

Harborside Healthcare

Harborside Healthcare is one of the nation's largest and most respected healthcare companies. We take great pride in our dedication to innovation—Harborside Healthcare is constantly renovating and updating its 54 nationwide facilities to improve our ability to meet the goals and needs of our customers. When you enter a Harborside Healthcare facility, we know you will feel welcomed and comfortable—we like to think of ourselves as neighbors caring for neighbors, an approach you'll see reflected in the friendly, home-like atmosphere of all our facilities. Whether you are turning to Harborside Healthcare for outpatient services, short-term care, long-term care, or our other special medical programs, we know you will appreciate the high-quality, cost-effective nursing and rehabilitation services we offer all our patients and residents.

Quality First Initiative

How do *you* define “quality?” Harborside Healthcare believes that “quality” is meeting or exceeding customer needs, but we know that what *really* matters is *your* definition. That's why all our facilities follow a six-point customer service program designed to put our customers first. From their own personal welcoming Ambassador, to company and assistance during mealtimes, to quick responses from an attentive staff, all our patients and residents benefit from our dedication to meeting their needs and helping them reach their goals.

Welcome to Woods Edge

Harborside Healthcare—Woods Edge is a 178-bed skilled nursing and rehabilitation center set in a quiet, residential neighborhood, easily accessible from several major highways. We've been part of the Bridgewater, NJ community for over 30 years. We've helped hundreds of our neighbors get back on their feet after an illness, injury, or surgery. We've also provided a safe, caring living environment for hundreds more who, due to their health condition, required a more intensive stay with us.

We are pleased to offer all of our patients and residents the benefits of a full-time staff of medical professionals—which includes 2 medical Doctors, 4 Physical Therapists, 3 Speech Therapists, and 2 Rehabilitation techs—with over 100 years of combined experience in providing the best in quality healthcare. We also have 30 attending physicians who work with us part-time, all of whom are available to you by appointment.

All patients and residents, whether short- or long-term, may enjoy our many special features:

- spacious private and semi-private rooms
- friendly and attentive staff members
- beauty parlor/barber shop services
- restaurant-style dining areas, including private reservation rooms

- library and comfortable common areas
- exercise and wellness classes
- outdoor relaxation areas
- regular calendar of events and entertainment
- individual attention in our physical therapy gym
- complimentary laundry services
- 24-hour visiting for family, friends and pets

We know that choosing the right healthcare facility is a difficult decision. But whether you just need help recuperating or an extended arrangement, we'd like the opportunity to share our many services and programs with you. Give us a call any time to ask questions or schedule a personal tour. Our doors are always open, so you're also welcome to just stop by and look around.

Paying For Your Stay

When it comes to your health, money should be your last concern. That's why Harborside Healthcare—Woods Edge has an entire Financial Department ready to help our customers navigate the complexities of paying for health care. We'll work with you to find the best method or combination of resources to fund your stay, or the stay of a loved one, at our facility. Please give us a call or stop by to find out what we can do for you.

Short-term Programs and Services

Harborside Healthcare—Woods Edge has many specialized programs and services for patients with medically complex needs. After a serious illness or injury, it is often necessary to have a transitional care facility to help patients cope with their post-acute condition. If you or a loved one recently spent time in the hospital due to an injury, illness, or a need for surgery, our staff will work closely with you to regain your maximum level of self-sufficiency, so that you can return home as quickly, and safely, as possible.

We take an integrated approach to healing, focusing at once on our patients' medical, rehabilitative, social, and emotional needs. Our Interdisciplinary Care Team boasts a variety of professionals, including nurses, therapists, pharmacists, dieticians, social workers, and case managers, all of whom work under the direction of a medical Doctor. We want patients to be active participants in their own healing processes, so all of our programs and services include a healthy dose of education—after all, patients are a crucial part of the care team. When patients come to stay with us, they can expect individualized attention and quality care, which means that their progress is closely monitored and adjusted as necessary so that the highest possible level of recovery is achieved. Weekly staff meetings ensure that everyone stays on the same page and no time is wasted in getting our patients back on their feet.

Physical Therapy

Our Physical Therapists work with patients to help them get back on their feet safely and as quickly as possible. Each patient's case is thoroughly evaluated by our team of medical professionals in order to formulate an individualized program of therapy. Patients work one-on-one with staff members in our state of the art physical therapy gym. We want our patients to become independent so that they can resume living their lives on their own terms. But in the meantime, we'll also train family members and caregivers to assist their loved ones, to make the return home that much smoother. And if you need a walking aid or other home equipment, we'll help you get it.

Occupational Therapy

If you or a loved one has suffered a stroke, broken bones, or another injury that impaired your basic motor functions, our Occupational Therapists can help. We assist patients in regaining their independence by focusing on daily living situations, such as eating, dressing, bathing, using the bathroom, and other homemaking activities. Our staff will recommend adaptive equipment that can help ease patients back into their usual routines, allowing them to regain control of their lives as soon as possible. We'll even help train family members and caregivers to further this goal after patients are released. Occupational Therapists will even visit patients' homes before discharge to make sure the situation is safe, and to recommend environmental modifications when necessary.

Speech Language Pathology

Sometimes a serious illness or injury can impair your ability to communicate. We know that it's incredibly frustrating—that's why our care team has Speech Language Pathologists who work one-on-one with patients to improve their ability to express their wants and needs. We'll recommend communication aids when they can help maximize a patient's independence. We'll also conduct evaluations to assess any deficits in memory function, problem solving ability, and safety awareness. These evaluations help our staff design individualized treatment plans to help patients regain maximum cognitive ability.

The Transition Suite

One of the ongoing challenges of facilities like ours is helping patients and their families or caregivers decide when it is time for the patient to return to an independent or assisted living arrangement. To that end, Harborside Healthcare—Woods Edge has designed an innovative, unique treatment concept that we've been using with great success.

When patients first arrive at Harborside Healthcare—Woods Edge for treatment, our Interdisciplinary Care Team identifies and stipulates all of the skills each patient will need to master before a safe return home can be possible. Patients who are near the end of their stay with us may then be moved to our Transition Suite so that they can test out their skills and ability to function independently, or with minimal assistance, in a home

environment. The length of each patient's stay in the Transition Suite is dependent on the concerns expressed by the patient, and his or her family members, caregivers, and therapy team. We may recommend a stay in the Transition Suite for several hours or several days in order to assess performance with regard to safety awareness, judgment, endurance, and time management.

The Transition Suite is a studio apartment, complete with all the amenities of home. The Transition Suite includes a full-size bed, living and dining room furniture, a private bathroom, and a small kitchenette. There is even a convertible sofa for overnight guests, allowing family members or caregivers to help practice their own assistance skills with patients in a controlled setting. Both patients and attending loved ones will be given various tasks to complete, so that the home living environment can be simulated as accurately as possible and performance appropriately evaluated.

If performance in the Transition Suite reveals any persisting safety issues, endurance and energy level problems, or difficulty performing necessary daily living activities, our staff will provide additional training with a focus on the identified areas of concern. We want to make sure the transition to living at home is smooth, safe, and comfortable for all our patients and their loved ones.

Outpatient Rehabilitation

After a patient is able to safely return home, some continued care is often necessary. To further support the healing of our neighbors, Harborside Healthcare—Woods Edge offers outpatient services. Our outpatients enjoy a seamless continuation of their inpatient therapy and recovery treatment, including an extension of the therapist-patient relationship established between each patient and his or her care team. We also offer outpatient rehabilitation services to members of the community who have not had to stay with us, but who require minor therapy services following an illness, injury, or surgery. All outpatients must have a physician's prescription and may take advantage of our Physical Therapy, Occupational Therapy, or Speech Language Pathology programs.

Long-term Programs and Services

Sometimes a short-term stay is not enough to meet the needs of our patients. For extended-stay residents, Harborside Healthcare—Woods Edge provides skilled nursing services and assistance with daily living activities. Long-term residents have access to all of the same features as our short-term patients, including our Physical Therapy, Occupational Therapy, and Speech Language Pathology programs. They also enjoy the quieter atmosphere of our specialized second and third floors, where personal attention is our promise. We want our residents to feel at home, which is why we design our personal living and public areas to be as comfortable and welcoming as their own homes might be. We work every day to ensure that all residents benefit from our wide variety of social and recreational activities, high-quality care, and exceptional customer service.

We also operate The Lighthouse, a special program for patients suffering from Alzheimer's and dementia. Please contact or visit us for more information.