



Caring for loved ones. *Family style.*



Hughes Health & Rehabilitation

## Welcome to Our Family

Since 1961, Hughes Health and Rehabilitation in West Hartford has treated everyone like family, from those who come to us for care, to those of us who provide the care.

A family-owned and operated healthcare center for more than 45 years, Hughes Health and Rehabilitation invites you to meet, in the following pages, our family of residents and caregivers.

Our mission is simple: to provide healthcare services in an environment where caring makes the difference. Our method is direct: **Caring for loved ones. *Family style.***



## Meet Our Family

This is Claudette, Nelson, Laurie and Carlos. They represent the more than 230 employees who care for the residents at Hughes. Our staff is a family of caregivers who consider Hughes their second home. Some have spent 10, 20, even 30 years of their professional lives caring for others at our center.

Our staff is a devoted group of trained and dedicated nursing, rehabilitation and medical professionals who provide an environment conducive to the resident's recovery. Our inter-disciplinary team plays a vital role in:

- \* Individualized treatment plans
- \* Resident care planning and conferences
- \* Quality performance reviews
- \* In-service education
- \* Safety programs
- \* Discharge planning



## Caring for Your Family

We will care for your loved ones in a compassionate, home-like atmosphere. Not only do we offer excellent skilled nursing care and rehabilitation, but we provide a nurturing, warm environment for the physical, social, and emotional needs of our residents.

Emphasis is placed on overcoming the feelings of isolation people can experience. At Hughes, families are encouraged to visit and participate in care-giving decision making. Every attempt is made to meet your individual needs or those of your family member. Personal touches are encouraged in aiding the comfort of each resident.

Treatment services are resident focused and team coordinated. Both the resident and family are included in the planning and rehabilitation process. Specialized treatment services may include:

- \* Orthopedic rehabilitation
- \* Neurologic rehabilitation
- \* Amputee rehabilitation
- \* Comprehensive rehabilitation
- \* Cardiac rehabilitation
- \* Wound care
- \* Pain management
- \* Cognitive remediation
- \* Rehabilitation
- \* Home safety/assessment
- \* Family training
- \* Post-operative care
- \* Palliative care

## Your Family Is Our Family – 24 Hours a Day

The needs of our residents and their families do not take breaks on weekends and holidays, so Hughes is one of the few facilities where residents can be admitted and discharged seven days a week, 365 days a year. Similarly, our business office is open every day to take care of any financial needs, and therapeutic recreation programs are offered for residents daily by our trained staff.

The caregivers at Hughes are dedicated to providing quality treatment for our residents with chronic illnesses, as well as those needing convalescence and rehabilitation. We care for those diagnosed with:

- \* CVA/stroke
- \* Parkinson's Disease
- \* Multiple Sclerosis
- \* Dysphagia/aspiration
- \* Orthopedic conditions
  - o Fractures
  - o Joint replacement
  - o Degenerative joint disease
- \* Amputations
- \* Arthritic conditions
- \* Pneumonia
- \* Chronic obstructive pulmonary disease
- \* Congestive heart failure



### Respite Care

Respite care is short-term care that provides families with the ability to take a break from the daily routine and stress. Hughes knows first-hand the pressures families face when caring for their loved ones. So, we are here to help you re-energize yourself. Our respite care includes medical and nutritional services, along with activities to keep your loved ones comfortable and secure. We are here to make sure your time away is time to recuperate.

### Hospice Care

Simply put, our home is your home. Our team of caregivers will work with you to provide the comfort, strength and support due to those loved ones facing end of life issues. We focus on the dignity of every human being, enhancing your family member's and *your* quality of life when facing the challenges associated with life-threatening illness. Our goals are to provide symptom relief and to promote the general well-being and spiritual, psychological, and social comfort for the person with a life-threatening or life-limiting illness. We encourage you to work along with us on a daily basis to give your loved ones the continued sense of family so important to them at this time.



## Rehabilitation Programs

We offer your family members a wide range of rehabilitation services to meet the wide variety of care needs.

### Physical Therapy

Our rehab team meets the needs of your loved ones who have a loss of function or independence due to an illness or injury. Physical therapy helps our residents regain functional abilities such as walking, improving strength, balance and endurance, and recovering from painful injuries. Comprehensive physical therapy offers:

- \* Gait training with assistive devices
- \* Muscle re-education
- \* Muscle strengthening and coordination
- \* Prosthetic evaluation and training
- \* Transfer training
- \* Pain management
- \* Instruction in physical energy conservation techniques

### Occupational Therapy

Occupational therapy helps our residents return to their optimal level of independence in activities of daily living. Functional skills such as self-feeding, bathing, dressing, toileting and homemaking are taught. Outcome-oriented occupational therapy may include the following:

- \* Instruction and assistance in regaining self-care skills
- \* Splint fabrication and modification
- \* Upper extremity strengthening and coordination
- \* Assistive device assessment/training
- \* Cognitive/perceptual assessment and training including recommendations for environmental adaptations
- \* Instruction in physical energy conservation and work simplification techniques
- \* Safety training

### Speech Therapy

Working closely with full-time A.D.A. registered dietitians, the Speech Pathologist treats our residents with speech, language, swallowing and hearing impairments. The resident's ability to communicate and swallow are two functional skills improved through speech therapy. Treatment includes:

- \* Speech-language evaluation/therapy
- \* Swallowing (dysphagia) evaluation and treatment, including food texture evaluation and recommendations
- \* Alternative means of communications assessments and training
- \* Vocal evaluation and treatment
- \* Cognitive assessment and training



## Our Family Would Like to Meet Your Family

We invite you to visit Hughes Health and Rehabilitation and meet our family of caregivers. Take a tour, have a cup of coffee, and ask all the questions you have. We know these can be challenging times. At Hughes, we want to work with you as a family to address the health issues of your loved ones.

To set up a personal appointment, please call us at 860-236-5623. You may also visit our website at [www.HughesHealth.com](http://www.HughesHealth.com).

We look forward to your visit to Hughes Health and Rehabilitation. Our address is 29 Highland Street, West Hartford, CT 06119.

Directions to our facility are as follows:

### From I-84 West

- \* Take Exit 44, Prospect/Oakwood Avenues
- \* At first light take right on Kane Street
- \* At next light take left on Prospect Avenue
- \* Go to sixth light and take left on Farmington Avenue
- \* Highland Street is first right off Farmington Avenue

### From I-84 East

- \* Take Exit 44, Prospect/Oakwood Avenues
- \* At first light take left on Prospect Avenue
- \* Go to sixth light and take left on Farmington Avenue
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