

**DEFINING
QUALITY**

A Directory of Cedar
Community Services
and Helpful Terms



CedarCommunity

DEFINING QUALITY

**A Directory of Cedar
Community Services
and Helpful Terms**

pg.

Levels of Care	1 - 6
Glossary of Terms	7 - 8
Who's Who	9 - 12

© 2010 Cedar Community. This booklet is an independently produced publication of Cedar Community. The right to copy and publish is reserved.

Requests for permission to copy any content may be directed to Tracey MacGregor at 262.306.4252 or tmacgregor@cedarcommunity.org.

Levels of Care

Home Health Care

What is it?

Home health care provides nursing, therapy and other specialized services in the privacy and comfort of your home to help you manage a chronic illness, or perhaps recover from surgery or an accident. The goal is to help you continually improve, manage your illness and keep you at home, where you most wish to be.

Who provides it?

These medically based services must be provided by licensed health care providers including nurses, social workers and therapists.

Who pays?

Medical services generally are covered by Medicare, Medicaid and private insurance with a doctor's referral. Patients must meet medical and home-bound criteria for coverage but can be private-pay.

To learn more: Call Cedar Home Health, 262.306.2691
or visit cedarathome.org.

Home-Based Supportive Care

What is it?

These non-medical services promote safety and independence to support those wishing to continue living at home as long as possible. Clients seek assistance with daily activities, personal care, homemaking and companionship. Can be an adjunct to home health care.

Who provides it?

Certified Nurse Aides assist with bathing, grooming, dressing, exercising, transferring, etc. Homemaker/Companions help manage daily tasks such as shopping, meal prep, laundry, errands and general cleaning/organizing. Often accompany clients on outings or appointments, and/or provide support and companionship.

Who pays?

Private pay, generally priced by the hour but vital to preserving independence, ultimately saving time, money and, most importantly, peace of mind.

To learn more: Call Cedar Home Health, 262.306.2691
or visit cedarathome.org.

Adult Day Care

What is it?

A facility where persons can spend the day or evening socializing, enjoying meals and activities. This level can enable caregivers to continue working or take respite time to provide for other loved ones or their own health and well-being.

Who provides it?

Depending on level of care, staff can include activity therapists, nurses, social workers, certified nursing aides and non-degreed trained workers.

Who pays?

Generally private pay, charged at a daily or weekly rate, which varies by program and level of care provided.

To learn more: Call the Washington County Aging and
Disability Resource Center, 262.335.4497.

Assisted Living

What is it?

A residence that supports individuals who wish to remain independent yet need assistance in various activities of everyday living. Support in assisted living can include help with meals, planned social and recreational activities, assistance with taking medications, help with bathing, dressing and attending to personal hygiene.

Community-Based Residential Facility: A CBRF provides care, treatment and other services to adults who need supportive or protective services or supervision because they cannot or do not wish to live independently. Most often CBRFs that serve older persons tend to care for people with a diagnosis of dementia and/or are in need of custodial physical care. Typically CBRFs serve 25 or fewer persons.

Residential Care Apartment Complex: RCACs provide tenants or residents with independent, private apartments that are residential in character and make available personal, supportive and nursing services to meet individual needs, abilities and preferences. RCACs operate in a manner that enhances the individual's self reliance and supports his or her autonomy.

Adult Family Home: AFHs provide tenants or residents with independent, private apartments that are residential in character and make available personal, supportive and nursing services to meet the needs, abilities and preferences of the individual. AFHs operate in a manner that enhances the individual's self reliance and supports resident autonomy. Many AFHs serve persons with developmental disabilities.

Who provides it?

Varies by type and strength of programming. While most assisted living residences have trained staff providing care, some larger providers may also employ registered nurses, licensed practical nurses, certified nursing assistants, activity therapists, social workers and other professionals.

Who pays?

Monthly fees range from \$2600 to more than \$6000 depending on the level and type of care provided. Generally assisted living is private pay although some public assistance may be available through the Family Care Program.

To learn more: Call Cedar Bay Assisted Living, 262.306.4299 (Washington County) or 920.876.405 (Sheboygan County) or visit cedarcommunity.org.

Subacute Care/Short-Term Rehab

What is it?

A transitory level of skilled nursing and rehabilitation services, often following hospitalization, intended to assist a patient recovering from surgery, illness or injury in returning home or to his or her originating level of care. Can be provided in a designated unit within a skilled nursing facility or hospital, or in a free-standing building.

Who provides it?

A multi-disciplinary team of nursing and rehabilitation professionals, social workers, dieticians, activity therapists and aides assist patient in designing and executing a recovery program.

Who pays?

Services generally are covered by Medicare, Medicaid and private insurance with a doctor's referral. Patients must meet medical criteria for coverage and may be re-evaluated for extension.

To learn more: Call Cedar Crossings Subacute Rehab, 262.306.4240 or visit cedarcommunity.org.

Skilled nursing care

What is it?

Also referred to as nursing home care, state licensed to provide full-time nursing care either long-term or for short-term rehabilitative stay (see Subacute Care). Persons reside in private or shared rooms with bathroom; common areas include activity areas, dining rooms, courtyards and grounds.

Who provides it?

Staffed by licensed nursing and rehab professionals, aides, dietary and housekeeping staff, activity professionals, social workers.

Who pays?

Permanent SNF residents are supported by personal income and assets, long-term care insurance, or Medicaid (also known as Title XIX, Public Assistance, or Wisconsin's Family Care). Medicaid covers far less than the actual cost of care, therefore non-profit facilities seek donations to help reduce the shortfall.

To learn more: Call Cedar Lake Health and Rehabilitation Center, 262.306.4240 or visit cedarcommunity.org.

Hospice care

What is it?

End-of-life care provided to those facing a life-limiting illness and no longer seeking curative care. Can be provided at a patient's home, or within a designated hospice facility, assisted living or nursing home setting. Intended to ensure adequate pain management, comfort and emotional support for the dying patient and his or her family members. Programs include extended bereavement services for those left behind.

Who provides it?

A multi-disciplinary team of nursing professionals, social workers, activity therapists, aides, clergy and volunteer companions.

Who pays?

Covered under Medicare, Medicaid and most private insurance with a doctor's referral, meeting the criteria of a life-limiting illness estimated to run its course within six months or less. Patients can be re-certified for continued hospice care or discharged due to improved condition.

To learn more: Call Cedar Home Hospice, 262.306.2691
or visit cedarathome.org.

Palliative care

What is it?

Supportive care and services for those facing a life-limiting illness yet desiring to continue curative measures. Patients receive symptom control and pain management, wound care, medication teaching and management, rehab therapy, emotional/spiritual support and/or assistance with Advanced Directives and planning.

Who provides it?

A multi-disciplinary team of nursing professionals, social workers, activity therapists, aides, clergy and volunteer companions.

Who pays?

Generally covered under Medicare, Medicaid and most private insurance with a doctor's referral.

To learn more: Call Cedar Palliative Care, 262.306.2691
or visit cedarathome.org.

Independent living

What is it?

A lifestyle option for retirement age men and women seeking freedom from home ownership and wishing to engage in social, educational, recreational and cultural activities. Independent living retirement communities either serve persons age 55 or age 62 and better. Settings range from free-standing homes and duplexes to apartment complexes. Some independent living communities include interior and exterior maintenance in their monthly fees.

Who provides it?

Depending on the community, staff can provide everything from housekeeping and maintenance services to coordination of social and recreational activities to restaurant services to concierge-type services. No direct personal or nursing care may be provided by the independent living staff.

Who pays?

There is a wide spectrum of payment options in independent living. Some providers charge monthly fees along with a refundable entrance or endowment fee that can range from \$60,000 to \$150,000. Other “life care” communities provide a certain amount of long-term care (assisted living or nursing home) as part of their service package. For this option, consumers pay significantly higher monthly fees and entrance fees that range from \$250,000 to \$500,000. Still other providers charge a monthly rent much like any apartment building. Nearly all independent living is private pay although there are a few subsidized housing operations.

To learn more: Call Cedar Ridge Apartments and Village Homes, 262.338.2811 (Washington County) or Cedar Landing, 920.876.405 (Sheboygan County) or visit cedarcommunity.org.

Glossary of Terms

Continuum of Care: A spectrum of services offered by one provider enabling residents to transition seamlessly from independent living to assisted living and/or nursing home care as their needs change. May also include temporary transitional living such as respite or short-term rehabilitation care, and helps support couples with diverse individual needs desiring to stay as close to each other as possible.

ADLs: Activities of Daily Living, refer to the variety of tasks an individual performs each day – from dressing, bathing and eating, to using the toilet, completing tasks related to personal hygiene and/or managing medications.

Aging in place: Refers to an individual's desire to remain in his or her current home setting for as long as possible. Aging in place can be supported through a variety of methods including adaptations to the home (e.g. shower benches, grab bars, entry ramps), providing in-home support (e.g. housekeeping, meals-on-wheels), and in-home care (e.g. personal care workers, nursing services, rehabilitation services).

DME: Durable Medical Equipment, encompasses a spectrum of products big and small that help individuals adapt to a physical or medical condition and promote continued independence. Items include wheelchairs, walkers, scooters, lift chairs, grabbers, splints, compression garments, visual aides, modified tools, etc.

Dementia: Loss of short term and/or long term memory brought about by a disease process or injury. More common types of dementia include Alzheimer's Disease, Lewy Body Syndrome, Pick's Disease and Parkinson's-Related Dementia. Dementia often is progressive and may interfere with the individual's ability to manage routine day-to-day activities.

Low vision: Applies to the spectrum of vision challenges an aging individual may face, from difficulty reading to complete blindness due to conditions including but not limited to diabetic retinopathy, cataracts, glaucoma and macular degeneration.

Lymphedema: The swelling of a body area or extremity due to an impaired lymphatic system's inability to move fluid through the body and eliminate excess. Often caused by injury to lymphatic pathways from surgery or accidents, or removal of lymph nodes for cancer treatment. While the condition cannot be cured, therapy includes manual techniques for moving fluid, special exercises and patient education on preventing exacerbation. Related conditions include edema (general and usually temporary swelling with a variety of causes) and lipedema (swelling due to lymphatic system compression by excess fat cells).

Who's Who?

Your aging services experience may include a variety of caregivers ready, willing and able to help you. This section will help you understand the many care professionals you may meet and their unique roles.

Nursing

Certified Nursing Assistant (CNA)

Education/Qualifications: Requires completion of a 120-hour training course and passing certification exam and a minimum of 12 hours continuing education yearly.

Scope of practice: Trained to help with daily tasks such as bathing, taking vital signs, ambulating, transferring and performing other personal care. Works under supervision of an LPN or RN.

Licensed Practical Nurse (LPN)

Education/Qualifications: Requires completion of a one-year licensing program with coursework in anatomy, physiology, pharmacology, nutrition, wound care, etc.

Scope of practice: In addition to CNA duties, able to administer medications, document charts, change dressings, communicate with physician, etc.

Registered Nurse (RN)

Education/Qualifications: A two-year associate degree includes coursework in math, anatomy, physiology, psychology and liberal arts followed by clinical (hands-on) training with rotation in a variety of care settings, including hospital, nursing home, clinic, etc. An RN can also hold a Bachelor of Science degree in Nursing (BSN) by completing a four-year advanced degree including two years' liberal arts pre-requisite curriculum followed by two years' nursing curriculum and clinical training.

Scope of practice: In addition to LPN duties, able to perform assessments with an emphasis on decision-making skills to individualize care.

Nurse Practitioner (NP)

Education/Qualifications: Requires a master's degree in addition to four-year bachelor's degree in nursing.

Scope of practice: Acts as liaison between physician and patient, performing duties on physician's behalf such as prescribing medications, ordering tests, interpreting tests, diagnosing medical conditions and supervising nursing care plan.

Rehabilitation

Therapy aide

Education/Qualifications: Requires a high school diploma and most receive additional training on the job under the supervision of a physical or occupational therapist.

Scope of practice: Most help assemble, clean and arrange equipment and spaces for the therapist, and help him or her make best use of time before, during and after the appointment. They also help transport patients to and from the treatment area.

Physical therapy assistant (PTA)

Education/Qualifications: Successful completion of a two-year associate's degree with academic coursework in algebra, psychology, anatomy, physiology and clinical work including treatment techniques and CPR.

Scope of practice: Primarily assist the therapist in providing care to patients, helping with exercises, equipment use, balance/gait training and therapeutic devices such as mechanical or electric stimulation and ultrasound, and record data.

Certified Occupational Therapy Assistant (COTA)

Education/qualifications: Requires an associate's degree and successful completion of the state exam. Coursework includes anatomy, physiology, psychology plus gerontology and/or pediatrics, and a minimum 16 weeks of supervised fieldwork.

Scope of practice: Assist the occupational therapist in helping patients complete a treatment plan including exercises, transfer method and adaptive equipment training, stretching, and documenting progress for charting and billing.

Occupational Therapist (OT)

Education/Qualifications: Completion of a four-year bachelor's degree including pre-requisites in biology, algebra, liberal arts, anatomy/physiology and psychology and two years special occupational therapy coursework and clinical (hands-on) training.

Scope of practice: Assist patients in regaining everyday living skills following illness, injury or surgery. Treatment methods include exercises, splinting, stretching, strength-building, ultrasound, massage, adaptive skills and equipment, wound /scar treatment, etc.

Physical Therapist (PT)

Education/Qualifications: A seven-year doctorate program is required to include pre-requisite liberal arts education, math, theory, science, biology, chemistry, anatomy/physiology, pharmacology and clinical (hands-on) training.

Scope of practice: Physical therapists discern medical history, assess and diagnose conditions and develop treatment plans for patients facing decreased mobility or function due to injury, illness, pain or surgery that will assist the individual to develop, maintain and restore maximum function throughout life. Methods include gait training, manual therapy, exercise, heat and electric modalities.

Speech-Language Pathologist

Education/Qualifications: Requires completion of a four-year undergraduate degree with emphasis on arts and sciences and a program of study in communication sciences and disorders. To receive certification, graduate study, completion of clinical experience and passing a national exam is required.

Scope of practice: SLPs assess, diagnose and treat speech, language, cognitive-communication and swallowing disorders. Common challenges they address among older adults include stroke, memory loss and progressive neurologic diseases such as Parkinson's and multiple sclerosis.

Clinical Dietician

Education/Qualifications: Requires completion of a four-year bachelor's degree with coursework emphasizing chemistry, biology, psychology, microbiology and physiology. Many go on to graduate study and certification includes successfully passing a written exam and clinical work.

Scope of practice: Dieticians assess nutritional status, adapt menus and prepare meal plans to assist patients with health challenges such as diabetes, cancer, obesity, eating and swallowing challenges and more. They work closely with physicians, nurses and dining services to address dietary restrictions to ensure optimal health.

WE ARE CEDAR COMMUNITY

**Cedar Lake Health and
Rehabilitation Center**
262.306.2100

**Cedar Haven
Rehabilitation Services**
262.306.2150

**Cedar Crossings Subacute
at Cedar Lake**
262.306.4240

**Cedar Crossings Subacute
at Pleasant Valley**
262.677.6800

Cedar Ridge Apartments
262.338.8377

Cedar Landing
920.876.4050

Cedar Bay at Cedar Landing
920.876.4050

**Cedar Community
Pastoral Services**
262.306.2100

Cedar Community Foundation
262.338.2819

Cedar Home Health
262.306.2691

Cedar Hospice
262.306.2691

Cedar Pathfinders
262.306.2691

Cedar Lake Village Homes
262.306.2102

**Cedar Bay Assisted Living
East 262.306.2145
West 262.306.2130**

Cedar Valley Center and Spa
262.629.9202

Friendship House Assisted Living
262.306.2120

**Ye Olde School/
Heritage House Museum**
262.338.4625

Independence Store
262.306.4251

Our mission:

*Cedar Community serves the Lord by creating
relationships, services and environments that enhance
the well-being of seniors and their families.*



CedarCommunity

5595 County Road Z
West Bend, WI 53095
262.306.2100
cedarcommunity.org