

# Post-Acute Care Close to Home

At Penn Highlands Healthcare, we understand there are times when a person no longer needs the acute care they receive in our hospitals — yet they may not be strong enough to return home or resume their normal activities. For those people, we offer post-acute care.

When an illness, surgery or accident disrupts your life, it is important to recover properly to avoid any lingering problems. In some instances, people of any age, may require post-acute care to further heal or regain their strength.

Penn Highlands Healthcare offers many convenient and comfortable recovery options that are close to home, or depending on the level of care needed, may be provided in your own home.



## Swing Bed Programs at Penn Highlands Healthcare

Penn Highlands Brookville

Penn Highlands Elk

Penn Highlands Tyrone

[www.phhealthcare.org/swingbed](http://www.phhealthcare.org/swingbed)

## Acute Inpatient Rehabilitation Centers at Penn Highlands Healthcare

Penn Highlands DuBois

Penn Highlands Mon Valley

[www.phhealthcare.org/inpatientrehab](http://www.phhealthcare.org/inpatientrehab)

## Outpatient Rehabilitation Centers at Penn Highlands Healthcare

With more than 20+ locations throughout Pennsylvania, you can easily find a location near you.

[www.phhealthcare.org/rehab](http://www.phhealthcare.org/rehab)

## Penn Highlands Healthcare at Home

Our hospice nurses, home health nurses and therapists will work with you and your physician to determine the services that will best serve your needs at home. We have five offices in Brookville, Clearfield, DuBois, Huntingdon and St Mary's serving 15 counties. Please call 800-841-9397.  
[www.phhealthcare.org/healthcareathome](http://www.phhealthcare.org/healthcareathome)



## Continuing Care Facilities/Communities at Penn Highlands Healthcare

### SKILLED NURSING FACILITIES

Penn Highlands Jefferson Manor

Penn Highlands Elk Pinecrest Manor

McKinley Health Center

### PERSONAL CARE

Edgewood Heights

Highland Oaks at Water Run

Laurelbrooke

Penn Highlands Jefferson Manor

The Residence at Hilltop

### RESIDENTIAL COMMUNITY

Elco Glen

North Fork Heights

The Laurels

The Village at Laurelbrooke

The Villages at Ridgmont

The Villas at Water Run



[www.phhealthcare.org/seniorcare](http://www.phhealthcare.org/seniorcare)

# Post-Acute Care

*Penn Highlands Healthcare*  
Advanced Medicine. Here.



# Penn Highlands Healthcare offers post-acute care to meet every need.

## Swing Bed Program

The Swing Bed Post-Acute Rehabilitation Program provides patients with individualized in-hospital care and physical rehabilitation to help them reach an optimal level of functioning. This program is ideal for patients who are discharging from acute care but temporarily need additional care that cannot be provided at home or in a long-term care facility. The Swing Bed Program is available at Penn Highlands Brookville, Penn Highlands Elk and Penn Highlands Tyrone. For details, visit [phhealthcare.org/swingbed](http://phhealthcare.org/swingbed).

## Outpatient Rehabilitation

Restoring activities of daily living lost due to injury, illness, surgery or age is a crucial milestone for patients. Whether it is through occupational therapy, speech therapy or physical therapy, the goal of outpatient rehabilitation at Penn Highlands is to return people back to functional living. A team of skilled professionals collaborates to develop and coordinate a program specific to each individual's needs. For more information, visit [phhealthcare.org/rehab](http://phhealthcare.org/rehab).

Helping.  
Caring.  
Advancing.

## Acute Inpatient Rehabilitation

The Rehabilitation Centers of Penn Highlands Healthcare are licensed inpatient rehabilitation hospitals in the northwestern and southwestern regions of Pennsylvania. The program offers superior patient outcomes, award-winning services and consistently high patient satisfaction ratings. A multidisciplinary approach is used to help patients recover from surgery, traumatic injury or debilitating disease. The program helps people regain the highest degree of functional mobility, independence and quality of life possible.

For more information, visit [www.phhealthcare.org/inpatientrehab](http://www.phhealthcare.org/inpatientrehab).

## Continuing Care Facilities/Communities

From rehabilitation to 24-hour skilled-nursing care and long-term living, Penn Highlands Healthcare offers options at locations throughout Pennsylvania.

Penn Highlands provides a continuum of care for people who require post-acute care with various conditions and in many stages of life including, memory support, independent living, personal care and skilled and intermediate nursing care.

## SKILLED NURSING FACILITIES

Whether you need rehabilitation services or long-term care, the skilled nursing facilities at Penn Highlands treat your family like it is our own. Dedicated teams of professionals, including physicians, therapists, nurses, social workers, dietitians, activities assistants and aides, provide high-level care 24/7 to meet the goals of the residents.

## MEMORY CARE SUPPORT

Memory care support is available for individuals in the advanced stages of memory loss, in which their thought and body processes are compromised to the point of needing hands-on, skilled nursing care. Some Penn Highlands facilities offer specialized teams trained to understand the nuances of Alzheimer's disease and other cognitive impairments.

## PERSONAL CARE

Our personal care homes are ideal for people who do not need the intensive hands-on nursing care provided in a nursing home but do need some assistance with day-to-day living such as dressing, meal preparation and medication management.

## INDEPENDENT LIVING

The senior independent living facilities at Penn Highlands are comfortable apartments that offer tastefully furnished interiors, plus activity and dining center common areas for residents to socialize. They offer a more compact layout, accessible accommodations and support services.

For more information, visit [phhealthcare.org/seniorcare](http://phhealthcare.org/seniorcare).

## Penn Highlands Healthcare at Home

Expert and compassionate home health and hospice care is available at home. Healthcare at Home services is available for patients of all ages who need varying levels of care and are covered by Medicare and most insurance plans.

## HOME HEALTH CARE

Short-term skilled nursing and therapy to help people recover from surgery or illness as well as treatment for a medical condition.

## PALLIATIVE CARE

Support is provided for people with a complex or chronic disease. Services address the physical, emotional and spiritual needs of patients, to remain in the comfort of their own home.

## HOSPICE CARE

Medical care, pain and symptom management, emotional and spiritual support are provided to patients at the end of life and their families. Care is provided in the patient's home, nursing homes and personal care homes.

## ADULT DAY SERVICES

Located in St. Marys, the center provides daytime supervision and activities for adults who cannot remain at home alone while giving respite to caregivers.

For more information, visit [phhealthcare.org/healthcareathome](http://phhealthcare.org/healthcareathome)