

What is the Eden Alternative?

At Lincoln Long Term Care we understand that loneliness, helplessness and boredom account for the bulk of suffering among our elders. The Eden Alternative philosophy seeks to rid care centers of these plagues.

Through Eden, our vision is to make a difference by cultivating an environment to promote companionship, self worth, variety and spontaneity for our community.

We do this by making the long term care environment a mirror of their lives at home. Birds, cats, dogs, children and lots of spontaneous activity keep our residents active and fulfilled. Many help with pet and plant care, cook or stay independent by delivering mail or tending outdoor garden spots.



And independence is a major goal of Eden. That's why our residents have their own neighborhood councils — so they can continue to make decisions for themselves and affect change within the long term care community here.

Through Eden, our elders also have a major voice in their care and medical decisions. Together with the nursing staff, who is closest to daily needs, residents and their families assist our physicians with care decisions.

Discover the difference a dynamic, empowering atmosphere can make in daily long term care. Discover the Eden Alternative.


To learn more about Lincoln Hospital, Long Term Care or the Eden Alternative, log onto our website at

www.lincolnhospital.org

Lincoln Hospital Dist. 3



YOUR GUIDE TO



Long Term Care and Skilled Nursing Services at Lincoln Hospital



Neighbors for Life

(509) 725-7101



Get a taste of Eden at Lincoln Long Term Care...

Lincoln Hospital has been caring for the aging in a progressive, home-like atmosphere for over 30 years. Medicare and Medicaid certified, Lincoln Long Term Care is also an Eden Alternative Facility — offering residents independence and fulfillment through involvement in their own community and care plan.

Our services include...

- 24-hour skilled nursing
- Weekly doctor's rounds
- Individualized care planning
- Medicare & Medicaid Certified
- Three balanced meals with menu choices, plus nutritional snacks from our snack and beverage cart
- Security System
- Housekeeping and laundry
- Full slate of activities
- Physical & Occupational Therapy
- Social Services staff
- Gated security yard with gazebo and ergonomic garden spots
- Beauty shop
- Full access to Lincoln Hospital Acute Care including surgery & visiting specialists

Lincoln Long Term Care is one of only three Eden Facilities in Eastern Washington.

Professional Medical Care

Lincoln Long Term Care is staffed by nursing professionals who are proud to offer progressive 24-hour care. Caring local physicians make rounds weekly to keep in close communication with nursing staff on resident needs. All Long Term Care residents have access to Acute Care services including lab, radiology, surgery, swing bed and ER. Access to visiting specialists in Urology, Orthopedics and Cardiology is another facet of our care.



Nutrition and Meal Choices

Our professional dietary team provides residents with daily food choices from both hot and cold food tables in a restaurant-like environment. Between meal nourishments, snacks and beverages are served from roaming carts throughout the day. All meals are nutritionally balanced and tailored to individual needs. The residents enjoy having an active say in selecting menu favorites and special dinners.



Recreation and Activities

The primary role of our activities program is to ensure each resident has the opportunity to continue engaging in life-satisfying experiences. Whether it's gardening, cooking, crafts, worship, bingo or daily exercise, our residents are offered many ways to keep their lives happy and fulfilled. These activities foster friendships, community and self-worth.

Physical Therapy

As we age, keeping our balance, flexibility and strength is a must. That's why all residents have access to on-site Physical Therapy with a doctor's order. Physical therapy not only aids in regaining muscular function, but helps residents maintain independence. For those regaining use of limbs after a stroke, Occupational Therapy can help retrain our residents to do those little things that make life worth living. Our special Swing Bed Rehabilitation unit is also available for those needing surgical or injury recovery.



Social Services

Medical needs are only one facet of caring for our aging population. Our Social Services department, available daily for resident needs, meets both initially and quarterly with residents and their families for a comprehensive psychosocial assessment. This helps us gauge resident adjustment, attitudes and emotional needs. This information is integrated into the resident care plan. At Lincoln Long Term Care, we care about the whole person and the details in their lives that bring them joy and satisfaction.

