Imagine that you find yourself in the hospital your doctor tells you that you will need to spend some time at a skilled nursing facility. A few hours later, a hospital social worker comes in to ask you which facility you prefer. Do you believe that a nursing home is where you are put out to pasture? Does your mental picture of a nursing home include the smell of urine overpowers you? Do you believe that a post at a skilled nursing facility

"skilled nursing" entails, and then provide suggestions on how to choose a skilled nursing facility. Skilled nursing facilities are quickly becoming home-like settings. The therapy will help to overcome a leg injury, standing up from a chair without arms or contract with outside agencies to provide physical, occupational, speech, or respiratory therapy. For example, after a few hours later, your top three preferred facilities just in case you come the challenges involved with living at home. More than twenty skilled nursing facilities are located within the footprint of the Herald-Mail, so how do you pick one? You should start off with your top three preferred facilities just in case your first choice is full. Many factors affect the decision of which facility to choose. Some of these factors include proximity to loved ones, bed availability, reputation of the facility, "personality" of the facility, and cost. The most important factor though is the quality of the nursing and therapy staff. If the staff enjoys their jobs and truly cares for the residents, you know that you will feel comfortable there. In that case, an older building or bland food may not seem as important as the quality of care. Try to tour the facilities that you are considering, and talk with your friends or clergy who have had experiences with these facilities. Make sure that the "personality" of the facility matches the way that you like to live. If you like a country setting, choose one with a country feel, if you prefer a large institutional environment, choose one of the larger facilities.

If you have any more specific questions, you can contact me directly by calling 240-420-4119.

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