

## Consonus Rehab Services at Lytton Gardens

*Consonus has become a recognized leader in providing high-quality rehabilitation services to health care providers in all types of settings.*

Consonus Rehab therapists use the latest techniques in all therapies, helping each patient reach optimum recovery in the least amount of time.

**PHYSICAL THERAPY (PT)** - Involves rehabilitation with bed mobility, transfers, ambulation, use of assisted devices, upper & lower body strengthening

- Therapeutic exercise program
- improve balance and coordination

**OCCUPATIONAL THERAPY (OT)** - Involves rehabilitation with activities of daily living such as dressing, toileting, upper body strengthening

- Perceptual testing
- Cognitive remediation

**SPEECH-LANGUAGE THERAPY (ST)** - Involves maximizing individual's communication and cognitive skills & also addresses swallowing disorders

- Swallowing deficits and disorders such as dysphagia
- Speech disorders such as aphasia

**OUTPATIENT THERAPY** - A therapy program designed for Lytton residents who have been discharged but need further therapy, and for community-based clients whose Physicians feel they will benefit from therapy for a variety of reasons.

*Call us today for more information.*

Director of Rehab, Kay Kitauchi (650) 617-7390

*We accept all payor sources.*



*Exceptional care, commitment and compassion*

### Rehab Programs

Outpatient Therapy

Dysphagia & Swallowing

Weekly nursing/rehab grand rounds with Stanford Hospital's geriatric fellowship program

Restorative Nursing  
-Feeding  
-Ambulation & Range of Motion (ROM)

Other forms of treatment:  
-Hot/cold packs  
-E-stim  
-Ultrasound

Dementia/Alzheimer's

*(see other side →)*

# Health Care Center Eligibility:

## Admissions

Admission requests, by families, for the Lytton Gardens Health Care Center must have prior physician approval. For acceptance to Lytton we will need:

1. Medical records (history, physical), medical list and progress notes
2. Demographics sheet from physician's office
3. Physician orders
4. Health Insurance ID card – must be presented within 24hrs of admission (photo copy acceptable)

## Accepted Insurance & Payor Sources

Medicare  
A & B

MediCal

Managed Care  
*(need prior authorization)*  
-HealthNet  
-Blue Shield  
-Pacific Care  
-Aetna  
-HPSM Care Advantage  
-HPSC Care Advantage

Private Pay

# Rehab Frequently Asked Questions:

## INPATIENT

### *What is a typical rehab schedule?*

Each session is approx. 1-hour for each discipline (PT/OT/ST), 5-6/x-week depending on patient need and tolerance

### *How are goals set?*

Jointly with therapist, rehab patient and family

### *What is the discharge planning procedure?*

Discussed with interdisciplinary team within 1 week of admission

### *What is your pain management policy?*

Pain medication given per patient need and physician order

### *What can I expect to pay?*

If patient is Medicare or Managed Care, on 21st day there is a 20% co-pay to be paid by patient or a co-insurance

## OUTPATIENT

### *What can I expect to pay?*

If the patient is covered by Medicare B benefits, there is a 20% co-pay to be paid by the patient or a co-insurance



*Exceptional care, commitment and compassion*



SNF License #220000434 437 Webster St., Palo Alto, CA 94301 (650) 328-3300 [www.LyttonGardens.org](http://www.LyttonGardens.org)

Lytton Gardens Senior Communities is a 501(c)(3) not-for-profit organization.  
**Our Mission** is to provide quality residential, health and support services to enable seniors with varying needs and resources to age with dignity.