

Activities include:

- *Instructions for speech and language problems associated with a stroke.
- *Mouth and throat strengthening for speech and swallowing problems
- *Using communication devices
- *Changes in for preparation, textures for swallowing problems
- *Memory training
- *Educational instruction for resident's and families prior to returning home.

Reaching Your Goal Discharge Planning and Teaching

A comprehensive discharge plan based on your unique needs will ensure a smooth transition back home. Our rehabilitation team and social workers will meet with you and those who will be supporting you to assess all your safety and assistance needs prior to returning home. Areas addressed include

- *Physical layout of your home
- *Medication review and training
- *Coordination of home care services
- *Arrangement for special equipment and teaching

Whether you're part of our Short Stay Community, Long Term Care Community or our Independent Living Apartments, when you are at Bel-Air, you are in the care of a team of highly trained professionals who sincerely believe that:

"Love Does Make The Difference".

Bel-Air Nursing & Rehab Center
29 Center St.
Goffstown, NH 03045

BEL-AIR

NURSING & REHAB CENTER



"Skilled Care"

***"Because Love
Makes A Difference."***

Bel~Air Nursing & Rehab Center

is a 5 star rated family owned, modern, single level 35 bed Medicare/ Medicaid certified facility, Located in Goffstown.

We are proud of our long history of providing exceptional care in a comfortable home-like environment.

Caring for people is what we are truly all about. We carefully select and screen prospective staff members to ensure that we have assembled a staff who are compassionate and strongly support our mission.

It is our philosophy to provide a high level of quality care so that you or your loved one can return back to your home with optimal independence in the shortest and safest time possible.

We believe in creating an environment where your needs are being addresses and that you are included in the overall plan of care.

We seek to bring about support so that you will be able to accept and live with your illness or disability in order to have the highest quality of life possible..

Additionally, we seek to assist physicians by implementing the prescribed measure of care through the use of special techniques and application of scientific knowledge.

Regain Strength, Confidence And Mobility

Our rehabilitation staff has extensive experience in providing innovative rehabilitation therapy for a variety of conditions including;

- *Loss of strength and mobility following a hospital stay.
- *Hip Fracture
- *Joint replacement
- *Back Surgery
- *Stroke
- *Amputation
- *Wounds
- *Cardiopulmonary reconditioning
- *Swallowing disorders
- *Multiple Sclerosis, Parkinson's and other neurological diseases

Skilled Care Short Stay

The goal of the skilled rehabilitation program is to provide the highest quality of rehabilitative and nursing care to individuals so they can quickly and successful maximize their level of independence for a safe return to the community.

Physical Therapists provide individualized exercises and training programs to restore strength, movement and overall function. Activities include:

- *Gait and balance training
- *Wound Management
- *Pain relief including heat and ultrasound treatments

- *Using a prosthesis
- *Leg and foot splinting
- *Transfer training
- *Educational instruction for residents and families prior to returning home

Occupational Therapists provide individualized assessment and treatment for enhancing daily living skills, in achieving independence with self-care, home management skills and community reintegration. Our occupational therapists have a holistic perspective, in which the focus is on adapting the environment to fit the person.

Activities include:

- *Muscle strengthening and endurance building
- *Balance and coordination training
- *Home safety evaluation
- *Arm and hand splinting
- *Guidelines and suggestions for dealing with decreased mental function
- *Educational instruction for resident's and families prior to returning home.

Speech-Language Therapist specializes in the evaluation and treatment of swallowing and respiratory functions, cognitive deficits, as well as speech, language precision and communication skills, through the use of testing, exercises, education and instruction.

