

# Safe Transitions Program

*Providing a more focused approach to restoring your functional abilities so you can return to what you enjoy*

## Safe transitions

Golden Living understands that recovery from illness, injury or surgery can present significant challenges, often requiring comprehensive rehabilitation and support services, and assistance beyond what family members can provide. Our Safe Transitions program is a unique alternative to lengthy hospital stays and provides a more focused approach to restoring your functional abilities. It assures that when you are able to make the transition to home or a lesser level of care, you are able to do so more safely.

## Targeted rehabilitation

Golden Living's Safe Transitions is designed to provide you with short-term, targeted rehabilitation services, close observation and skilled nursing care before returning home after illness or surgery. Our goal is to help you restore your strength and confidence so you feel like yourself again and can get back to enjoying life the way you should.

## Interdisciplinary teams

Safe Transitions uses an interdisciplinary team approach to provide comprehensive and restorative services. Team members are typically therapists, nurses and social services staff. Your safe transitions care plan begins immediately with your admission. Your care team establishes goals, estimates the length of your stay and develops a discharge plan. Your progress toward achieving your goals is carefully monitored in order to keep your recovery on track. As your functional outcomes improve, the frequency and intensity of skilled services will taper off. Should we find that your discharge plan needs to be modified, or may require more time, your transition schedule will be adjusted.

Since many patients are discharged to the care of family members, your family will be regularly updated on your recovery goals and discharge plan.

## Benefits

Many skilled nursing facilities do not provide transitional programs, and that is one reason why we felt it was important to provide these services to our communities. By developing the Safe Transitions Program, we are able to offer unique benefits such as:

- Rehabilitation by a team of experts
- Full range of rehabilitative services including physical therapy, occupational therapy, and speech therapy
- Nursing care 24 hours a day, seven days a week
- Access to more intensive care services if needed

For more information, please visit  
[www.goldenlivingcenters.com](http://www.goldenlivingcenters.com)

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