Next Steps in Your Care

Good news! Your health condition is stable or improving and you no longer need to see a doctor on a daily basis. Spending some time in a skilled nursing facility is often the next step in your recovery so you can obtain 24 hour nursing care and access to rehabilitation, including physical, occupational and speech therapy.

Founded in 1950, the California Association of Health Facilities is a non-profit, professional organization representing more than 800 skilled-nursing facilities. Each year, more than 140,000 caregivers provide short-term rehabilitation, long-term care, end-of-life assistance and habilitative nursing services for 370,000 people. CAHF is the largest provider of continuing education for long-term care providers in California.

For more information, visit www.cahf.org
To access a PDF copy of this information visit

www.ElderCareCa.org

For more information about skilled nursing services visit

www.cahf.org/Resources/NextStepsInCare