



STOP Cuts to Nursing Home Care

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Number 4

Budget Cut Puts Pain Treatment Programs in Danger



We Need Your Help!

Please undo the 6 percent rate cut to nursing home residents. We must protect the health and well-being of residents, and prevent 7,000 health care workers from losing their jobs.

After suffering multiple falls and spending time in a local hospital, Betty Spagat had a tremendous amount of pain in her back, legs and arms. "My pain was so bad that I could hardly get myself out of bed," Betty said. "I had always been very active, but I was at a point that I couldn't do anything for myself."

Betty came to The Claremont Rehab & Living Center in Buffalo Grove, Illinois, to receive pain treatments to optimize her comfort and well-being. The facility's team of specially-trained, dedicated, and caring professionals put together a care plan that included:

- **Electrical stimulation** – Therapists utilized low voltage currents through electrodes in the affected areas of Betty's body to increase her blood circulation and the oxygenation of her tissue.
- **Short-wave diathermy** – Therapists used ultrasound to produce a "deep tissue heat" that also increased her blood circulation and provided relief from her pain.
- **Myofascial release** – The therapy team applied gentle, sustained pressure in the affected areas to relax her muscles, release her pain and restore her range of motion.

The treatment program was a great success. "When Betty first came to the facility, her pain was 10 out of 10 on the pain rating scale," said Beata Penar, senior physical therapist. "After receiving these treatments, her pain went down to 2 out of 10."

Budget Cut Endangers Seniors

- Health care services at risk
- Increased hospitalizations
- Fewer seniors going home
- \$70 million in federal funds lost
- Safety reforms endangered
- 7,000 jobs lost

As a result, Betty was able to get out of bed, participate in activities and become much more independent. She was able to feel good each day and enjoy her life again. "All of us were very proud that we could make such a positive impact on Betty's quality of life," said Gracy Plathotrathil, assistant director of nursing.

The proposed 6 percent Medicaid rate cut to nursing homes will make it extremely difficult for facilities to provide pain treatment to residents like Betty, putting their comfort and independence in jeopardy. Please help us undo the 6 percent rate cut to protect Betty and other seniors whose care services are at risk.

