

CONTINUING CARE

A GUIDE TO COMMUNITY SERVICES



 Community Hospital
of the Monterey Peninsula®

WELCOME TO COMMUNITY HOSPITAL OF THE MONTEREY PENINSULA

Community Hospital's Social Services department is available to assist you in your transition from hospital to home or to an alternative facility.

By planning ahead, you may be able to leave the hospital sooner, allowing you to recover in more familiar surroundings.

Social Services can help identify your individual needs, set up medical care at home (or an alternative facility), and direct you to available community resources. Confidential, short-term counseling is also available.

If you would like assistance, please ask your doctor or nurse to have a Community Hospital social worker or discharge planner visit you, or call Social Services at 622-2722.

GENERAL INFORMATION

Insurance

Your insurance (private, Medicare, Medi-Cal) may limit the type of services provided.

Compare services

We suggest you contact several agencies to compare services, rates, and insurance eligibility.

Other

Information is available from Social Services regarding:

- Residential care
- Air transport

This booklet has been developed as a guide to various services available in the community. It does not attempt to include all resources. Providing this information does not constitute an endorsement.

NURSING FACILITIES

Canterbury Woods

651 Sinex Avenue, Pacific Grove, CA 93950
373-3111 / Fax 375-6631

Number of beds: 24

Insurance accepted: Private, Medicare

Services provided: Physical, occupational, and speech therapy

www.canterburywoods-esc.org

Carmel Hills Care Center

23795 Holman Highway, Monterey, CA 93940
624-1875 / Fax 624-7138

Number of beds: 99

Insurance accepted: Private, Medicare, Medi-Cal

Services provided: Physical, occupational, speech, respiratory,
and IV therapy

www.carmelhillscarecenter.com

Eden Valley Care Center

612 Main Street, Soledad, CA 93960
678-2462 / Fax 678-2965

Number of beds: 59

Insurance accepted: Private, Medicare, Medi-Cal

Services provided: Physical, occupational, and speech therapy

Forest Hill Manor Health Center

551 Gibson Avenue, Pacific Grove, CA 93950
646-6492 / Fax 657-5392

Number of beds: 26

Insurance accepted: Private, Medicare

Services provided: Physical, occupational, and speech therapy

E-mail: healthcenter@cnmh.org

www.foresthillmanor.org

NURSING FACILITIES

Katherine Health Care

315 Alameda Avenue, Salinas, CA 93901

424-1878 / Fax 424-3149

Number of beds: 48

Insurance accepted: Private, Medicare, Medi-Cal

Services provided: Physical, occupational, and speech therapy.
Van available for transportation

Mee Memorial Hospital

300 Canal Street, King City, CA 93930

385-6000 / Fax 386-3750

Number of beds: 119

Insurance accepted: Private, Medicare, Medi-Cal

Services provided: Physical, occupational, speech, and IV therapy
www.meememorial.com

Monterey Pines Skilled Nursing Facility

1501 Skyline Drive, Monterey, CA 93940

373-3716 / Fax 373-8102

Number of beds: 99

Insurance accepted: Private, Medicare, Medi-Cal, and Veterans
Administration

Services provided: Physical, occupational, speech, and IV therapy.
Van available for transportation

www.horizonwest.com/monterey

NURSING FACILITIES

Pacific Coast Care Center

720 East Romie Lane, Salinas, CA 93901
424-8072 / Fax 424-4550

Number of beds: 149 (plus 32-bed secured unit, 36-bed transitional care unit and outpatient services)

Insurance accepted: Private, Medicare, Medi-Cal

Services provided: Physical, occupational, and speech therapy. Alzheimer's and dementia-secured unit for wheelchair and non-ambulatory patients

Pacific Grove Convalescent Hospital

200 Lighthouse Avenue, Pacific Grove, CA 93950
Business office 375-2695 / Fax 647-9639
Nursing floor fax 375-4219

Number of beds: 51

Insurance accepted: Private, Medicare, Medi-Cal

Services provided: Physical, occupational, and speech therapy

The Ridge Rehabilitation Center

350 Iris Drive, Salinas, CA 93901
449-1515 / Fax 449-9626

Number of beds: 103

Insurance accepted: Private, Medicare, Medi-Cal, and Veterans Administration

Services provided: Physical, occupational, speech, and IV therapy
E-mail: rbruton@windsorcares.com

NURSING FACILITIES

Skyline Care Center

348 Iris Drive, Salinas, CA 93906
449-5496 / Fax 757-5049

Number of beds: 80

Insurance accepted: Private, Medicare, Medi-Cal, and VA

Services provided: Physical, occupational, and speech therapy.
Van available for transportation

Westland House

100 Barnet Segal Lane, Monterey, CA 93940
658-3737 / Fax 648-7746 / www.chomp.org

Number of beds: 28

Insurance accepted: Private, Medicare, Medi-Cal Hospice Benefit

Services provided: Two distinct types of service are provided

1. End-of-life care: pain management and emotional support for those with a terminal illness.

2. Short-stay, skilled nursing, and rehabilitation services by doctor's order: interim care designed to promote the highest levels of independence, self-reliance, and confidence for those who are returning home from a hospital stay.

Van available for transportation

Owned and operated by Community Hospital of the Monterey Peninsula

NURSING FACILITIES

Windsor Gardens Rehabilitation Center of Salinas

637 East Romie Lane, Salinas, CA 93901

424-0687 / Fax 757-9108

E-mail: ltrevino@windsorcares.com

Number of beds: 99

Insurance accepted: Private, Medicare

Services provided: Physical, occupational, speech, and IV therapy.
Van available for transportation

Windsor Monterey Care Center

1575 Skyline Drive, Monterey, CA 93940

373-2731 / Fax 373-2745

Number of beds: 78

Insurance accepted: Private, Medicare, Medi-Cal

Services provided: Physical, occupational, speech, and IV therapy.
TPN administration. Van available for transportation

E-mail: amonte@windsorcares.com

This information was provided by the facilities. Please contact the facility of your choice to discuss its complete list of programs.

ABOUT SKILLED NURSING FACILITIES (SNF)

Skilled nursing facilities are state-certified to provide three distinct types of service:

1. **Short-term care** — skilled nursing and/or rehabilitation services ordered by a doctor. Medicare and many private insurance plans cover skilled services.
2. **Long-term care** — custodial care requiring maximum assistance with activities of daily living
3. **End-of-life care** — palliative care and comfort measures

How long will my Medicare benefits last?

Medicare services are provided to those who qualify for skilled care. The number of days covered by Medicare varies depending on how long services are needed.

What types of services do SNFs provide?

- 24-hour licensed staff
- Rehabilitation (physical, occupational, speech therapies, and restorative nurse aid)
- Registered dietitian or diabetic technician
- Audiologist, optometrist, dentist
- Van transportation
- Free laundry
- Newspaper
- Pedicure/manicure
- Beautician

ABOUT SKILLED NURSING FACILITIES (SNF)

What are the rooms like?

Most rooms have two-to-four beds, with a shared bathroom.

Private rooms are limited, with fewer than four per facility. Converting a room into a private room is possible at an extra charge. In-room phones are not provided at a SNF. All rooms have telephone jacks that, for a nominal fee, can be activated. Medicare does not cover the cost of a telephone or television.

How often will my doctor visit?

You can expect your doctor to visit at least once a month. A medical director is associated with the SNF and may be called 24 hours a day if needed.

What should I bring?

- Casual or sweatpants (3–4 pairs)
- Loose-fitting shirts (3–4)
- Socks (4–6 pairs)
- Sturdy shoes with a low heel
- Undergarments (4–6)
- Sweater or light jacket
- Bathrobe

Most toiletries are provided, but if you have something special, be sure to label it with your name.

Definitions

Skilled care. Daily nursing or rehabilitation including management, observation, and evaluation. Skilled care is available for a brief period after a three-day qualifying stay in an acute-care hospital. *Skilled care is covered by Medicare (Part A) and most private insurance companies.*

Custodial care. Provides help with normal daily activities such as walking, eating, dressing, or personal hygiene. *Custodial care is not covered by Medicare.*

ACUTE REHABILITATION FACILITIES

Dominican Rehabilitation Services of Santa Cruz

1555 Soquel Drive, Santa Cruz, CA 95065
457-7056 / Referrals 239-5811
Fax 457-7119 (unit) / Fax 457-7184 (office)
E-mail: vwest@chw.edu

Sam Karas Acute Rehabilitation Unit Natividad Medical Center

1441 Constitution Boulevard, Building 100, Salinas, CA 93906
755-5570 / Referrals 772-7462 / 240-1499
Fax (888) 206-4623 (toll free)

Santa Clara Valley Medical Center

Rehabilitation Services Department
751 S. Bascom Avenue, San Jose, CA 95128
(408) 885-2032 (admissions)
(408) 793-2510 (outpatient clinics)
Fax (408) 885-2001 or (408) 885-2028
www.scvmed.org

HOME CARE SERVICES

Access IV, Inc.

455 Reservation Road, Suite G, Marina, CA 93933

384-8080 / Fax 384-8065

E-mail: gwenrdncsd@sbcglobal.net

www.accessiv.com

Medicare certified for home infusion therapy

Adobe Home Health, Inc.

19045 Portola Drive, Suite E, Salinas, CA 93908

424-1311 / Fax 424-2711

E-mail: contact@adobehomehealthca.com

www.adobehomehealthca.com

Alliance Home Health, Inc.

19045 Portola Drive, Suite B, Salinas, CA 93908

455-8901 / Fax 455-2044

E-mail: alliancehomehealth@sbcglobal.net

www.alliancehome-health.com

Central Coast Visiting Nurse Association and Hospice

5 Lower Ragsdale Drive, Monterey, CA 93940

(P.O. Box 2480, Monterey, CA 93942)

375-9882 / Fax 648-4238

6 Quail Run Circle, Suite 101, Salinas, CA 93907

758-8302

341 Tres Piños Road, Suite 103A, Hollister, CA 95023

637-6724

200 Broadway, Suite 78, King City, CA 93930

385-1014

www.ccvna.com

Medicare certified

HOME CARE SERVICES

Choice Home Health Care

80 Garden Court, Suite 105, Monterey, CA 93940
Monterey 645-1400 / Fax 645-1401
Salinas 632-2273 / Fax 442-5625
www.caremonterey.com

Medicare certified

Coastal Kids Home Care

3 Quail Run Circle, Suite 104, Salinas, CA 93907
(Mailing address: 1172 S. Main Street, Suite 125, Salinas, CA 93901)
(800) 21-4KIDZ(5439) (toll-free) / Fax 796-0334
E-mail: margy@coastalkidshomecare.org

Medi-Cal certified

Dominican Home Health

8030 Soquel Avenue, Suite 104, Santa Cruz, CA 95062
(Mailing address: 1555 Soquel Drive, Santa Cruz, CA 95065)
465-7988 / Fax 465-7996
www.dominicanhospital.org

Medicare certified

Good Life Home Care

135 W. Franklin Street, Suite 10, Monterey, CA 93940
646-2046 / Fax 646-8246
E-mail: info@goodlifehomecare.com
www.goodlifehomecare.com

Medicare certified

Maxim Healthcare Services

700 Cass Street, Suite 122, Monterey, CA 93940
641-9565 / (866) 404-1770 (toll-free) / Fax 641-9573
E-mail: brwooler@maxhealth.com
www.maximhealthcare.com
E-mail: montereyoffice@maxhealth.com

Medicare certified

HOME CARE SERVICES

San Benito Home Health Care

911-C Sunset Drive, Hollister, CA 95023

638-1111 / Fax 636-2613

www.hazelhawkinshospital.com

Medicare certified

Visiting Nurse Association of Santa Cruz County

2880 Soquel Avenue, Suite 10, Santa Cruz, CA 95062

479-6620 / Fax 464-8429

www.santacruzvna.org

Medicare certified

Walgreens Home Care

975 Industrial Road, Suite E, San Carlos, CA 94070

(650) 551-7020 / Fax (650) 551-7026

www.walgreenshomecare.com

Medicare certified

ABOUT SKILLED HOME CARE SERVICES

Home care services are certified to provide skilled services to a homebound patient.

What types of skilled services may be provided?

- Registered nursing
- Physical therapy
- Occupational therapy
- Medical social work

How often will my nurse visit?

During the first visit, the home care professional will discuss your plans for further visits.

How will I know when the nurse will come to my home?

The home care staff will call you prior to your visit.

If the nurse does not show up, who should I call?

- Home care service
- Your doctor

How long will benefits last?

As long as:

- Services are medically necessary (skilled)
- Services are ordered by a doctor
- You are considered homebound

Medical supplies, equipment, and a home health aide may be allowed in certain circumstances and paid for by insurance. Ask your care provider if this applies to your situation.

HOSPICE HOME CARE SERVICES

Central Coast Visiting Nurse Association Hospice

45 Plaza Circle, Salinas, CA 93907

758-4200 / Fax 753-0453

www.ccvna.com

Medicare certified

Community Hospital of the Monterey Peninsula Hospice of the Central Coast

2 Upper Ragsdale Drive, Professional Center, Suite D210

Monterey, CA 93940

649-7750 / (800) 364-7001 (toll-free)

Fax 649-7751 / www.chomp.org

Medicare certified

Owned and operated by Community Hospital of the Monterey Peninsula

Heartland Hospice Services

2511 Garden Road, Building B, Suite 200, Monterey, CA 93940

373-8442 / Fax 373-8444

(866) 455-4337 (toll-free)

www.hcr-manorcare.com

Medicare certified

PERSONAL CARE SERVICES

Abundant Personal Care Services

11 Sandpiper Court, Seaside, CA 93955
601-0980 / Monterey 626-9500 / Salinas 444-9500
Fax 393-1123
www.abundantpersonalcare.com

Ambassadors

3170 Vista del Camino, Suite C (P.O. Box 177), Marina, CA 93933
917-4191 / Fax 582-2326
E-mail: ssan1013@yahoo.com
www.ambassadorshomecare.com

Care Plus

215 West Franklin Street, Suite 208, Monterey, CA 93940
656-9203 / Fax 656-9204
Pebble Beach 372-1937 / Fax 372-1837
E-mail: bocan@netpipe.com
www.careplusinhomecare.com

Care Providers Victorian Home Care, Inc.

833 Cass Street, Monterey, CA 93940
Monterey 655-1935 / (877) 902-9958 (toll free)
Fax 655-1979
www.victorianhomecare.com

Care Solutions — A care management company

800 Garden Court, Suite 105, Monterey, CA 93940
Monterey 645-1440 / Salinas 632-2273
Fax 645-1441
www.caremonterey.com

PERSONAL CARE SERVICES

Central Coast Senior Services, Inc.

Personal attendant care service and case management
207 16th Street, Suite 300, Pacific Grove, CA 93950
Monterey 649-3363 / Salinas 484-7355
Fax 372-2465
E-mail: ccss@centralcoastseniorservices.com
www.centralcoastseniorservices.com

Community Caregivers

80 Garden Court, Suite 105, Monterey, CA 93940
Monterey 645-1440 / Salinas 632-2273
Fax 645-1441
www.caremonterey.com

Country Home Care/Private Nurses

P.O. Box 221007, Carmel, CA 93922
333-2070 / Fax 333-1198
E-mail: judy@countryhomecare.com
www.countryhomecare.com

Family inHome Caregiving, Inc.

26382 Carmel Rancho Lane, 2nd floor, Carmel, CA 93923
P.O. Box 221457, Carmel, CA 93922
275-0103 / Fax 250-6373 or 655-1205
www.familyinhomecaregiving.com

Heart to Heart Home Health Care

801 Lighthouse Avenue, #108, Pacific Grove, CA 93950
656-0689 / Fax 717-4067
companioncare@hearttoheartmonterey.com
www.hearttoheartmonterey.com

PERSONAL CARE SERVICES

Loving Home Care, Inc.

915 Hilby Avenue, Suite 27, Seaside, Ca 93955

643-2500 / Fax 656-1551

E-mail: lovinghomecare2003@yahoo.com

www.lovinghomecareinc.com

Maxim Healthcare Services

Companion and Respite

700 Cass Street, Suite 126, Monterey, CA 93940

641-9693 / Fax 641-9853

www.maximhomecare.com/companion

ResCare Home Care

700 Cass Street, Suite 116, Monterey, CA 93940

644-0289 / (888) 811-9080 (toll-free) / Fax 644-9773

E-mail: chawes@rescare.com

Visiting Angels

1658 Soquel Drive, Suite B, Santa Cruz, CA 95065

430-0616 / Fax 430-0612

229 Reindollar Avenue, Suite E, Marina, CA 93933

392-0876

E-mail: jeannette@angelcareforseniors.com

www.angelcareforseniors.com

ABOUT PERSONAL CARE SERVICES

Personal care services are for individuals who need assistance with daily activities.

What types of services are provided by personal caregivers?

- Bathing
- Dressing
- Meal preparation
- Medication reminders
- Light housekeeping
- Transportation

What questions might I ask before hiring a personal caregiver?

- Is the caregiver employed by a home care company?
- Is the caregiver bonded and insured?
- Will the caregiver be selected from a referral agency?
- Will the caregiver be hired privately?
- What is included in the charge for services?
- How often will the patient be billed?
- How can the patient reach the home care agency after regular business hours in an emergency?
- How can the caregiver be instructed about daily duties or any other special tasks included in the care?
- What is the procedure if the consumer is dissatisfied with the care provided?

Personal caregiver services in the home **are not** covered by Medicare or most commercial insurance plans.

EQUIPMENT AGENCIES

AdvantaCare Medical

5 Mandeville Court, Suite 200, Monterey, CA 93940
1255 Reamwood Avenue, Sunnyvale, CA 94089
(800) 481-4662 (toll-free) / Fax (888) 654-0003 (toll-free)
E-mail: info@advantacare.net

Apria Healthcare

1 Lower Ragsdale Drive, Building 3, Suite 600, Monterey, CA 93940
655-4090 / (800) 775-4872 (toll-free) / Fax 649-5877
www.apria.com

ATG — Rehab — Watsonville Branch

446 Westridge Drive, Watsonville, CA 95076
724-5544 / Fax 724-3334
(888) 736-8745 (toll-free)
www.atgrehab.com

A to Z Rental

1173 Echo Avenue, Seaside, CA 93955
394-6751 / Fax 394-7417
E-mail: info@a2zpartyrental.com

Brannons

1 John Street #B, Sand City, CA 93955
899-1200 / Fax 899-1235
www.brannonsmedical.com

Care Medical

401 Victor Way, #1, Salinas, CA 93907
737-1660 / Fax 737-1661
www.care-medical.com

EQUIPMENT AGENCIES

Lincare, Inc.

365 Victor Street, Suite I, Salinas, CA 93907
Salinas 758-4612 / (800) 685-4612 (toll free)
Fax 758-4723
www.lincare.com

Ordway Drug

499 Alvarado Street, Monterey, CA 93940
372-8085 / Fax 372-5768
www.ordwaydrug.com

Pacific Pulmonary Services

440 Westridge Drive, Watsonville, CA 95076
722-3001 / Fax 722-3065
www.ppsc.com

SIZEwise

2556 Barrington Court, Hayward, CA 94545
(800) 814-9389 (toll free) / Fax (785) 726-4131
E-mail: homecare@sizewise.net
www.sizewise.net

Valley Patient Care

410 Victor Way, Suite 2, Salinas, CA 93907
757-6657 / Fax 757-3918
E-mail: customerservice@vpcare.com
www.vpcare.net

OTHER SERVICE AGENCIES

Alliance on Aging, Inc.

Senior Supportive Services
280 Dickman Avenue, Monterey, CA 93940
646-1458 / Fax 646-1232

Administration
247 Main Street, Salinas, CA 93901
655-1334 / Fax 655-8781

www.allianceonaging.org

American Red Cross Monterey Bay Area Chapter

P.O. Box AR (8th and Dolores), Carmel, CA 93921
624-6921 / Fax 624-7014
357 Fifth Street, Hollister, CA 95023
636-2100 / Fax 636-2106
942 Lupin Drive, Salinas, CA 93906
424-4824 / Fax 424-5069

www.arcmontereybay.org

Carmel Foundation

P.O. Box 1050, Carmel, CA 93921
624-1588 / Fax 624-5705
E-mail: info@carmelfoundation.org

Meals on Wheels and Sally Griffin Active Living Center

700 Jewell Avenue, Pacific Grove, CA 93950
375-4454 / Fax 375-9887
www.mowmp.org

OTHER SERVICE AGENCIES

**Monterey County Area Agency on Aging
In Home Support Services (IHSS)
Information and Assistance Program (I & A)
Multi-purpose Senior Services Program (MSSP)
Office for Aging and Adult Services**

713 La Guardia, Suite A, Salinas, CA 93905, Salinas 755-3403
Monterey 647-7899 / Fax 783-7021
Marina 883-7565 / Fax 883-7563
Toll free (877) 933-4477 / (800) 510-2020

Monterey County Health Department

1270 Natividad Road, Salinas, CA 93906
Salinas 755-4500 / Monterey 647-7650
www.co.monterey.ca.us

**Monterey County Department of Social
and Employment Services**

1281 Broadway, Seaside, CA 93955
899-8001 / (866) 323-1953 (toll-free)
Fax 899-8022

Ombudsman for Long-Term Care

2200 Garden Road, Monterey, CA 93940
Monterey 333-1300 / Salinas 758-4011
Fax 655-8781
www.allianceonaging.org

TRANSPORTATION

American Medical Response

P.O. Bo 1953, Marina, CA 93933

718-9555 / Fax 582-9603

www.amr.net

Carmel Regional Fire Ambulance Service

8455 Carmel Valley Road, Carmel, CA 93923

624-7881 weekdays / 624-5907 after business hours

Fax 625-2941

Central Coast Medical Transport

P.O. Box 1244, Aptos, CA 95001

Transport 685-3200 / Business 685-3201 / Fax 633-5263

www.centralcoastambulance.com

E-mail: info@ccamb.com

Freedom Medical Transportation

Non-Emergency Medical Transport

1195 Trinity Avenue, Seaside, CA 93955

920-0687 / Fax 394-2316

www.freedommedicaltransportation.com

MST Rides ADA Program

150 Del Monte Boulevard, Monterey, CA 93940

(888) 678-2871 (toll-free)

TDD (hearing impaired) 393-8111 / Fax 641-0907

www.mst.org

