



SAUNDERS HOUSE

MAIN LINE SENIOR CARE ALLIANCE

CELEBRATING
150 YEARS!

A Healthy Tradition of Care and Wellness

Tips for Understanding Technology and Post-Acute Care

When older adults leave the hospital, they might not be ready to go home yet. They can go into post-acute care to benefit from additional time and support. Technology is playing a huge role in post-acute care. Advancements in post-acute care are more accurate, reliable and organized. This allows the caregiver to have a better understanding of how their loved one is doing in his or her recovery.

When Someone Needs Post-Acute Care

There are many circumstances in which a person will need short-term rehabilitation or post-acute care. They could be recovering from:

- **Injury.** When a person is recovering from a fall or other injury, they need plenty of time to let the injury heal. Afterward, they need to regain their strength and be able to maintain it.
- **Illness.** Illnesses like pneumonia or bronchitis can severely affect older adults. Just like with injuries, they need time to boost their strength and make sure their body is getting the nutrition it needs to recover.
- **Post-Surgical Care.** After undergoing a surgical procedure, older adults need a balanced, healthy diet and physical rehabilitation to help them get back to their normal lives.

What to Look for In Post-Acute Care Community

When searching for post-acute care or short-term rehabilitation for a loved one, bring the family along to help make the decision. Here are a few things to keep in mind:

- **Services.** First and foremost, the community's Post-Acute Care must have the services required to fit the older adult's needs. If he or she needs certain therapies, check if those are available at the community.
- **Quality of Staff.** While researching what Post-Acute Care is best for your loved one, note if the staff is caring and attentive and if there are enough staff members to take care of the residents. They should respond quickly when residents need them.
- **Cleanliness.** Take a thorough look at the community. Is it clean? Are the residents taken care of and well-groomed?
- **Family Access.** Check if it's easy for family and friends to visit while their loved one is in Post-Acute Care. This way, they can create a calendar to visit without overwhelming or crowding their loved one all at once.



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Saunders House

Short-term rehabilitation at Saunders House is dedicated to getting older adults back to their usual level of health and well-being. The RenewAll program provides quality care from skilled nurses, specialists and therapists in a homelike environment. Older adults benefit from the personalized care plans implemented by the professional care team.

Short-Term Rehabilitation at Saunders House includes treatment for:

- Joint replacement
- Cardiopulmonary disease
- Stroke
- Post-Surgical Recovery
- Reconditioning post-illness or injury

Profession Team

- **Therapists** – Physical, occupational and speech therapists will work with residents so they get their strength, abilities, health and overall well-being back to the level before the resident was in the hospital.
- **Nurses** – Registered nurses, licensed practical nurses and certified nursing assistants are available to residents and prepared to give them the best care.
- **Specialists** – Covering areas like physical and medical rehabilitation, therapeutic recreation, dietary and nutrition, Saunders House has plenty of specialists to meet an older adult's specific needs for those recovering in short-term rehabilitation.
- **Social workers** – Along with discharge planners, social workers are here to help make the transition from short-term rehabilitation to home as smooth as possible.

Personalized Care Plans

Short-Term Rehabilitation at Saunders House is designed to safely transition residents back to their homes, knowing that their lifestyle can continue because of the care they received at this community. Each resident has a personalized care plan to reach this goal. The recovery plans are built around the resident's individual and unique needs and have manageable outcomes. The personalized care plans include:



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- **24-hour nursing** – around-the-clock nursing care gives caregivers and their families peace of mind
- **Therapy** – physical, occupational and speech
- **Recreational Therapy** – this kind of therapy focuses on the physical, mental and social needs of the resident

Short-term rehabilitation and post-acute care aid in helping older adults regain physical and mental strength that they had lost due to an illness, injury, or surgery. These methods are improving with the incorporated use of technology, all focused on getting the older adult back to the highest level of health possible.

Discover Our Healthy Tradition of Care and Wellness

Located adjacent to Lankenau Medical Center, Saunders House – [part of Main Line Senior Care Alliance](#) – has a celebrated tradition of providing [exceptional care and services](#) to older adults and their families. It's a tradition we're proud to continue.

Today, Saunders House offers a range of services – including [short-term rehabilitation](#), [traditional nursing care](#), [restorative care](#), [memory care](#), [respite care](#) and specialized care for individuals with visual impairments – all in a setting that is warm, welcoming and nurturing.

For more information on Saunders House, our Short-Term Rehabilitation program and other professional services, please call us today at (610) 658-5100 or [contact us](#) online.

***Disclaimer:** The articles and tip sheets on this website are offered by Saunders House and Main Line Senior Care Alliance for general informational and educational purposes and do not constitute legal or medical advice. For legal or medical advice, please contact your attorney or physician.*