

Looking for **QUALITY** senior rehabilitation for your loved one?

With so many options for senior rehabilitation, how can you feel confident that you're making the right decision? **Use this checklist to compare the options for physical, speech, and occupational therapy in your area.** To help you get started, we've already checked the Greenspring column for you.

| | Name | Name |
|--|--------------------|------|
| STRATEGIC BUILDING DESIGN AND SAFETY | GREENSPRING | |
| Homelike environment strategically designed to include smaller, intimate spaces to allow our guests to meet their highest level of independence during their stay | ✓ | |
| All private rooms to preserve privacy and dignity | ✓ | |
| Medications stored in a locked cabinet in each guest's room to foster participation in managing medications and encourage independence and a successful return to home | ✓ | |

| | Name | Name |
|---|--------------------|------|
| PERSON-CENTERED APPROACH TO CARE | GREENSPRING | |
| A holistic review of each resident's likes, dislikes, goals, and motivators resulting in higher guest participation and engagement in their care plan | ✓ | |
| Interdisciplinary approach involving our own medical director, and nursing, therapy, and social services teams to support each guest's progress and goals throughout their stay | ✓ | |
| Flexible dining options that include a choice of dining locations and times that satisfy varying dietary needs | ✓ | |

ACCESS TO QUALITY HEALTH CARE

| | GREENSPRING | Name | Name |
|--|-------------|------|------|
| Full-time physicians and nurse practitioner on-site who are experts in caring for older adults and are involved in the medical oversight of each guest | ✓ | | |
| Full-time therapists dedicated to the residents and guests of Greenspring allowing for more flexibility in therapy times, locations, and approaches based on the guest's preferences | ✓ | | |
| Frequent care plan meeting in which the guest, family, and care team work to develop and discuss the plan of care, supporting each individual's goals | ✓ | | |
| Part of Erickson Living®, a national network of communities with 35+ years of experience serving the health and wellness needs of seniors | ✓ | | |
| Holds a coveted 5-star rating from the Centers for Medicare and Medicaid Services | ✓ | | |
| Named a Best Nursing Home by <i>U.S. News & World Report</i> | ✓ | | |

Review your options, then call **703-923-4650** to request more information or to schedule a visit to Greenspring. Our knowledgeable team is here to help.



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GreenspringCommunity.com

Independent Living
 Inpatient and Outpatient Rehabilitation | Assisted Living
 Memory Care | Nursing Care