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Jamestowne

Inpatient & Outpatient Therapy

- Community First Solutions -
A Not-For-Profit Network since 1918



I am excited to welcome you to Jamestowne.

We are honored that you have chosen us to be a partner on your rehabilitation journey. At Jamestowne, we are committed to adapt with your progress as you gain strength through therapy and move through your unique stages of recovery. We take great pride in watching you regain your strength and confidence and work hard to help you return home as quickly as possible.

Jamestowne was built to combine state-of-the art healthcare innovation with five star hospitality to provide unmatched comfort and quality to the patients we care for. Our healthcare, therapy, culinary and resident services teams will work hard to ensure your satisfaction throughout your stay.

We also work hard to provide transparent and timely communication with you and your family throughout your stay. Within the first 72 hours we will host a wellness conference to introduce our team to your family support system and customize a plan for your recover and safe transition home. Our team will continue to meet with YOUR team to keep them apprised of your progress and ensure a successful transition home

Thank you for allowing our team the opportunity to partner with you on your wellness journey. We look forward to developing your customized care plan and celebrating your success as you work to regain your strength and wellness.

Sincerely,

Tasha Wilson
Director of Nursing at Jamestowne

PREPARING FOR YOUR STAY AT JAMESTOWNE

WHAT TO PACK

Please provide approximately one week's worth of the following items:

- Underwear and/or undershirts, socks and comfortable pants
- Shirts (*if skin is fragile, please consider long sleeves*)
- Sweaters (*optional but recommended if easily cold*)
- Pajamas or gowns
- Robe or house coat (*optional*)
- Shoes appropriate for therapy (*NO slip-on, open toe, or open back shoes as these can contribute to falls*)
- Bathing suit or trunks *if taking part in aquatic therapy*

Please try to pack comfortable clothes that are frequently worn at home. Keep in mind that part of therapy will be managing dressing tasks effectively, despite the physical challenges that have resulted from recent illness or surgery. We share your loved one's goal to regain or improve their function to as well - or better - than before their hospitalization.

PERSONAL CARE

All of our private suites feature a handicapped accessible bathroom and shower. Your shower schedule will be adjusted to meet individual needs/requests based on preference as your plan of care is developed.

MEDICATION

Our nursing team will manage your medication throughout your stay. We will receive a list of medication from your physician and manage all ordering and medication dispensing. You are not permitted to bring your own medications to Jamestowne.

WHAT TO EXPECT FROM JAMESTOWNE THERAPY

Upon admission our health services team will complete admission assessments and begin to develop your plan of care. Within the next 24-48 hours our therapy team will conduct physical, speech and occupational therapy evaluations. Together, our health services and therapy team will establish the best plan of care for you to return home quickly and confidently. We will assess your strength, balance, endurance, cognition, safety awareness, mobility, self care and swallow. Based on your physician recommendations and personal responses, we will establish your wellness goals and support you in achieving those goals.

Your therapy frequency and treatment times will be established based upon your diagnosis, needs, and insurance. We will do our best to accommodate your preference when scheduling your therapy.

TYPES OF THERAPY

Physical Therapy (PT): focuses on improving mobility and functioning, eliminating disabilities and impairments by decreasing pain, improving strength, balance and endurance. We focus on improving skills related to motor movement such as sitting, standing, walking, climbing stairs.

Occupational Therapy (OT): focuses on improving skills required for activities of daily living such as dressing, grooming, toileting, bathing, cooking, laundry, grocery shopping, etc.

Speech Therapy (ST): focuses on improving cognition, memory, word finding, communication, and safety awareness. Our speech therapists will also assess your swallow function to ensure you are on the proper diet.

For more about our specialized therapy programs visit our website at www.DiscoverJamestowne.org/therapy-services

CARE COORDINATION & TRANSITIONING HOME

At Jamestowne, we begin planning for your return home before you even arrive. Soon after you check in, our team will connect with you and/or your family to set up your first Wellness Conference.

This is an opportunity to meet with your interdisciplinary care team including nursing, therapy, and other staff to discuss your goals and your plan of care. Topics may include therapy goals, medication review, and planning for what additional support or services you may need to safely transition home. Depending on your length of stay, we may schedule additional wellness conferences to ensure clear communication to allow your Jamestowne and family care teams to develop plans that support your success throughout your stay and following your return home.

Because we offer a continuum of services, we are uniquely positioned to work as a team to ensure success throughout your entire wellness journey. Together, we help you transition home by connecting you with a variety of resources to enhance and sustain your wellbeing.

EXTENDED RECOVERY

- Bridges Rehab At Home - provides home health support so you can extend your therapy at home.
- Outpatient Therapy - allows you to return to Jamestowne to continue working with your therapist and build strength.
- Elements Wellness Centers - feature pools, fitness classes, spa services, and certified staff to help you maintain your regained strength.

COMPREHENSIVE SUPPORT

- Home Care Assistance
- Home Delivered Meals - fuel your recovery without the stress of shopping or meal preparation
- FLEET Transportation - ensures you don't miss an appointment with your physician

JAMESTOWNE CULINARY EXPERIENCE

We work hard to make your dining experience enjoyable and offer restaurant style dining anytime between the hours of **7:00 A.M. until 7:00 P.M.**

If medically appropriate, we encourage residents to enjoy meals in our dining room. This promotes mobility, engagement, and cognitive wellness. If needed, we will provide tray service for individual dining in rooms.

An Ala Carte Menu is available all day , along with our Daily Special Menu which is available for Lunch (until 2:30pm) and Dinner (until 6:30pm).



ACTIVITIES AT JAMESTOWNE

We strive to ensure your time
spent here
is

A calendar will be provided for specific

Due to COVID-19, our activities and salon services have been temporarily restricted to protect the health and safety of all patients.

We
have

also
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Ask a team member for information regarding in-room activities or to assist with technology to connect with your loved ones.

Schedule your Hair Appointment today!

We have a stylist that comes in on Tuesdays to take appointments for those needing a haircut. For details please see your activities calendar.

For questions, requests and scheduling hair appointments.

Please contact activities at (513)785)4863.



JAMESTOWNE VISITATION STATUS

April 2021

We are currently allowing family visits, per the updated directive of the Ohio Department of Health (ODH) and Centers for Medicaid and Medicare Services (CMS). While we are still required to adhere to guidelines to protect everyone's health and safety, we are happy to provide scheduled visitation for Jamestowne residents and family members. Please be aware that visitation status may change. Based on ODH & CMS guidance, we may be required to pause visitation status if the Butler County positivity rate increases OR if we have active COVID-19 cases on campus. While we very much hope this is not the case, we want to be sure residents and families understand that we may deem it necessary to modify, delay or suspend our plans for the safety of all who live and work on our campus in response to changing conditions.

PLEASE CALL 513-217-8915 MONDAY - FRIDAY FROM 9:00 A.M. - 5:00 P.M. TO SCHEDULE YOUR VISIT.

- Only 2 visitors may attend the visit, and it is the families' responsibility to coordinate scheduling. Visitors must be over the age of 12.
- Visits will be 30 minutes long and by appointment only Monday - Friday from 10:00 a.m. - 5:00 p.m.
- All visitors and residents will meet in our designated visitation area in the main lobby.

VISITATION GUIDELINES

- Please check in at the main Jamestowne entrance. Please plan to arrive approximately 10 minutes before your visit to allow for ample time to check in.
- Visitors are required to sign in and be actively screened, which includes verification of temperature less than 100.00, and monitoring for signs of respiratory illness including fever, cough, shortness of breath and sore throat. If one or more of these signs or symptoms are present, the visit will be canceled.
- No food or drink is permitted during the visit nor may it be exchanged during the visit. If you would like to drop off treats or supplies to your loved one, you are welcome to leave them at the entrance and we will see that they are delivered.
- All visitors and residents will be required to wear a mask covering their nose and mouth during the entire visit.
- Hugging/touching is unfortunately still discouraged, and visitors must maintain a social distance of at least 6 feet.
- We reserve the right to end the visit at any time if guidelines are not upheld.

WE LOOK FORWARD TO WELCOMING YOU TO OUR CAMPUS!