

Recreational Activities

We strive to ensure high quality of life for each of our residents, including a wide range of programs that address intellectual, social and spiritual needs-as well as activities that are just plain fun. Our care team will help you find options to meet your interests. Suggestions are always welcomed. We will work to make your favorites a part of our program.



Some Activities Offered

- Bingo, Educational series.
- Travel Programs, Painting.
- Gardening, Outings, Exercise.
- Worship Services - Pet Therapy.
- Sensory Stimulation, Board Games.
- Puzzles Games.
- Sports, Music Events, Parties.
- Fall prevention Spiro.



We Love To Hear From You

We look forward to meeting you and discussing how we can meet your needs. Our staff are happy to explain our programs and services, answer any of your questions, show you around our facilities. We bring you closer to your loved one even during the pandemic by facilitating video conference options

Contact

(831) 479-9000



(FAX) 831-462-4800
(E-Fax) 831-480-5408



2990 Soquel Avenue,
Santa Cruz, CA, Zip: 95062



Find us on

www.heartsnhands.us



Hearts N Hands



Touching Lives /

Contact



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About Hearts & Hands

Locally owned and operated, Hearts & Hands Post-Acute care and Rehab Center is a 144 Licensed bed, skilled nursing and rehabilitation facility, certified under Medicare and medicaid programs, serving the residents of the SantaCruz/ Monterey Bay regions. We are dedicated to the principle of providing excellent care and fostering the residents' well-being Choosing the best skilled nursing and rehabilitation center often comes when you least expect it. We are here to help make those decisions less stressful to you.

Our Core Values

Our dedication is to build positive relationships with residents, family members health care partners. We will work as partners with you. You can count on us to listen, communicate clearly and walk alongside of you during every stage of your care.

Limited Re-hospitalization

Utilizing evidence-based care and combining advanced technology, patient education and clinical excellence has enabled Hearts & Hands to help patient to avoid hospital readmission Hearts&Hands combined agency readmission rates are less than national and state average.



Patient Centered Care

Medication planning and reminders

1

Concentrated Visits toward the Beginning of our Care with 24/7 Coverage

2

Traning to detect early symptoms that could lead you in the Hospital

3

Care coordination with your physician and other important health advisors

4

Therapy to help with day-to-day living

5

Education on healthy diets and weight

6

Health Evaluation to help you set up Goals for long term Recovery

7

Rehabilitation services

Our therapy programs focus on meeting improvement goals that keep you moving towards maximum function and greater independence. We use the latest technologies, including Omini VR Computerized virtual rehabilitation system while personal care and relationships are maintained intact. We good experience with our services.



Nursing Services

For a succesful recovery, you need compassionate, knowledgeable caregivers and skilled nursing. At Hearts & Hands, you'll have a designated care team who evaluate your needs who evaluate your needs and help you develop a personalized plan.As your situation changes, so does your plan. Your care team will individual goals at the center of our work together, to help you achieve the best possible quality of life.

From general care to specific support for complicated conditions, Hearts & Hands has the expertise, staff, facilities and technology to help.

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| Complicated illnesses. | Recovery. |
| Cardiac Care. | Pain Management. |
| Diabetie Care. | Tracheostomy Care. |
| Preventing Pressure Ulcers. | Brain And Spinal Cord Injury Care. |
| Care For Chronic illnesses And Injuries. | Stroke Care. |
| Vital Signs Monitoring. | Diabetic Care. |
| Foley Catheter Care. | Wound Dressing. |