Most insurance plans and Medicare provide coverage when you need rehabilitation, post-acute care or skilled nursing services as well as inpatient therapy following surgery, injury or illness to help you build up your strength and function as independently as possible before returning to home after a hospital stay.

Specialized therapy programs in Joint Replacement/Orthopedics, Cardiac, Pulmonary and NeuroStroke can have many benefits. These include pain relief, decreased inflammation and swelling, increased flexibility and strength as well as improved balance, weightbearing, cardiovascular and respiratory fitness. A regular, consistent rehabilitation program can play a pivotal role in the recovery process.

Stays at an Alden Rehabilitation and Post-Acute Center are usually covered when an individual needs rehabilitation and therapy to regain maximum functionality.

Typically, individuals who no longer need the level of care provided in a hospital setting but do require rehabilitation and therapy find Alden to be a valuable partner on the road to their recovery. The staff at Alden offers everything from intensive therapy and individualized programming to comfortable settings and five-star customer service to ensure patients receive everything they need to regain their independence as quickly and safely as possible and return home.

Choosing a rehabilitation center with post-acute care and services is an important decision. We encourage patients and their loved ones to tour any facility you are considering to determine which facility is the right fit for you.

For more information about Alden Rehabilitation and Post-Acute Centers, visit TheAldenNetwork.com.
Alden by the Numbers:
Exceeding Patient Expectations

Alden tracks outcomes as well as patient satisfaction scores to ensure we are meeting our targets and goal to be “the best provider of health care and senior living.” Research has shown a correlation between patient outcomes and patient satisfaction scores. At Alden, outcomes are crucial.

Meeting Our Goal/
A Perfect 10!

An overwhelming 90% of Rehabilitation and Post-Acute Care Patients rate us as exceeding expectations (9 or higher out of a possible score of 10). While we are proud of our current scores, we always strive for a perfect 10.

We have found that a satisfied patient is our best form of advertising in the communities we serve. Happy patients tell their families and friends about Alden and the word spreads about our care and services. This, in turn, can result in those same patients seeking our care and services again the future and becoming a ‘repeat customer’ as well as encouraging their family and friends to come to an Alden facility.

Come to Alden and see how we set a standard in not only meeting but exceeding the needs of our patients.

Patient Satisfaction
Rehab/Post-Acute Patients Give Alden a 9 out of 10

On average, our Rehabilitation/Post-Acute Patients give us a 9 out of 10 in the areas of care, therapy, admissions, food, housekeeping and more.

Return to Hospital/Readmissions

For the most recent 3rd quarter in 2016, Alden facilities had a very low Return to Hospital/Readmission rate of 14%. By comparison, the national average is 15.2%. We also ended 2015 on a high note with a Return to Hospital rate of only 16.2%, much below the national average last year of 19.6%.

According to the American Health Care Association, readmissions have the potential for negative physical, emotional and psychological side effects. Preventing readmissions whenever possible is always beneficial to patients, which is why it is a top priority for all of us at Alden.

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Quality of Care/
The Patient Experience

We measure Quality of Care and the Patient Experience through two metrics: patient outcomes and patient satisfaction. Patient satisfaction scores are one of our highest priorities. We realize patients shop around and can choose whichever facility they feel will provide them with the best care and services. As a result, we want to make sure we are providing everything and more our patients need during their stay with us to provide the best experience possible as they regain their independence and achieve maximum functionality.

Our goal is to contact patients or their families within three days of admission as well as after discharge from our facilities. The surveys assess a wide array of areas throughout your stay from care and activities to food and housekeeping. Our goal is to achieve a score of 10 on all areas of the survey.

Helping Patients Achieve Their Goals During Rehabilitation at Alden – and Going Above and Beyond in Exceeding Their Expectations

Diane Knapp of Bolingbrook has a history of multiple sclerosis and has struggled with walking and her gait since 2005. When she developed pneumonia this fall, she was completely unable to walk. She came to Alden Estates of Naperville for therapy to build up her strength but doctors were not sure she would ever be fully able to walk again.

Her husband, Bill, told the Alden staff, “I would love to walk along the beach with my wife. We used to go to Clearwater, Florida all the time. Now she can’t even get up.”

Just three weeks after intense physical, occupational and speech therapies at Alden Estates of Naperville, Knapp was able to walk – with a little help. To celebrate, the staff at Alden Estates of Naperville worked with the Naperville Park District for the Knapps, along with Diane’s nurse Manny Vigder, RN, and Activity Director Jessica Lazzara to have private beach access one evening to fulfill her and Bill’s wish. Lazzara played several Beach Boys songs during the walk and acted as the official photographer.

“It was wonderful,” said Knapp, smiling from ear to ear. “The beach was beautiful to see and I had so much fun with Bill and the Alden staff!”
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Rehab Patient Gets Wish Granted to Walk on the Beach

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National Average January – March, 2016 = 13.8%
National Average April – September, 2016 = 15.2%
Woodridge Horizon Senior Living Community celebrated its grand opening with a Ribbon Cutting Ceremony this fall. The community offers 93 apartments with affordable rents designed exclusively for older adults age 62 and older in Chicago’s western suburbs.

“Woodridge Horizon is a beautiful, important and special addition to Woodridge,” said Mayor Cunningham-Picek, who put together welcome gifts for the residents on behalf of the Village. “Now seniors can remain in Woodridge. This truly is a dream come true for the community.”

With a choice of one and two-bedroom apartments, Woodridge Horizon encourages residents to maintain their independence. Designed to reflect the comfortable surroundings of home, Woodridge Horizon provides an array of features and amenities, including a theater room, library with fireplace, game room with billiards table and TV, outdoor patio and grill, daily recreational activities and more. There also is an on-site property manager and live-in maintenance manager always available.

“If I have been happy to lend my support,” said U.S. Representative Bill Foster, 11th Congressional District. “Making sure our seniors have access to affordable housing is so important to our community. Woodridge Horizon shows how much we value the seniors in our community.”

Woodridge Horizon, which is housed on three and a half acres, is one of several projects to revitalize the Village of Woodridge’s Janes Ave. corridor.

“Watching this come to fruition was like a dream come true,” said Gene Leonas, Woodridge Horizon resident. “When I walked through the doors and saw how beautiful it is, I was so happy to have found my new home.”

Respite Care – Offering 24-Hour Personalized Short-Term Care

Alden’s Assisted Living Communities in Des Plaines and Aurora offer respite care to individuals needing assistance with activities of daily living, but do not need the skilled medical care of a long-term nursing facility. Respite care at Alden is intended to provide short-term, person-centered care while a caregiver or loved one is temporarily unavailable.

Assisted Living Respite Care is available at Alden Gardens of Waterford in Aurora and Alden Gardens of Des Plaines in Des Plaines. Specialized Memory Care Assisted Living is offered at Alden Courts of Waterford in Aurora and Alden Courts of Des Plaines in Des Plaines. The memory care communities offer structured daily routines and full activity programming to help guests feel comfortable and safe. These communities also provide programming such as the Dining Program, Life Enrichment Program, and Family Support and Orientation Program - all designed to encourage proper nutrition, appropriate socialization, and care advocacy with family members and loved ones.

Assistance is provided with:
- Dressing
- Daily personal care
- Moving around
- Taking medications
- Meals and nourishment
- Housekeeping and laundry services

Guests have their own furnished apartment and even a limited kitchen (except in memory care). Fine dining is offered at all three meals as well as organized social activities. Staff is available 24 hours a day to provide care and support whenever needed.

If you need short-term respite care for your loved one, rest assured that Alden’s Assisted Living Communities will provide the respite care needed. Take a tour today and experience the Alden difference!