

Choosing a Skilled Nursing Facility

Skilled Nursing Facility

A skilled nursing facility is a nursing facility with the staff and equipment to give skilled nursing care, skilled rehabilitation services and other related health services. Skilled nursing facilities are also known as transitional care units.

The average stay is 14 to 21 days. The number of days for your stay depends on your needs.

Your doctor might want you to go to a skilled nursing facility if you:

- have fallen
- need to manage your pain
- feel weak or dizzy
- have a urinary tract infection
- have breathing problems
- had a hip or knee joint replacement
- have another health condition.

Together, you and your doctor will decide if a skilled nursing facility is right for you.

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Quality

Quality of care and service offered may vary when choosing a skilled nursing facility.

The quality of care is reflected in how often people return to the hospital.

To see how skilled nursing facilities compare, go to [medicare.gov/nursinghomecompare](https://www.medicare.gov/nursinghomecompare) to compare facilities options in your community.

Communicating with your care system

The connection the skilled nursing facility has to your care system may vary by location.

It is important when choosing a skilled nursing facility to understand how care from other health care providers will be delivered from the skilled nursing facility staff.

They may:

- have on-site health care providers from Allina Health
- offer on-site health care provider services from another health care system
- talk with your providers through the phone
- document in your medical records
- connect you with your primary care provider.

Location

It is important to be close to those in your care circle during a stay at a skilled nursing facility.

Learn more by going to [medicare.gov/nursinghomecompare](https://www.medicare.gov/nursinghomecompare) to see which locations are near your care circle or home.

You will receive a map of Allina Health's skilled nursing facility partners.

Special care needs

Skilled nursing facilities may offer special care needs such as:

- heart care
- 7 days of physical therapy
- on-site pool therapy.

Ask your hospital discharge planner if you have any questions about special care you need.

Comparing Your Options

Allina Health partner sites

13 out of 100 people who receive home care from an Allina Health partner skilled nursing facility will return to the hospital.

- Your appointment will be scheduled after you leave the nursing facility.
- The average time to return home for people who receive care from an Allina Health partner facility is 20 days.

Non-Allina Health Partner sites

16 out of 100 people who receive home care outside of an Allina Health partnering skilled nursing facility will return to the hospital.

- Your appointment will be scheduled once you leave the nursing facility.

What You Need To Do Next

If you decide to receive care from a skilled nursing facility, your health care team will:

- contact skilled nursing facilities to see which ones have room
- do the paperwork
- help you find transportation
- connect with your health care team to make sure your primary care provider knows about your care.

If you choose a facility that is not on the list, you may have to pay more out-of-pocket.

Whom to Call or Ask With Questions

If you have questions:

- call 1-800-MEDICARE
- call 612-262-1338
- ask a member of your health care team.