

# Warm Beach

## SENIOR COMMUNITY

*Christ Centered - People Focused*

20420 Marine Drive Stanwood, WA 98292

(360) 652-7585

### **What to Expect & Preparing for your stay at Warm Beach Health Care Center**

Each Person's needs are different based on the medical condition that requires admission to our health care center, as such your medical and therapy program is based on your individual needs. However, you can generally expect the following:

- To be involved in your care decisions.
- To be encouraged to be as independent as possible.
- To work hard so progress can be made.
- To be involved in patient and family education and training
- To receive regular communication from the physician, nurses, therapist and social worker on your progress and plans for discharge.
- To receive communication from the business office manager regarding your financial responsibilities based on insurance coverage.

### **Family Participation**

We encourage your community of support to participate in the care of their loved ones as much as possible. This helps ensure that rehabilitation will continue after the patient is discharged. Our interdisciplinary team will coordinate meetings with patients and their families to discuss goals and plan for discharge.

### **Visiting Hours**

Visiting hours are flexible and vary from each center. We ask that visitors take note of the following:

- Please be considerate of both patients in semi-private rooms
- Please do not visit if you have a cold, sore throat or any contagious disease.

### **Personal Laundry**

There is no charge for personal laundry. However, families who may wish to do laundry should communicate this at the time of admission and ensure laundry is done at least once a week in order to comply with state hygiene regulations.

**What to Bring:**

- Three to five sets of loose, comfortable clothes that are easy to get into and remove.
- One pair of comfortable walking shoes
- Undergarments
- Pajamas and slippers
- Comfortable coat or jacket
- Any splints, braces, or orthotics and customized equipment, like a wheelchair, that you are using at home.
- Personal items such as glasses, dentures, hearing aids, your own toothbrush, toothpaste, hairbrush, or makeup.
- Items that would make you feel more comfortable: personal pillow, books, games or deck of cards.
- Address book and or personal phone book.
- Health care cards.
- Advanced directives and any other pertinent records (Durable Power of Attorney, Healthcare Power of Attorney, Guardianship papers).
- Emergency contact information.

**What Not to Bring**

- Valuables
- Large amounts of cash
- Medications.