

# FACILITY PROGRAMS & SERVICES

**The Alpine Fireside staff is an interdisciplinary team; each member bringing their professional knowledge and experience to develop personalized care, services and programs to meet the needs of each resident.**

## **Nursing Services**

The nursing department, led by a Director of Nursing (under direct supervision of the medical director), evaluates plans and implements nursing services to meet the medical needs of the resident. In addition to providing care to residents, the professional, licensed nursing staff provides education for residents and family members to increase their understanding and involvement in personal medical care.

## **CNA**

Certified Nurses Aides are specially trained to assist residents with Activities of Daily Living (ADL); aiding in bathing, dressing, toileting, transferring, ambulating, and assisting in maintaining clean, well groomed individuals. Daily contact with residents, allows the CNA to assist in identifying any physical or emotional changes in ADL.

## **Rehabilitation Service**

Therapy: physical, occupational and speech is available through our nursing department Monday through Friday, as well as by a contracted company and billed to Medicare Part B and private insurance. With a three night stay at the hospital we may be able to provide Medicare Part A Rehab. Our trained and caring staff will do all we can to identify the resident's needs and maximize their benefits. Restorative Nursing is offered seven days and is included in the Intermediate Heavy Care criteria room rate.

## **Social Services**

Resident Advocate is the primary role of the Director of Social Services. Each resident is clinically assessed to accurately identify individual needs and provide or obtain services to ensure a high quality of life. Services include referrals to community resources, assistance with advance directives, personal shopping, resident education, discharge planning, and interventions as needed to address overall psychosocial well being.

## **Activities**

Activities are led by a certified Activity Director. The director is specifically trained to assess, plan, and implement individual and group activities meeting social, recreational and physical needs of each resident. Trained staff assists in activities such as BINGO, crafts, and special entertainment. Activities are modified for all ability levels. Calendars are posted throughout the facility and in each resident's room.

## **Dietary**

The Dietary department, under the direction of a Licensed Dietitian, prepares and serves nutritionally balanced meals in accordance with physician diet orders and resident preferences. Dietary staff strives to provide home-style meals in a home-like environment. Family members are encouraged to make reservations for dining while visiting. Meal tickets may be purchased at the front office.

## **Maintenance / Housekeeping and Laundry**

The Director of Environmental Services in cooperation with the Director of Nursing, maintain overall cleanliness of facility, resident rooms and facility linens. Resident laundry services are available for a monthly fee.

## **Care Plan Conferences**

In accordance with Federal OBRA guidelines, the resident's needs will be formally assessed upon admission, quarterly thereafter and as the resident's condition changes. Following these assessments, conferences will be held with the resident and/or designated representative to discuss and develop a plan of care. Resident and representative involvement is vital to developing and implementing a plan to meet resident's needs successfully. Notices of the date and time of meeting will be given or mailed in advance to the resident and designated representative.

## **Resident Council**

Resident Council meets monthly to provide residents an avenue to take a meaningful part in the planning and implementing of facility activities, policies and programs that are of vital interest to the resident and elected resident board. All residents are automatically members and are encouraged to attend. Resident Council is a forum for taking an active role in the Alpine Fireside community, influencing change, and planning activities and service projects. Resident Council also presents an opportunity to learn from speakers on various topics. The Resident Council is facilitated by the Activity Department and minutes are available to review following the meeting.

## **Medical / Dental Services**

Care for each resident is directed by a physician and carried out by Alpine Fireside's nursing staff. Each resident is able to remain under the care of their own personal physician. The physician must be willing to provide service at the nursing home or family must be willing to accompany and/or transport the resident to/from appointments as needed. Regulations require all intermediate residents to be seen by their physician at least once every 90 days and shelter care residents be seen at the discretion of nursing staff or family request. Alpine Fireside will provide assistance in selecting a doctor if the resident chooses to rely on the services of a physician that will attend them at the facility.

In the same manner, dental needs may be met by the resident retaining their present dentist. Alpine Fireside can assist with those arrangements.

## **Resident Funds / Allowances**

At the time of admission, each resident is given the opportunity to open a non-interest bearing personal fund account to be used at the resident's discretion. With written authorization from the resident/resident representative, the facility may accept funds up to the amount of \$50.00 for safe keeping and managing.

## **Pastoral Care**

Alpine Fireside makes available the option of pastoral care for each resident. Information is gathered from the individual or family member regarding religion and preferred place of worship. The information will guide staff in developing a plan to insure the resident's spiritual needs are met. Authorization for pastoral visits is given to clergy or a church representative at resident or family request. The facility also provides daily devotions, weekly rosary and special programs sponsored by religious organizations such as Salvation Army.

Weekly services?

*Alpine Fireside*  *Health Center*

*"Family Taking Care of Family"*

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