

# Choosing a Skilled Nursing Facility that's Right for You



**A skilled nursing facility (SNF), or rehabilitation facility, can be a step on the path back to health after a hospital stay. Patients at a skilled nursing facility receive additional care as they continue to recover from an illness, injury or surgery.**

Beth Israel Lahey Health Performance Network (BILHPN) has carefully chosen and developed relationships with a network of skilled nursing facilities. There are many benefits of opting for a skilled nursing facility that works closely with BILHPN.

You may have questions about skilled nursing facilities or what you can expect when you get there. Here are some answers to help you prepare for the transition.

## Why do I need to go into a skilled nursing facility?

Your health care team has determined that although you are ready to leave the hospital, you would benefit from a short stay at a skilled nursing facility. This will allow you to receive additional care before you return home.

## How do I choose a skilled nursing facility?

Your health care team in the hospital will provide you with information about skilled nursing facilities preferred by BILHPN. There are many benefits to choosing one of our facilities, including:

- The preferred facilities meet BILHPN's high standards.
- Each facility is staffed with a Beth Israel Lahey Health (BILH)-affiliated physician, which allows for an easy transition to the facility and easy communication with the facility health care team.
- BILHPN preferred facilities will coordinate your discharge planning when you're ready to go home, including outpatient services such as physical therapy, occupational therapy or a visiting nurse. This coordination helps to ensure a seamless transition from the facility to home.
- A clinical case manager will be available to assist you during your stay and can serve as a point of contact when needed.

Although you have a choice as to which skilled nursing facility you go to, we believe you will be satisfied with one of our preferred facilities.

## What kind of care can I expect to receive in a skilled nursing facility?

Depending on your individual needs, you can expect to receive:

- Medical supervision by a health care team that includes a BILH-affiliated physician
- Round-the-clock care by nurses
- Rehabilitative care (physical therapy, occupational therapy, speech therapy)
- Administration of intravenous medication
- Wound care
- Advanced care planning
- A range of health and social supportive services to assist patients and families

**For more information, please speak with your case manager before leaving the hospital.**