



**Hillcrest**  
*Country Estates*  
**REHAB COTTAGE**

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**REHAB  
COTTAGE**  
Postacute  
Rehabilitation

**Short-term, Inpatient Rehabilitation**

# Our Focus ... Your Recovery



On your road to recovery — whether it's from an injury, illness, surgery or hospital stay — you'll feel an incredible sense of warmth, compassion and support from a team that is 100% dedicated to your recovery at the Hillcrest Country Estates Rehab Cottage.

Nestled within a beautifully landscaped, 44-acre continuing care retirement community (CCRC), the Rehab Cottage offers a unique setting with only 22 private suites.

Providing a warm and cozy stay, everything you need for your recovery is located on site, including the latest in rehabilitation technology and a highly skilled care team to help you reach your goals.

For many, this experience will likely change your life, and we look forward to being by your side and helping you return to living your life to the fullest.

## PERSONALIZED CARE PLANNING

Offering 22 private suites, we offer the first “cottage-style” exclusively post-acute rehabilitation center in the area. Our guests can expect highly individualized attention from our care team, including our medical director and attending physicians; registered nurses; social workers; physical, occupational and speech therapists; recreational therapist; registered dietitians; a chaplain and others, as needed. This exceptional team will design a personalized care plan based on your recovery goals and will communicate regularly with your referring physician.

During your stay, your social worker will discuss progress updates and transition plans with you, such as the timeframe for coordinating your supportive transition services with Hillcrest Home Care and Hillcrest Physical Therapy. With Hillcrest's continuum of rehab services, you are assured more consistent care along your path to recovery, which ensures greater success.

*While we meet most any rehabilitative need, our most common cases include:*

- **Post-operative recovery**
- **Joint replacement or fractures**
- **Wound care**
- **Stroke recovery**
- **Cardiac rehabilitation**
- **General debilitation or weakness**
- **Recovery from illnesses like pneumonia**



We can help with whatever you need to gain strength and heal faster.



## ACHIEVING YOUR GOALS

The most challenging – and rewarding – parts of your day will be your therapy sessions. Many of our rehab team members have worked with us for 10+ years and are among the most respected therapists in Nebraska, with special certifications in geriatric therapy, lymphedema management and other areas. Your therapists will lovingly push you to achieve your goals, and while feeling difficult at times, you'll soon realize the rewards of your hard work and prepare for a successful transition back to the community.

*Our spacious therapy gym features the latest in rehab technology, including:*

- **HUR exercise equipment** – using air pressure for resistance for safer exercising
- **HUR iBalance** – a testing/training platform to allow for baseline balance testing, continued monitoring, evaluation and training
- **Ceiling-mounted track lifts** – for use during walking and balance tasks for your safety



## RECOVER IN STYLE AND COMFORT

We understand that spending time in a rehabilitation center may not be your ideal choice, so we make every effort to ensure your comfort and keep you entertained and connected to family and friends.

Our Rehab Cottage is beautifully designed with high ceilings illuminated with skylights, an outdoor gazebo with landscaped paths, and private visiting areas on the patio and in the Flatwater Room.

The Hearth Room offers a warm and inviting area for dining and gathering which features a 30-foot-high stone fireplace as the centerpiece, and the Cyber Café includes a comfortable bench seating area to relax, plug-in and stay connected.

The Rehab Cottage offers excellent amenities featuring a one-of-a-kind dining experience offering made-to-order meals prepared by an on-site chef and served in the Hearth Room, Cyber Café or in the comfort of your suite.

With 22 guest suites in two neighborhoods, Meadowlark and Goldenrod, each suite is comfortably appointed and includes a sofa-sleeper with fresh linens for visitors who wish to keep you company overnight. Suites also feature locked medication cabinets and private bathrooms with European-style showers. Ceiling-mounted lifts are available in four suites for ease of transferring and safety. The Spa Room features a whirlpool bath with separate climate control and heated towel rack for a luxurious spa experience.



## FINANCIAL ARRANGEMENTS

The Rehab Cottage is certified to accept Medicare for rehabilitative services. Typically, Medicare Part A fully covers the first 20 days with us following a qualifying three-night hospital stay, and then 80% of the next 80 days, if needed.

We also accept most private insurance and worker's compensation insurance, and many do not require a three-night hospital stay. To better understand your qualifications, coverage and financial obligations under your specific insurance plan, please contact our Central Transitions Team at **(402) 885-7007**.



## NATIONAL LEADERS IN THE CARE OF AGING ADULTS

Hillcrest Health Services is recognized nationally for our leadership and innovation. Our identity as a local, privately-owned organization enables us to respond swiftly to the changing needs of those entrusted to our care.

Hillcrest offers more services for aging adults than any other provider in Omaha. Since 1988, we've grown into a seamless health system with unparalleled expertise in caring for aging adults throughout every stage of life.

Call today to learn how the Rehab Cottage can enhance your life and your recovery. We're here to help.

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6062 Grand Lodge Ave., Papillion  
Nebraska 68133

office: **(402) 885-7007**

**Hillcrest Country Estates**  
is conveniently located at the corner of Highway 370 and 60th Street in Papillion, just one mile east of Shadow Lake Towne Center. For other directions, please call **(402) 885-7007**.

**Visit our Welcome Center for tours and information.**

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Welcome Center