Alden Post-Acute Centers cater exclusively to active adults who need therapy to get better and return to maximum functionality. At Alden, we are dedicated to an optimal transition from the hospital, through rehabilitation, to home. When you rehabilitate at an Alden Post-Acute Care Center, the goal is to get you back on your feet, and home, as quickly as possible.

As Post-Acute Care Leaders, Alden facilities are recognized for their shorter lengths of stay, minimal re-hospitalization rates, intensive therapy programs, highly trained staff and exceptional customer service.

What sets Alden facilities apart is our specialized Post-Acute Programs in Orthopedics, Cardiac, Pulmonary and Neuro Rehabilitation/Stroke. Programming, therapy, meals and more are all tailored to your individual needs at an Alden Post-Acute Care Center.

For more information about Alden’s Post-Acute Care Centers, visit www.TheAldenNetwork.com.

When an individual rehabilitates at an Alden facility, we help restore functionality so they can get back on their feet, and then home, as quickly and safely as possible.
Post-Surgery Rehab

The number of hip and knee replacements performed in the United States each year is currently more than 1 million and is expected to surpass 4 million by the year 2030. Joint replacement surgery is becoming more and more common as a result of sports injuries and strain among older adults, especially active Baby Boomers. Hip and knee surgeries can seem daunting but the right rehab and therapy program can make a significant difference on a person’s recovery.

“When patients come to Alden Estates of Skokie, they receive not only nursing care and pain management around the clock but also board-certified therapists, a state-of-the-art Therapy Gym, five-star customer service, restaurant dining, an array of amenities and so much more,” says Ashley Floyd, Administrator at Alden Estates of Skokie in Skokie, which specializes in short-term orthopedic recovery.

The objective of post-surgery rehabilitation is to maximize a person’s flexibility and mobility and build up strength. Alden Post-Acute Centers offer intensive therapy between five to seven days a week, depending on a person’s diagnosis and ability, which is more than in-home or outpatient therapy.

“The goal,” says Emily Hanson, Administrator at Alden Estates of Evanston in Evanston, “is to get patients on their feet and home functioning to their maximum independence as quickly and safely as possible.”

A post-surgery rehabilitation stay at an Alden Post-Acute Center is about 10 to 14 days and can be less or more depending on a person’s goals and health.

“We always have patients who do not want to go home,” said Ashley Bolyn, Administrator at Alden Estates of Orland Park in Orland Park. “They get so much out of their therapy sessions that they want to stay as long as they can to continue to build up their strength before they have to function at home.”

According to the American Hospital Association, “patients often require a wide array of services to treat major health episodes, manage chronic disease and pursue independent, healthy living.” One of the options is a Post-Acute Care Center. Studies show that patients who receive post-acute care following a major medical hospitalization experienced improved clinical outcomes compared to patients discharged from the hospital to a home setting.

Post-Acute Care supports patients who require ongoing medical management, therapy, nursing care and specialized rehabilitation. Post-Acute Care helps individuals achieve maximum independence and strength following surgery, illness or injury and return to home as quickly and safely as possible.

If surgery or a hospitalization is scheduled and rehabilitation is needed, it is always best to make a reservation as far in advance as possible at an Alden Post-Acute Care Center. This allows Alden staff to follow up with a patient’s physician and other members of the care team – as well as the patient – while still in the hospital to ensure a smooth transition to Alden.

Please note: Post-Acute Care is usually paid for by insurance plans and Medicare following a hospital stay.

Alden Post-Acute Care Centers offer:

- Physical Therapy to restore function and mobility, reduce pain and help reduce the risk of future injury
- Occupational Therapy to improve the ability to perform activities of daily living
- Speech Therapy to restore functional communication and swallowing skills
- Physical therapy began in WWI in response to needs created by injured soldiers.
- Over 100 million Americans live with chronic pain from arthritis or a similar condition.
- Physical therapy helps with injury/medical event recovery and chronic conditions. It can also treat numerous ailments, including vertigo, COPD and RA.
- More than 600,000 knees and about 400,000 hips are replaced each year. Exercise/movement is critical after surgery – physical therapy can help achieve this goal.
- Post-acute rehab covers a range of medical care provided after a hospitalization. The goal of post-acute rehab is to increase mobility and function after a medical event. As hospital stays grow shorter, post-acute rehab plays an important and evolving role in creating quality outcomes for patients.

FAST FACTS

**Brush up on your knowledge**

**Physical therapy began in WWI in response to needs created by injured soldiers.**

**Over 100 million Americans live with chronic pain from arthritis or a similar condition.**

**More than 600,000 knees and about 400,000 hips are replaced each year. Exercise/movement is critical after surgery – physical therapy can help achieve this goal.**
When the Affordable Care Act was implemented in 2011, Alden was ready. Alden Post-Acute and Health Care Centers had already spent considerable time tracking and improving patient outcomes.

“We knew five years ago that the way to partner with hospitals and physicians would be to show them solid outcomes and minimal bouncebacks into the hospital within the 30-day timeframe,” said Robert J. Molitor, Chief Executive Officer of The Alden Network.

Today, Alden facilities average a very low Return to Hospital rate of 0-5 percent on the CMS Core Measures, which include Congestive Heart Failure (CHF); Acute MI; and Pneumonia. By comparison, the national averages are between 18-24 percent.

According to the American Physical Therapy Association (APTA), most adults in the United States expect to be living independently in their later years despite 50 percent thinking they will experience declining health.

A recent survey by APTA suggests Americans may benefit from more education about healthy aging.

Although they expect to experience physical decline, nearly 70 percent of Americans believe they will still be able to engage in the same type of physical activities at age 65 and older.

More than 50 percent of respondents believe they will notice signs of aging in their 60s and older.

About 60 percent expect to be living at home independently at age 80.

Physical therapy can help adults stay strong and remain independent, promoting the lifestyle they hope for in their later years even when the effects of aging start to creep in.


I can’t say enough about Alden in Barrington. The staff was excellent, especially the therapy staff. I even loved the food, which is saying something.

— Jan B., Barrington Resident

The Alden Leader | WINTER 2016 NEWSLETTER

Affordable Care Act
Tracking Outcomes and Minimizing Re-Hospitalizations

Strength and Flexibility
Battling the Effects of Aging

SLOWING DOWN THE AGING PROCESS

Although we cannot stop Father Time, adults can try and prolong the effects of aging as they grow older. Exercise, good nutrition and even physical therapy can often help you manage chronic pain and illness.

The American Physical Therapy Association (APTA) reports that individuals who undergo physical therapy for conditions such as low back pain, arthritis and diabetes can especially benefit. Physical therapy teaches patients about body mechanics and can improve muscle strength and physical function at any age.

If you suffer from chronic pain, you may want to consider physical therapy from a board-certified physical therapist. All physical therapists at Alden are board-certified. Physical therapy can help adults stay strong and remain independent, promoting the lifestyle they hope for in their later years.
Alden of Huntley Project On Track

Offering Post-Acute Rehabilitation, Memory Care and Independent Senior Living

Alden of Huntley, expected to open in 2017, is on track for breaking ground this fall.

Located on a 15-acre campus off Route 47, Alden of Huntley will offer a full range of post-acute rehabilitation programs and services, senior living and memory care.

**Post-Acute Rehabilitation**

Alden Estates of Huntley is a 110-bed post-acute rehabilitation center catering exclusively to active adults who need therapy following a hospital stay to get better and return to maximum functionality.

Alden Estates of Huntley will offer specialized rehabilitation programs in Orthopedics, Cardiac, Pulmonary and Neuro Rehabilitation/Stroke.

At Alden Estates of Huntley, patients will benefit from an optimal transition from the hospital, through rehabilitation, to home.

**Alden Courts of Huntley**

Memory care offers a safe and secure setting for individuals with Alzheimer’s, Parkinson’s and other diseases that cause dementia.

Alden Courts of Huntley Memory Care Community will offer a comfortable, upscale hotel-like setting that is calming and soothing.

Overseen by interdisciplinary staff members, activities-based programming will encourage individuality and socialization. Staff will receive specific training and ongoing education in the latest therapeutic approaches.

Residents will benefit from a full array of programs and services to help them function to the best of their ability and live life to the fullest.

**Huntley Horizon**

Huntley Horizon offers housing designed exclusively for older adults age 62 and older. An affordable independent senior living community, Huntley Horizon offers 79 units and a carefree, maintenance-free lifestyle with one- and two-bedroom rental apartments.

Residents are encouraged to maintain their independence while participating in everything the community has to offer, including a community room with kitchen, media room, game room, library with fireplace, daily resident-centered activities and more.

For more information about Alden of Huntley, go to www.AldenHuntley.com.

*A The information in this newsletter is not intended to replace the advice of your health care provider.*