

Frequently Asked Questions About Skilled Nursing Care

The search for the right skilled nursing community can be a challenge, so asking the right questions can help pair you or a loved one with care designed to fit your individual needs and lifestyle. We always recommend researching and finding three top options that meet the needs of your loved one. Check out these frequently asked question about skilled nursing that could help you be matched with the right care:



What is Skilled Nursing?

After a hospitalization from serious illness, injury or elective surgery (post-acute care), the next step is typically a short-term transition from hospital to a skilled nursing facility. Additionally, individuals may also choose to move into a skilled nursing facility for long-term care. Skilled nursing provides 24/7 assistance, including care each day that must be performed by a licensed nurse. The goal of these services is to help the individual recover both physically and mentally so that they may return home safely.

What available services fall under the skilled nursing umbrella?

Skilled nursing facilities have a variety of services that fall under the skilled nursing category. Some of these services could include: Rehab services, IV therapy, pain management, discharge planning, diabetes management, wound care, etc. Knowing the services offered by each facility can help you determine if they have the right care options for you or a loved one.

How much input does a loved one have on the care being received?

Understanding your role as a loved one in the recovery process can help you understand how involved you can or should be to help provide the best support and peace of mind for your loved one. Being involved can help increase your loved one's spirits and improve their results, so long as it doesn't interfere with their ability to get the rest they need. Speaking to your loved one's healthcare provider about your involvement may be a good idea prior to their transition.

What is the cost of skilled nursing? What insurances are accepted? Are private rooms available?

Everyones number one question when searching for care is usually "how much is this going to cost?" Knowing how much the facility will cost and if your insurance is accepted will most likely be a big factor when deciding which facility you choose. Most providers accept Medicare, Medicaid, Managed Care, HMO plans, private pay, and some private long-term insurance plans. It is always important to understand your payment options prior to moving in.

What will a typical day of care entail?

Understanding what a typical day of care entails can help you get a better picture of the facility and if it is the best fit for you or a loved one. The quality of care an individual receives on a daily basis is important to their recovery or daily health. Along with daily care, asking about creating a personalized plan of care can make sure that your or a loved one's needs are being met.

How does the facility communicate with families about a resident's well-being?

Constant communication between resident and loved one can make this transition process a lot easier for both parties. It also decreases the feeling of isolation, increasing the quality of life of the individual. In addition, care planning meetings are hosted on a regular basis so you and your loved one will always be in the loop.

What activities and amenities are available?

Knowing your or your loved one's care options is important, but equally important is understanding the activities and amenities offered by the facility. Asking this question can help you or a loved one get a better idea of what to expect upon admission and if it is the place for you. Additionally, you may want to ask for a copy of a community's current activity calendar or schedule a tour to get a first-hand preview of life on campus.

What is the CMS 5-Star rating?

A CMS rating is a five star quality rating system to help families and caregivers easily compare nursing facilities. Knowing your facility's CMS rating can help you determine the quality of care provided and weed out any facilities with a low rating.

Need a break? Our short-term respite relief program provides you with temporary relief while ensuring that your loved one is well taken care of in a safe and secure environment. Please select one of our locations by visiting [www.covliving.org/locations](https://covliving.org/locations) to connect with one of our Healthcare Navigators and learn more about our short-term respite stay options.