

# The Heart of the Matter: Navigating Cardiac Rehab with Confidence at Covenant Living

## A Warm Welcome to Healing

Navigating the path of cardiac rehabilitation can feel overwhelming with the unknowns and uncertainties that follow a significant health event. At Covenant Living Communities & Services, however, we strive to illuminate this path with understanding, empathy, and the highest standard of care. When you begin your short-term rehab journey with us, it's not just about medical outcomes—it's about experiencing an undeniable difference in the way we serve you from the moment you arrive until you're ready to leave our warm embrace and return home.



## Continuous Care, Beyond Our Doors

Our relationships with esteemed community-based home care services are integral, ensuring the seamless transition from our care to your home, where your success story continues to unfold. We recognize that everyone walks a different road, carries distinct ambitions for their rehabilitation, and deserves a plan as individual as their heartbeat.

## Frequent Hospitalizations

If your loved one experiences frequent hospitalizations, it may be a sign that their health is deteriorating to the point where constant medical intervention is necessary. Skilled nursing facilities are equipped to handle patients who require regular medical attention, reducing the need for repeated hospital stays. Transitioning to a skilled nursing environment can help manage their conditions more effectively and minimize the disruption of hospital visits.

## Personalized Paths to Wellness

With exceptional speech, physical, and occupational therapies, alongside superior nursing support and thorough discharge planning, Covenant Living's approach is attentive and unwaveringly patient-oriented.

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## The Unseen Benefits of Cardiac Rehab for Seniors

Research substantiates the significant benefits of cardiac rehabilitation, especially for seniors. Yet, there remains a troubling gap as many older adults forego these essential rehab sessions. Engagement in cardiac rehab correlates with increased longevity and an enhanced quality of life. Beyond the physical recuperation, seniors also reap the rewards of the communal aspect of rehab, forging connections that fortify against the detrimental effects of isolation and depression on recovery.

### Dispelling Myths, Ensuring Safety

Dispelling the myths surrounding cardiac rehab is vital. The notion that it poses a danger to older adults is simply not true—there are no age barriers here. Our expert team of nurses and therapists are the vigilant custodians of your rehabilitation process, assuring your safety and progress through each exercise and every heart-healthy decision.

### Social Isolation and Loneliness

Social isolation can take a significant toll on an individual's mental and emotional health, especially for seniors who may be living alone or have limited social interactions. Skilled nursing facilities often offer a range of social activities, group therapy, and opportunities for residents to engage with others, reducing loneliness and improving their overall happiness.

### A Heartfelt Commitment

Choosing to bypass cardiac rehab after heart-related incidents is, in truth, the greater risk. We invite you to demonstrate love and commitment to your heart by fully engaging with your rehab program. Your heart, in turn, promises to gift you with a future that's not only longer but enriched with vigor and vitality.

For anyone standing at the crossroads of cardiac rehabilitation, Covenant Living is here, ready to provide the support, expertise, and care necessary for a journey back to health. Embrace this opportunity to honor your heart with the dedication it deserves, and step into a future bright with possibilities.

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.