

# Comprehensive, compassionate skilled nursing care

Professional care,  
excellent amenities,  
exceptional staff.



**St. Paul's Towers**  
A FRONT PORCH COMMUNITY

## A personalized program

After a hospital stay or medical event, finding the right place to recover and regain strength can be stressful. At St. Paul's Towers, we understand your concerns and are here to help you every step of the way.

The Health Center at St. Paul's Towers offers a complete therapeutic program designed to help you get back to optimal health and maximum mobility. Our dedicated staff of professional nurses and therapists provides 24-hour supportive care under the supervision of our on-site medical director. We work closely with you and your family to help you heal, strengthen and feel better.

- 24/7 skilled nursing care
- Dedicated physician services
- IV therapy, pain management and wound care
- Medication management
- Patient/family education and training
- Discharge planning and social services
- Licensed clinical social worker on-site
- Private and semi-private rooms
- Chef-prepared meals
- Transportation to medical appointments
- Laundry services
- Outdoor courtyard
- Chapel with multi-denominational services
- Pet therapy
- Community events and activities
- Rooftop garden

To learn more about the Health Center at St. Paul's Towers or schedule a visit, contact us today.

Admission Coordinator: 510.891.8501

Intake fax: 510.891.8540

St. Paul's Towers is a Life Plan Community that is part of Front Porch, a dynamic not-for-profit family of communities and services dedicated to empowering individuals to live connected and fulfilled lives.

[stpaulstowers.org](http://stpaulstowers.org)  
510.835.4700

100 Bay Place  
Oakland, California 94610



License 011400627 / COA #351 / CDPH License 020000106

## Full-service care

Both our staff and our experienced caregiving partners understand quality care and your personal needs. We work closely with your personal physician or connect you with an on-site physician to oversee your care. We are rated by the Centers for Medicare & Medicaid Services (CMS). We admit patients seven days a week, and provide rehabilitative services six days a week. Private and semi-private rooms are available with comforting meals prepared fresh every day.

Our skilled nursing services include:

### **POST-ACUTE CARE**

Round-the-clock care following a hospital stay or other medical event. Includes rehabilitative therapies, pain management, medication adjustment, wound care and restorative nursing.

### **PHYSICAL THERAPY**

Guidance in exercises and activities to help regain mobility by improving strength, balance, muscle control and range of motion.

### **OCCUPATIONAL THERAPY**

Help to increase strength and balance or improve fine motor coordination, as well as support in adjusting day-to-day tasks for greater independence and success after your return home.

### **SPEECH-LANGUAGE THERAPY**

Therapists specialize in oral and written language for improved communications, as well as conditions affecting the ability to swallow.

## **RESTORATIVE THERAPY**

Assistance in maintaining rehabilitative progress, provided by certified nursing assistants (CNAs), with a focus on endurance, mobility and movement.

## **HOSPICE CARE**

We partner with experienced organizations that provide comfort and compassionate care that supports residents' end of life medical, emotional and spiritual needs and choices.

## Insurance and access

With a physician's order, you can begin therapy or be admitted to the Health Center at St. Paul's Towers. Or, we can assist you in securing an order from your doctor's office. Most rehabilitative therapy is covered under Medicare Part A and Part B, and we also work with most private insurance companies, including Kaiser. Each patient is responsible for deductibles and co-pays, and some insurers require you to see your regular physician every 30 days while receiving therapy.

## Working together in healing

We believe in open communication among our patients, family members, staff and medical professionals. Getting better is a process that will have its ups and downs. We're here to work with you, make adjustments to the care plan and support you along the way. Every patient has an interdisciplinary team that meets regularly to assess progress and address individual needs. All of our team members are thoroughly trained and have gone through a rigorous screening process, including fingerprinting and background checks. While physicians caring for the residents are not always on-site, there is always a physician available on call and in regular contact with our licensed staff.

If you qualify under Medicare Part A, your therapy will be fully covered for the first 20 days of your stay. Please be sure to read any statements you receive from your insurer carefully, as not all statements are bills. For stays without a qualifying Medicare event or if you surpass your Medicare coverage days, we will work with you to arrange private payment.

If you have questions about your insurance or therapeutic needs, we're here to help!