



Factors to Consider When Researching a Nursing Home

Choosing a nursing home for a family member, a friend, or yourself can be stressful, especially when the patient has suffered a medical crisis. The following tips, based largely on information from Medicare (<https://www.medicare.gov/Pubs/pdf/02174.pdf>) and other publicly available sources, are intended to help you as you begin your research.

You may have to arrange nursing care in a very short period of time. If your family member or friend is hospitalized, contact the hospital's discharge planning or social work office as soon as possible for assistance. Hospitals are required to help patients locate and obtain care and services they will need upon discharge.

Medicare covers up to 100 days of skilled nursing care following a hospital stay of at least three days. This limited benefit can be helpful when skilled nursing care or therapy is needed after hospitalization. Most nursing homes participate in Medicare and you can search for them by zip code and view an online nursing home rating system at <https://www.medicare.gov/nursinghomecompare/>. This is a useful tool that anyone can use, even if the patient doesn't qualify for Medicare.

However, you should not rely on ratings alone to find a good nursing home. **Ask people you trust.** Relatives, friends, clergy, local senior groups, ombudsman programs, Alzheimer's support groups, hospital discharge planners, doctors, social workers, and others may have recent experiences with nursing homes in your area.

Location and special needs are criteria to consider in the selection process. Nursing home residents who have frequent visitors often recover faster, are happier and healthier from attention received, and tend to receive a higher quality of care. Family members and friends who are close enough to visit frequently can monitor the resident's condition, participate in care planning, and respond quickly to emergencies.

Some nursing home residents need specialized respiratory care, such as a ventilator, that is only available at certain facilities. Someone with dementia may need extra supervision and assistance with daily needs.

Once you have identified a nursing home or homes that seem affordable, have the necessary services, and have a vacancy, *visit them*. Ask to see the entire facility, not just the nicely decorated lobby or a designated unit. Get a feel for the quality of care and how residents are treated by the staff. Resident appearance, use of restraints, residents' rooms, quality of food, and activities are important factors in evaluating a nursing home. Ask detailed questions to make sure the facility is currently able to provide the necessary care.

While a nursing home should be safe, clean and comfortable, it doesn't do the potential resident any good to choose a "fancy" nursing home if it isn't affordable, doesn't meet the resident's needs, or is too far away for family and friends to visit.

Every nursing home resident should have an *advocate*, someone who can assess situations, ask questions, and request changes. This can be a family member, a friend, or, ideally, a geriatric social worker or nurse who can review the nursing notes and have meaningful conversations with care managers.

The following is a list of several nursing homes within 50 miles of Lake of the Woods (listed alphabetically) that have received high ratings. LOWLINC makes no endorsements recommendations or guarantees regarding the quality of service you might expect from any of those listed. LOWLINC is also not responsible for any omissions or errors in this listing. We stress the importance of researching any nursing home thoroughly before doing business with them. LOWLINC and its officers, directors, independent contractors and agents shall not have any liability arising from your purchase of goods or services from a nursing home based upon the information provided by LOWLINC.

[AUTUMN CARE OF MADISON](#)

NUMBER ONE AUTUMN COURT
MADISON, VA 22727
(540) 948-3054

[BIRMINGHAM GREEN](#)

8605 CENTREVILLE ROAD
MANASSAS, VA 20110
(703) 257-0935

CULPEPER BAPTIST RETIRE COMMUNITY

PO BOX 191 RTE 15
CULPEPER, VA 22701
(540) 825-2411

GRACE HEALTH AND REHAB CENTER OF GREENE COUNTY

355 WILLIAM MILLS DRIVE
STANARDSVILLE, VA 22973
(434) 985-4434

MOUNTAIN VIEW NURSING HOME

1776 ELLY ROAD
ARODA, VA 22709
(540) 948-6831

WESTMINSTER AT LAKE RIDGE

12185 CLIPPER DRIVE
LAKE RIDGE, VA 22192
(703) 643-9017

WESTMINSTER CANTERBURY BLUE RIDGE

250 PANTOPS MOUNTAIN RD
CHARLOTTESVILLE, VA 22911
(434) 972-3100