearer picture of what these different settings can provide, refer to the following pages for some brief descriptions.



Long-Term Acute Care Hospitals

Long-term acute care hospitals (LTACS) are designed for patients who require intense, medically complex treatment for an extended period of time – usually 20 to 30 days. LTAC patients typically arrive from the intensive care unit of a traditional hospital because they no longer require the full variety of tests and procedures offered by traditional hospitals, but still need a high level of care and expertise. Often, LTAC patients have several medical conditions at once and require treatment and therapy that is more intense and complex than can be provided in other settings such as nursing homes or rehabilitation facilities.

Services May Include:

- pulmonary care (ventilator management and weaning)
- complex wound care
- rehabilitation
- dialysis
- IV antibiotic therapy
- pain management
- treatment for multi-system failure, stroke, trauma and other neurological injuries



Inpatient Rehabilitation Hospitals

Inpatient rehabilitation hospitals provide physical, occupational and speech therapy to patients who can tolerate an intensive rehabilitation schedule. Patients are given a minimum of three hours of therapy five days a week. The actual intensity of service is determined based on a patient's specific needs but will typically be a combination of 30-60 minute therapy sessions provided throughout the day by physical and occupational therapists. Speech therapy will be included if necessary.

Rehabilitation Programs May Include:

- brain injury
- cardio/pulmonary conditions
- hip fracture
- multiple sclerosis
- multiple trauma
- neurological conditions
- orthopedic injuries or recovery from orthopedic procedures
- Parkinson's disease
- spinal cord injury
- stroke
- treatment for lower extremity amputation

Skilled Nursing Facilities and Subacute Units

Commonly referred to as nursing homes, skilled nursing facilities are evolving in the kinds of care they provide. These facilities still serve the traditional role of caring for residents needing non-skilled care, such as bathing and dressing, alongside certain duties that can only be provided by Registered Nurses. However, they also provide rehabilitation services for residents who require shorter stays. These short-stay residents are generally recovering from surgery, stroke or other conditions and need physical or occupational therapies before returning home. At Kindred we refer to centers that have a focus on the needs of these short-stay residents as transitional care centers.

Subacute units are licensed and function as skilled nursing facilities. However, these units are housed within a hospital setting (both traditional hospitals and long-term acute care hospitals). Being located within the hospital enables the same doctors to coordinate care and help ensure safe transitions.

Programs and Conditions Treated May Include:

- respiratory conditions such as pneumonia and post-acute COPD episodes
- cardiac conditions and post surgical care (grafts, valves, stints)
- wounds
- stroke recovery
- orthopedic injuries or recovery from orthopedic procedures
- neurological illnesses
- diabetes



Home Health

Home health is everything the name implies. Yet patients receiving home health are not all necessarily returning from a hospital stay – home health is becoming vital in helping to keep people from having to go to the hospital in the first place. The levels of care provided in the home have also expanded. Now home health ranges from wound care for those struggling to recover from surgical procedures to help with everyday activities such as eating and managing medication.

Services May Include:

- medication and disease management and training
- IV infusion for antibiotics, inotropic therapy, hydration and other medications
- specialized wound care
- central line and PICC line care
- TPN, tube feeding
- chest tube management

Hospice

Hospice is intended to help meet the physical, emotional and spiritual needs of terminally ill patients and their families. Hospice care allows patients to receive pain management and psychological support while in the comfort of their home.

Personal Home Care Assistance

We also provide personal home care assistance because we know that caring for our patients doesn't end with their medical needs.

This care may include personal hygiene assistance, meal preparation, transportation, companionship and respite care for family caregivers in the individual's home.

Services May Include:

- bathing and grooming
- light housekeeping and laundry
- meal preparation
- transportation to appointments
- medication reminders
- respite care
- live-in, hourly and shift care is available

Assisted Living Facilities

Assisted living offers assistance for residents who need help with certain activities of daily living from bathing to laundry services. Residents in assisted living don't require the 24-hour medical care that skilled nursing facilities offer.

Assisted living facilities vary in terms of their layouts, but generally they are much like apartment complexes with units of different sizes as well as shared spaces to encourage interaction among residents. Assisted living facilities will offer a variety of services depending on the facility.

Amenities and Services May Include:

- private apartments with kitchenette
- three restaurant-style meals daily
- laundry and housekeeping
- transportation to and from activities and/or medical appointments
- 24-hour skilled nursing services and emergency call response systems
- wellness and fitness program with dietitian
- computers and WiFi access
- beauty salon

What Else Do I Need to Know?

Whether you are inquiring for yourself or for a family member, having a good grasp of your medical history and current condition is vital. While there is great effort under way toward the sharing of electronic medical records, there is still a lot of work to do. So knowing things like medical history and current medications being taken will be important, as these are questions that will be asked many times.

It's also a good idea to understand exactly the kinds of treatment you will need upon leaving the hospital. This way you can ask specific questions about those therapies. This can help you decide between two different facilities that might both be located near you and that offer similar amenities.

Also, know that you have the right to ask as many questions as you need to feel comfortable. Recovery can take time, so it's essential to have a good relationship with those who are providing care. The more confident you are in your caregivers, the more confidence you can have going into recovery.



How Can Kindred Help?

Kindred understands that life can be complicated before making healthcare decisions. As the largest post-acute healthcare provider in the United States, we have the expertise and the resources to help make those decisions easier. If you still have questions about how to best care for yourself or someone you love, please get in touch.

Call 1.866.KINDRED and a registered nurse can answer questions ranging from Medicare and insurance, to walking you through the care options that best fit your needs. You can also learn more about us at www.kindred.com.

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