

How To Support Someone in Skilled Nursing & Rehabilitation

When your loved one enters a Skilled Nursing Facility (SNF) as part of their recovery journey, it can be difficult to know how to support them and show them you care. Research shows that relationships with friends and family members can positively affect the health and recovery of skilled nursing patients.

Here are just a few tips on how you can show a loved one encouragement as they heal and recover.

Visit when you can

Seeing friends and family show your loved one that you're supporting. Whether it's through screen technology like Zoom and Facetime, window/outdoor visits or even in-person, quality time shows you care and makes a difference their healing time.

Be a positive force

The road to recovery can be challenging for many of our loved ones. Research shows that when patients are around people that have a positive attitude they are comforted and more inspired to continue to improve.

Listen with intent

Especially if your loved one is facing life changes or challenges in their recovery, actively listening and sharing in their communication will help them feel more engaged, respected and connected.

Decorate their space

From family photographs to blankets, knickknacks and other small personal items, reminders of home can help your loved one feel more comfortable in their space.

A stay at a Skilled Nursing Facility can be a challenging time for a patient, but one that can be made easier with the support of loved ones. Anything you can do to help someone stay positive can make a tangible difference in their recovery!

Thank you again for trusting us to be your partner in your recovery journey. If you have any additional questions, please reach out to the Administrator at your chosen location.

