



ABOUT US

VILLA RANCHO BERNARDO is a 294-bed skilled nursing facility located in San Diego. Our team of qualified professionals helps patients recover from surgery, injury or serious illness. **VILLA RANCHO BERNARDO** also features a 47-bed memory care unit specializing in caring for Alzheimer's and dementia patients. We recognize the unique needs of our patients and provide a secured environment to meet both their social and medical needs while still promoting independence.

We understand the importance of creating a nurturing and attractive environment, whether our patients are here for short-term treatment or long-term care. Villa Rancho Bernardo also has staff that speak Tagalog, Spanish, Russian, Vietnamese, Chinese, Korean, and Laotian.

**WE ACCEPT ADMISSIONS
24 HOURS A DAY, 7 DAYS A WEEK**

CONTACT US

You can be confident when choosing **VILLA RANCHO BERNARDO** that we will strive to provide you or your loved one with excellent care during your stay at one of the highest rated facilities in the area.



www.VillaRanchoBernardo.com

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FIVE-STAR MEDICARE RATING

Villa
RANCHO BERNARDO



**24 HR. SKILLED NURSING
& REHABILITATION**

INTRODUCTION

Welcome to

VILLA RANCHO BERNARDO where our culture is guided by our commitment to provide a unique care experience.

We strive to deliver quality outcomes and unparalleled hospitality and service to our guests. Our staff take initiative to go above and beyond to delight our residents, guests and fellow team members. We take pride in enhancing the patient experience and contributing to the health and well-being of our community.



NURSING SERVICES

We take a holistic approach to the care plan development. We assemble a team that includes administration, clinical, therapy, dietary, social service and case management professionals. We provide 24-hour skilled care and rehabilitation services in a comfortable and family-friendly environment. Our team works together with the patients and their family members to determine the optimal treatment plan for each situation.

We offer comprehensive clinical disciplines that include:

- IV therapy, including TPN
- Wound care, wound vac and wound debridement by wound specialist
- Pain management
- Cardiac wellness and pulmonary wellness program
- Stroke rehabilitation
- Joint replacement and fracture management
- Nutrition & hydration programs
- Restorative nursing
- Diabetic management & education
- Coordinated care from medical director of nursing
- Palliative Care

THERAPY SERVICES

Our therapy team is committed to providing superior physical, occupational and speech therapy. Our rehab gym is the only one within 25 miles to utilize state-of-the-art HUR equipment to restore maximum functionality, independence and ability following hospitalization. The programs also feature e-stim, ultrasound and short wave diathermy for modalities. The newly expanded rehab gym is also one of the largest in San Diego, with panoramic views and multiple flat-screen televisions.

Our therapy services include:

- Orthopedic and neurological rehabilitation
- Chronic pain management
- Stroke recovery
- Strength training and conditioning
- Increased Mobility
- Coordination and balance
- Injury and fall prevention
- Safety awareness.

ACTIVITY PROGRAM

We create positive and uplifting social programs and customized activities to match patient needs and capabilities.

Specific activities can include:

- Musical performances
- Fitness activities
- Stretching exercises
- Religious meetings
- Outside entertainment
- Trivia & history
- Gardening
- Field trips/outings