

Silver Heights Nursing & Rehabilitation is a member of the Colorado Healthcare Association (CHCA). The company has also been recognized as a top rated nursing home by US News and World Report 2009.

We continue to grow our services and improve our community through innovation and renovation.

We partner with Senior Care of Colorado for experienced medical directors. Special pride is taken to provide quality care to our veterans of foreign wars through our VA contract. The 91-bed community's skilled caregivers are licensed, certified and here to help you find the most beneficial care options to suit your needs.



*Guests enjoy inspiring views of the Rocky Mountains.*

## Convenient Location

Silver Heights nursing and rehabilitation is conveniently located less than 2 miles from Castlerock Adventist Hospital, within 10 miles of Sky Ridge Medical Center, 15 miles of Parker Adventist Hospital, and 19 miles of Littleton Hospital, between I-25 and Founders Parkway.

## Insurances We Accept

We accept Veteran's Administration (VA), Medicare, Medicaid, Private Insurance, & Private Pay.



(303) 688-3174

4001 Home Street, Castle Rock, CO 80108

[www.SilverHeightsCare.org](http://www.SilverHeightsCare.org)

[SHinfo@madison.care](mailto:SHinfo@madison.care)

Silver Heights Nursing & Rehabilitation does not discriminate against any person on the basis of race, color, national origin, disability, or age in admission, treatment or participation in its programs, services and activities, or in employment. For further information about this policy, contact social services at (303) 688-3174.



**Reshaping Lives  
Through Caring,  
Personalized  
Services.**



## Our Full Range of Services

At Silver Heights Nursing & Rehabilitation we are committed to serving our guests with loving care and improving quality of life for seniors in the community. Through our comprehensive skilled nursing and rehabilitative services, we have been able to address both short-term and long-term care needs for you or a loved one. Our goal is to help our guests and their families live quality-enriched lives well functioning at their highest potential level. Our full range of services include:

- ◆ 24 Hour skilled nursing care
- ◆ Post hospital/surgical care
- ◆ Long-term and respite care
- ◆ Personalized care plans
- ◆ Rehabilitative services
- ◆ Medication management
- ◆ Intravenous (IV) services
- ◆ Incontinence care
- ◆ Special diets/dietitian
- ◆ Doctor and pharmacy consultants
- ◆ Pain management
- ◆ Medicare certified beds
- ◆ Social services
- ◆ Neuropsychological evaluations
- ◆ Wound care
- ◆ Hospice
- ◆ Therapeutic recreation program

## Rehabilitation Services

At Silver Heights nursing and rehabilitation we are dedicated to providing the highest quality of physical, occupational, speech, and restorative therapy. Our newly-renovated therapy wing includes private and semi-private rooms, which offer comfort to our guests.

### Amenities

- ◆ Large interfaith chapel
- ◆ Solarium with majestic views
- ◆ Pet therapy
- ◆ Flat screen TV with cable and dedicated phone line on sub acute floor
- ◆ Internet access
- ◆ Laundry service
- ◆ All day, daily activities including outings to Black Hawk Casino, Picnics, and shopping at local businesses.
- ◆ Exercise programs
- ◆ Beauty/barbershop
- ◆ Transportation to appointments

In addition, a private dining room and daily activities allow guests to dine and socialize. Experience the outdoors from our open courtyard, walking path, and garden.



## Inpatient and Outpatient

### Physical Therapy

- ◆ Minimizing risk of falls and increasing safety and endurance
- ◆ Training in mobility, posture, and gait
- ◆ Mobilizing joints and soft tissue to increase range of motion
- ◆ Using prostheses when applicable

### Occupational Therapy

- ◆ Bathing, dressing, feeding skills
- ◆ Facilitating memory, orientation, and cognition
- ◆ Adapting techniques to overcome physical challenges
- ◆ Speech-Language Therapy
- ◆ Developing oral muscle control and strength necessary for speaking and swallowing
- ◆ Recovering speech, language, and memory skills
- ◆ Increasing nutrition and hydration

### Restorative Therapy

- ◆ Increasing strength, mobility and endurance
- ◆ Promoting continence
- ◆ Preventing pressure ulcers
- ◆ Building confidence for walking and transferring