Selecting a nursing home is an important decision that merits careful consideration and study. Often, time is limited, so it is important to identify resources to assist you in your decision-making.

When should you choose Skilled Nursing?
Skilled nursing is only one of a range of services that may meet the needs of chronically ill or disabled persons. When an individual needs 24-hour nursing care and supervision, a skilled nursing facility may be the best option. Although they become a permanent home for many, they are often a temporary or short-term option for some. When a less intensive and less restrictive form of care is called for, a mix of services may be most appropriate. Options include Home Health Care and other in home services, Residential Care Homes, and Hospice Care.

What is a Skilled Nursing Facility?
A skilled nursing facility is a residence that provides room, meals, recreational activities, help with daily living, and protective supervision to residents. Services include: medical, dietary, pharmacy and social services, plus rehabilitation, occupational and physical therapy and speech language pathology. Generally, residents of nursing facilities have physical or mental impairments, which keep them from living independently. Skilled nursing facilities are certified to provide different levels of care, from custodial to skilled nursing (services that can only be administered by a trained professional).

What services are provided?
Nursing facilities provide services which include: rehabilitation for strengthening balance, coordination, gait, positioning; cognitive skills; physical, occupational and speech therapy. Additional services may include: audiology, respiratory, enteral, intravenous and decubitus therapies; Alzheimer’s/ dementia care; respite care. Skilled nursing facilities have single bedrooms and shared rooms with two to four residents.

Admission Contracts
California law mandates that every facility use a standard admission agreement that complies with all state and federal laws, and it is mandatory that each agreement include a comprehensive Patient’s Bill of Rights. In addition, complete blank copies must be made available to the public. Every contract must clearly state what services and supplies are covered by the facility’s basic daily rate. Optional services and charges must be listed as well as a statement that a resident will receive an itemized monthly statement. There are numerous Medicare and Medi-Cal regulations that facilities must follow, for more information contact the Long Term Ombudsman’s office or Senior Connection.

General Policies & Procedures
Each facility has it’s own policies and procedures. Ask for a copy. Some specific policies to consider: use of personal possessions, special diets, room assignments and charges, reserving a bed if a resident is transferred to hospital, visiting hours, self-care, phone calls and access to personal funds.

How do you pay for Skilled Nursing?
Skilled nursing facilities accept payment from many sources. Many people begin by paying for nursing care through their personal resources. Some have long term insurance, and under certain limited circumstances, others can receive Medicare assistance. For most people, it is necessary to find payment through public sources like Medi-Cal.

How can you check on quality?
Skilled nursing facilities can elect to accept Medicare and Med-Cal payment. All nursing facilities that are certified to participate in Medicare or Medi-Cal are visited by a team of trained state surveyors at least once a year. These surveyors examine the facility in regard to many areas – including quality of life and quality of care measures. Skilled nursing facilities are required to post their most recent reports in a conspicuous location in the facility. Results are also available online at www.medicare.gov Reports are also available from the Long Term Care Ombudsman Program at (805) 922-1236 for Santa Barbara Co and (805) 785-0132 for SLO Co. Prior to making a final decision, it is suggested you contact them. A Guide to Choosing a Nursing Home can be ordered by calling 1-800-MEDICARE or by contacting your nearest HICAP office at 1-800-434-0222.

Senior Connection
1-800-510-2020

Senior Connection is a program of the Central Coast Commission for Senior Citizens and is funded by the Older Americans Act.
<table>
<thead>
<tr>
<th>Key</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Facility Info</strong></td>
</tr>
<tr>
<td>Capacity- Number of beds that the facility is licensed to carry</td>
</tr>
<tr>
<td>Info Updated- Date information was last updated by the facility</td>
</tr>
<tr>
<td><strong>Payment Info</strong></td>
</tr>
<tr>
<td>Accepts Medicare- is certified to accept payment from Medicare</td>
</tr>
<tr>
<td>Accepts MediCal- is certified to accept payment from Medicare</td>
</tr>
<tr>
<td>Daily Cost- Cost range for private pay on a per day basis</td>
</tr>
<tr>
<td>Monthly Cost- Cost range for private pay on a per day basis</td>
</tr>
<tr>
<td>Notes- Additional information provided by the facility regarding services available.</td>
</tr>
<tr>
<td><strong>Services Provided</strong></td>
</tr>
<tr>
<td>Alzheimer’s Care- Can provide care for person’s with a primary diagnosis of Alzheimer’s or dementia</td>
</tr>
<tr>
<td>Audiology- Hearing tests, therapies, and hearing aids</td>
</tr>
<tr>
<td>Custodial Care- Assistance with activities of daily living (bathing, eating, dressing, etc.)</td>
</tr>
<tr>
<td>Intravenous Therapy- Available on site (i.e. IV medication, hydration or nutrition)</td>
</tr>
<tr>
<td>Respiratory Therapy- Can provide respiratory therapy on site</td>
</tr>
<tr>
<td>Respite Care- Can provide temporary care to relieve primary care givers</td>
</tr>
</tbody>
</table>
### Skilled Nursing Facilities in San Luis Obispo and Santa Barbara County

For More Information Call 800-510-2020

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone Number</th>
<th>Fax Number</th>
<th>Email</th>
<th>Capacity</th>
<th>Medicare</th>
<th>Medi-Cal</th>
<th>Daily Cost</th>
<th>Monthly Cost</th>
<th>Other Services Provided</th>
<th>Payment Info</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>LOMPOC</strong></td>
<td><strong>LOMPOC SKILLED &amp; REHAB CENTER</strong>&lt;br&gt;1428 W. NORTH AVENUE&lt;br&gt;LOMPOC CA 93436</td>
<td>805 735-4010</td>
<td>805 736-4296</td>
<td></td>
<td>120</td>
<td>✓</td>
<td>✓</td>
<td></td>
<td></td>
<td>✓ Alzheimers care, ✓ intravenous therapy&lt;br&gt;✓ custodial care, ✓ respite care</td>
<td>Medicare, Medi-Cal&lt;br&gt;Daily Cost Call for rates&lt;br&gt;Monthly Cost &lt;br&gt;Other Services Provided:✓ Alzheimers care, ✓ intravenous therapy&lt;br&gt;✓ custodial care, ✓ respite care</td>
</tr>
<tr>
<td><strong>LOMPOC</strong></td>
<td><strong>LVMC COMPREHENSIVE CARE CENTER</strong>&lt;br&gt;216 NORTH THIRD ST&lt;br&gt;LOMPOC CA 93436-6104</td>
<td>805 736-3466</td>
<td>805 735-5955</td>
<td><a href="mailto:speerr@lompocvmc.com">speerr@lompocvmc.com</a></td>
<td>110</td>
<td>✓</td>
<td>✓</td>
<td></td>
<td></td>
<td>✓ Alzheimers care, ✓ intravenous therapy&lt;br&gt;✓ custodial care, ✓ respite care</td>
<td>Medicare, Medi-Cal&lt;br&gt;Daily Cost $405.00&lt;br&gt;Monthly Cost &lt;br&gt;Notes: Hair salon, Music &amp; Memories Program</td>
</tr>
<tr>
<td><strong>SANTA BARBARA</strong></td>
<td><strong>ALTO LUCERO TRANSITIONAL CARE</strong>&lt;br&gt;3880 VIA LUCERO&lt;br&gt;SANTA BARBARA CA 93110</td>
<td>805 687-6651</td>
<td>805-687-0405</td>
<td><a href="mailto:altcadmin@compass-health.com">altcadmin@compass-health.com</a></td>
<td>156</td>
<td>✓</td>
<td>✓</td>
<td></td>
<td></td>
<td>✓ Alzheimers care, ✓ intravenous therapy&lt;br&gt;✓ custodial care, ✓ respite care</td>
<td>Medicare, Medi-Cal&lt;br&gt;Daily Cost $235&lt;br&gt;Monthly Cost &lt;br&gt;Notes: Beauty shop available.</td>
</tr>
<tr>
<td><strong>SANTA BARBARA</strong></td>
<td><strong>BUENA VISTA CARE CENTER</strong>&lt;br&gt;160 S. PATTERSON AVE&lt;br&gt;SANTA BARBARA CA 93111-2006</td>
<td>805 964-4871</td>
<td>805 683-3938</td>
<td></td>
<td>150</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓ Alzheimers care, ✓ intravenous therapy&lt;br&gt;✓ custodial care, ✓ respite care&lt;br&gt;✓ audiology, ✓ respiratory therapy</td>
<td>Medicare, Medi-Cal&lt;br&gt;Daily Cost $267 - $383&lt;br&gt;Monthly Cost &lt;br&gt;Notes: Languages spoken: English and Spanish. Take Parkinson’s patients. Hair dresser, social dining, dietition also available. Daily rate does NOT include PT or Medications</td>
</tr>
<tr>
<td><strong>SANTA BARBARA</strong></td>
<td><strong>CASA DORINDA MEDICAL CENTER</strong>&lt;br&gt;300 HOT SPRINGS ROAD&lt;br&gt;SANTA BARBARA CA 93108</td>
<td>805 969-8011</td>
<td>805 969-8686</td>
<td><a href="mailto:cwhitehurst@casadorinda.org">cwhitehurst@casadorinda.org</a></td>
<td>52</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓ Alzheimers care, ✓ intravenous therapy&lt;br&gt;✓ custodial care, ✓ respite care&lt;br&gt;✓ audiology, ✓ respiratory therapy</td>
<td>Medicare, ✓ Medi-Cal&lt;br&gt;Daily Cost *&lt;br&gt;Monthly Cost *&lt;br&gt;Notes: *Patients cannot be accepted to skilled nursing unless a current resident of Casa Dorinda.</td>
</tr>
</tbody>
</table>
# Skilled Nursing Facilities in San Luis Obispo and Santa Barbara County

For More Information Call 800-510-2020

## SANTA BARBARA

### MISSION TERRACE CONVALESCENT HOSPITAL

**Address:** 623 WEST JUNIPERO STREET
**City:** SANTA BARBARA **State:** CA **Zip:** 93105

**Phone:** 805 682-7443 **Fax:** 805 682-5311

**Capacity:** 138

**Medicare:** Yes **Medi-Cal:** Yes

**Daily Cost:** $260-$300-$480

**Other Services Provided:**
- Alzheimer’s care
- Intravenous therapy
- Audiology
- Respiratory therapy
- Custodial care
- Respite care

**Notes:**
- All private rooms, hair salon, music stimulation, pet therapy.

### SMITH HEALTH CENTER AT THE SAMARKAND

**Address:** 2566 TREASURE DRIVE
**City:** SANTA BARBARA **State:** CA **Zip:** 93105

**Phone:** 805 687-0701 **Fax:** 805 687-6332

**Capacity:** 63

**Medicare:** Yes **Medi-Cal:** Yes

**Daily Cost:** $422

**Other Services Provided:**
- Alzheimer’s care
- Intravenous therapy
- Audiology
- Respiratory therapy
- Custodial care
- Respite care

**Notes:**
- All private rooms, hair salon, music stimulation, pet therapy.

### THE CALIFORNIAN OF SANTA BARBARA

**Address:** 2225 DE LA VINA STREET
**City:** SANTA BARBARA **State:** CA **Zip:** 93105

**Phone:** 805 682-1355 **Fax:**

**Capacity:** 68

**Medicare:** Yes **Medi-Cal:** Yes

**Daily Cost:** Call for rates

**Other Services Provided:**
- Alzheimer’s care
- Intravenous therapy
- Audiology
- Respiratory therapy
- Custodial care
- Respite care

**Notes:**
- 24 Hour Nursing staff, alarmed doors, beautician/barber/cable TV, control access, electronic monitoring, fitness program, IV care, incontinence care, special diet accommodation.

### VALLE VERDE HEALTH FACILITY

**Address:** 900 CALLE DE LOS AMIGOS
**City:** SANTA BARBARA **State:** CA **Zip:** 93105

**Phone:** 805 883-4000 **Fax:** 805 687-5872

**Email:** yduarte@humangood.com

**Capacity:** 70

**Medicare:** Yes **Medi-Cal:** Yes

**Daily Cost:** $355

**Other Services Provided:**
- Alzheimer’s care
- Intravenous therapy
- Audiology
- Respiratory therapy
- Custodial care
- Respite care

**Notes:**
- 24 Hour Nursing staff, alarmed doors, beautician/barber/cable TV, control access, electronic monitoring, fitness program, IV care, incontinence care, special diet accommodation.

### VISTA DEL MONTE

**Address:** 3775 MODOC ROAD
**City:** SANTA BARBARA **State:** CA **Zip:** 93105

**Phone:** 805 687-0793 **Fax:** 805 687-6249

**Capacity:** 29

**Medicare:** Yes **Medi-Cal:** Yes

**Daily Cost:** Call for rates

**Other Services Provided:**
- Alzheimer’s care
- Intravenous therapy
- Audiology
- Respiratory therapy
- Custodial care
- Respite care

**Notes:**
- Continuing care facility.

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11/22/2017
<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Address</th>
<th>Phone</th>
<th>Fax</th>
<th>Email</th>
<th>Capacity</th>
<th>Number of People</th>
<th>Payment Info</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Country Oaks Care Center</td>
<td>830 East Chapel</td>
<td>805 922-6657</td>
<td>805 928-9283</td>
<td><a href="mailto:ojohnhennning@netscape.net">ojohnhennning@netscape.net</a></td>
<td>57</td>
<td>57</td>
<td>Medicare, Medi-Cal, Daily Cost $220</td>
<td>Beauty salon, Music &amp; Memories program, Pet Therapy, robust therapeutic activities and sensory stimulation programming.</td>
</tr>
<tr>
<td>Marian Extended Care Center</td>
<td>1530 Cypress Way</td>
<td>805 925-7747</td>
<td>805 922-9067</td>
<td><a href="mailto:teresa.christmas@dignityhealth.org">teresa.christmas@dignityhealth.org</a></td>
<td>92</td>
<td>92</td>
<td>Medicare, Medi-Cal, Daily Cost $500</td>
<td>Personal pets allowed for daily visits (but not overnight), pet therapy, beauty services weekly, wound care, trach care, TPN.</td>
</tr>
<tr>
<td>Santa Maria Care Center</td>
<td>820 West Cook Street</td>
<td>805 925-8877</td>
<td>805 346-1869</td>
<td></td>
<td>55</td>
<td>55</td>
<td>Medicare, Medi-Cal, Daily Cost $215</td>
<td>Pet therapy, beauty services weekly, full compliment of therapies.</td>
</tr>
<tr>
<td>Villa Maria Healthcare Center</td>
<td>425 East Barcellus Avenue</td>
<td>805 922-3558</td>
<td>805 922-5548</td>
<td></td>
<td>81</td>
<td>81</td>
<td>Medicare, Medi-Cal, Call for rates</td>
<td></td>
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<tr>
<td>Atterdag Care Center</td>
<td>636 Atterdag Road</td>
<td>805 688-3263</td>
<td>805 688-8574</td>
<td></td>
<td>50</td>
<td>50</td>
<td>Medicare, Medi-Cal, Call for rates</td>
<td>Beauty shop on campus.</td>
</tr>
<tr>
<td>Facility Name</td>
<td>Address</td>
<td>Phone</td>
<td>Fax</td>
<td>Email</td>
<td>Capacity</td>
<td>Info Updated</td>
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<tr>
<td>ARROYO GRANDE</td>
<td>1212 FARROLL AVENUE ARROYO GRANDE CA 93420</td>
<td>805 489-8137</td>
<td>805 481-1534</td>
<td><a href="http://www.arroyograndecare.com">www.arroyograndecare.com</a></td>
<td>99</td>
<td>10/24/2017</td>
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<tr>
<td>DANISH CARE CENTER</td>
<td>10805 EL CAMINO REAL ATASCADERO CA 93422</td>
<td>805-466-9254</td>
<td>805-466-6007</td>
<td><a href="mailto:kficek@compass-health.com">kficek@compass-health.com</a></td>
<td>65</td>
<td>10/19/2017</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BAYSIDE CARE CENTER</td>
<td>1405 TERESA DRIVE MORRO BAY CA 93442</td>
<td>805-772-2237</td>
<td>805-772-2536</td>
<td><a href="mailto:bccadmissions@baysidecarecenter.com">bccadmissions@baysidecarecenter.com</a></td>
<td>145</td>
<td>10/19/2017</td>
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<tr>
<td>BELLA VISTA TRANSITION CARE</td>
<td>3033 AUGUSTA STREET SAN LUIS OBISPO CA 93401</td>
<td>805-544-5100</td>
<td>805-858-9584</td>
<td><a href="mailto:ehampe@ensignservices.net">ehampe@ensignservices.net</a></td>
<td>162</td>
<td>10/19/2017</td>
<td></td>
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</tr>
<tr>
<td>MISSION VIEW HEALTH CENTER</td>
<td>1425 WOODSIDE DRIVE SAN LUIS OBISPO CA 93401</td>
<td>805 543-0210</td>
<td>805 545-8216</td>
<td><a href="mailto:susy@compass-health.com">susy@compass-health.com</a></td>
<td>162</td>
<td>10/19/2017</td>
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### SAN LUIS TRANSITIONAL CARE

**Address:** 1575 BISHOP  
**City:** SAN LUIS OBISPO  
**State:** CA  93401  
**Capacity:** 23  
**Phone:** 805 545-7575  
**Fax:** 805 545-7584  
**Email:** sltcadmin@compass-health.com  
**Notes:** *Base rate only; does NOT include therapies, medications or MD services. Short-term facility only for sub-acute care. No Medi-Cal placement or Long-Term Care available.

<table>
<thead>
<tr>
<th>Other Services Provided</th>
<th>Payment Info</th>
</tr>
</thead>
</table>
| ☑ Alzheimer's care  
☑ intravenous therapy  
☑ audiology  
☑ respiratory therapy  
☑ custodial care  
☑ respite care | accepts:  
☑ Medicare  
☑ Medi-Cal  
Daily Cost: $350*  
Monthly Cost: |

**Info Updated:** 10/19/2017

### VINEYARD HILLS HEALTH CENTER

**Address:** 290 HEATHER COURT  
**City:** TEMPLETON  
**State:** CA  93465  
**Capacity:** 99  
**Phone:** 805 434-3035  
**Fax:** 805 434-3065  
**Email:**  
**Notes:**  

<table>
<thead>
<tr>
<th>Other Services Provided</th>
<th>Payment Info</th>
</tr>
</thead>
</table>
| ☑ Alzheimer's care  
☑ intravenous therapy  
☑ audiology  
☑ respiratory therapy  
☑ custodial care  
☑ respite care | accepts:  
☑ Medicare  
☑ Medi-Cal  
Daily Cost: Call for rates  
Monthly Cost: |

**Info Updated:** 10/24/2017