



Your experience with Hillcrest Health and Rehab will likely change your life. As you work to recover you'll feel an incredible sense of warmth, compassion and support from a team that is 100 percent dedicated to helping you reach your therapy goals. Many of our rehab "graduates" come back to visit the therapists and team members who had such a dramatic impact on their lives and recovery.

Hillcrest Health Services has been recognized nationally for our leadership and innovation. Our identity as a local, privately-owned organization enables us to respond swiftly to the changing needs of those entrusted to our care.

FINANCIAL ARRANGEMENTS

Hillcrest Health & Rehab is certified to accept Medicare for rehabilitative services.

We also accept most private insurance. To better understand your qualifications, coverage and financial obligations under your specific insurance plan, please contact our Care Navigation Team at **(402) 291-8500**.



1702 Hillcrest Drive
Bellevue, Nebraska 68005

office: **(402) 291-8500**

fax: **(402) 682-4255**

ATTENTION: Hillcrest Health Services complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. If you speak another language, language assistance services, free of charge, are available to you. Call 1-402-682-4800.

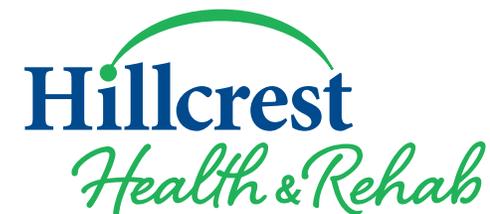
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-402-682-4800.
// Hillcrest Health Services cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。
請致電 1-402-682-4800

◦ // Hillcrest Health Services 遵守適用的聯邦民權法律規定，不因種族、膚色、民族血統、年齡、殘障或性別而歧視任何人。

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Post-acute Rehabilitation and Long-term Care



Our Focus ... Your Recovery.

hillcresthealth.com

PERSONALIZED CARE PLANNING

Both short-term rehab guests and long-term care residents experience highly individualized attention from our care team, including our medical director, attending physicians and nurse practitioners; registered nurses; social workers; physical, occupational and speech therapists; registered dietitians; chaplains and others as needed. This exceptional team will design a personalized care plan based on your goals, and will communicate regularly with your referring physician if appropriate.

During your stay, your transitions specialist (social worker) will discuss progress updates and transition plans with you, such as the timeframe for discharge and coordination of supportive transition services from Hillcrest Home Care, Hillcrest Physical Therapy or helpful services in our care continuum.

RECOVERY CARE

While we meet most any rehabilitative need, our most common cases include:

- **Post-operative recovery**
- **Joint replacement or fractures**
- **Hand injuries and surgeries**
- **Stroke recovery**
- **Cardiac rehabilitation**
- **General debilitation or weakness**
- **Recovery from illnesses like pneumonia**



Whatever you need to gain strength and heal faster, we can help.



ACHIEVING YOUR GOALS

For short-term rehab guests, the most challenging – and rewarding – parts of your day will be your therapy sessions. Many of the therapy team members have worked with us for 10+ years and are among the most respected therapists in Nebraska, with special certifications in geriatric therapy, hand therapy, women's health and other areas.

Your therapists will lovingly push you to achieve your goals, and while feeling difficult at times, you'll soon realize the rewards of your hard work as you achieve your goals and get ready for a successful transition back to the community.

We have the region's largest rehabilitation gym with nearly 10,000 square feet of walking track, exercise and therapy equipment and a warm therapy pool. *Our therapy services include:*

- **Physical therapy** – targets joint mobility, strength, endurance and balance
- **Occupational therapy** – helps you perform daily household and personal care tasks
- **Speech therapy** – gives you strategies for safe swallowing and effective communication
- **Aquatic therapy** – helps with various recovery situations when prescribed

RECOVER IN STYLE AND COMFORT

Hillcrest offers excellent amenities and a one-of-a-kind dining experience featuring a robust, made-to-order menu. Like a restaurant or fine hotel, you can select a meal made especially for you and enjoy it in one of our beautiful dining rooms or in the comfort and privacy of your room.

We also offer the unique 1702 Bistro, featuring a large dining area with booths, tables and a fireplace as well as an outdoor courtyard with water features. The 1702 Bistro offers specialities like sandwiches, salads and pizza.

Led by our executive chef and his expert culinary team, you simply won't find better dining services than the unique options offered here.

A COMFORTABLE ENVIRONMENT

Hillcrest Health & Rehab offers other amenity spaces, including:

- **50s soda bar-themed family lounge**
- **Secure outdoor courtyard with a playground for children**
- **Chapel for services or quiet reflection**
- **Many attractive lounges with TVs, books, games and a piano**

Our recreation team leads a busy schedule of activity and wellness programs for your enjoyment and entertainment.