LAGUNA HONDA
LAGUNA HONDA
At Laguna Honda Hospital and Rehabilitation Center we believe in the power of caring relationships.

Every day we create new possibilities for seniors and adults with disabilities by combining award-winning health care with close attention to the unique needs of each person we serve.

Laguna Honda is California’s first green-certified hospital. Our 62-acre campus is designed to offer choices for living, to encourage community involvement and to provide a therapeutic environment for 765 residents in 13 specialized nursing and rehabilitation programs.

Each program serves a maximum of 60 people, allowing us to get to know every resident on an individual basis and to create possibilities that help people engage with the world around them.
Laguna Honda provides three distinct types of care.

- Skilled nursing
- Rehabilitation
- Acute care for in-house skilled nursing patients

We treat a wide range of medical conditions, including complex and chronic illnesses, neurological and orthopedic disabilities, dementia and HIV/AIDS.

Our approach is to see the whole person, not just the diagnosis. We deliver individually focused care that improves physical and emotional well-being and supports community integration.

Our programs draw upon the talents of practitioners in multiple fields of health care, including in-house physician specialists who are on site 24 hours a day, 7 days a week; nurses and nursing assistants; social workers; activity therapists; dietitians; occupational therapists; physical therapists; speech pathologists; neuropsychologists; psychiatrists; pharmacists and others.
Specialized programs at Laguna Honda include the following:

- A safe and comfortable environment for people with Alzheimer’s and other dementias
- Care that combines medical and social support for people coping with the effects of complex or chronic conditions such as stroke, traumatic brain injury or degenerative diseases such as multiple sclerosis
- Rehabilitative services that include physical therapy, occupational therapy, speech therapy and audiology
- Monolingual care in Spanish and Chinese
- The San Francisco Bay Area’s only HIV/AIDS skilled nursing service
- Programming for adults with developmental disabilities
- Palliative care and hospice services
- Restorative care to help increase mobility, joint strength and range of motion
admission

To gain admission, an applicant must be a resident of San Francisco and have a medical diagnosis that requires skilled nursing care or intensive rehabilitation. Applicants must be approved for Medicare or MediCal (Medicaid) or have private insurance. Our admissions counselors work closely with every applicant to make sure the intake process is a smooth one. Applications are available at www.lagunahonda.org.

caring

Our team of care givers encourages each person who lives at Laguna Honda to take an active role in directing their own care.

Residents meet regularly with their physician, nurses and other health care practitioners responsible for their treatment. We encourage family members and friends to stay involved as well.

Photo: Jeffrey Stein
We recognize that well-being comes from many sources besides clinical interventions. Important elements of a healthy life include activity, fresh air, meaningful conversation and strong ties to the affirming communities that make up a person’s life.

Our model of care helps residents and family members stay involved in decisions about the basic activities of daily life, proper nutrition, community involvement, and choosing when and where to enjoy recreation and privacy.

Living

Our buildings are designed to support healthy choices, to sustain a high level of physical function, and to encourage participation in community activities.

Each floor is a distinct neighborhood, home to 60 residents participating in a specialized nursing program. Neighborhood residents live in four 15-person households, each with its own living room. The households are grouped around
a central great room, a town square of sorts, where the hospital’s activity therapists organize daily recreational and educational events.

Laguna Honda offers several room types. Many people live in their own room in a suite of two or three rooms with a shared bathroom. Some share a room with one or two other people. The hospital also has a small number of single rooms that have their own bathroom. Rooms are assigned based on individual clinical needs and the preferences and compatibility of the people who live in them.

Bedrooms and bathrooms are kept clean by an environmental services staff with specialized training in the sanitation standards of the nursing environment. Buildings are kept in working order by a dedicated team of engineers, plumbers, electricians, carpenters, painters and information systems experts.

Meals are prepared in a central kitchen and served fresh three times a day in the neighborhood dining rooms. A kitchen in each neighborhood stocks healthy food for between-meal snacking and makes it possible for residents to arrange with their neighborhood dietitian for meal times that meet their own schedule.
Ample southern exposure in the Laguna Honda buildings brings the sunlight indoors. Every neighborhood has a garden or a balcony that overlooks the hospital’s central park, and every resident has his or her own operable bedside window, a distinguishing feature of our resident-centered approach.

**choice and community**

Laguna Honda’s 62-acre campus is organized to create a community-oriented environment.

The design of our buildings and grounds helps residents to achieve their highest level of independence, whether they are staying on the campus for long term care or preparing to move to independent living or to a lower level of care in another community setting.

At the heart of the campus is a broad indoor boulevard, the esplanade, which is modeled after the main street of a small town.

Photo: Jan Doyle
Strolling or rolling along the esplanade, you will find community gathering places where residents, care givers, volunteers and visitors can meet and greet one another, including a theater, a cozy multimedia library with a fireplace, a café with indoor and outdoor seating, an art studio for resident painters and sculptors, a barber shop and beauty salon, a general store run by residents participating in the hospital’s vocational rehabilitation program, and a lofty atrium with a lush indoor garden suffused with natural light.

The hospital’s buildings open onto a large central park to allow residents to take advantage of the healing effects of nature. Plums, apples, peaches and other fruit grow in a 50-tree orchard, and planter boxes designed to be accessible for people who use wheelchairs overflow with flowers and vegetables year-round.

The park features a small farm, home to our pioneering animal-assisted therapy program.

The farm’s domesticated animals welcome visitors every day. It’s denizens include sheep, goats, rabbits, guinea pigs, turkeys, ducks, and two pygmy pigs,
Victoria and Hamlet. Several therapy cats and one playful dachshund pay daily visits to the resident neighborhoods.

All of the hospital's built-in features, the neighborhood balconies, gardens, esplanade and central park, provide more ways for Laguna Honda residents to decide how to spend their day.

Residents can choose to visit with friends in the living room of their household, join the ongoing activities in their neighborhood great room, venture to the esplanade with its numerous amenities, enjoy the fresh air and sunshine of the central park, or retire to their room for a bit of privacy.

And residents who are able to come and go safely and independently have the entire city at their disposal. Laguna Honda is across the street from a Muni Metro station, and is also served by several bus routes.
Laguna Honda’s community orientation is due in part to an emphasis on collaboration with other civic organizations.

The hospital is part of the integrated services provided by the San Francisco Department of Public Health, including San Francisco General Hospital and the division of Community Based Programs. In addition, we work closely with numerous non-governmental providers.

Hospital admissions, and placement for discharged residents, are coordinated with the Department of Public Health’s Targeted Case Management program and the Diversion and Community Integration Program, a project of the health department and the Department of Aging and Adult Services. The program seeks accessible community living for Laguna Honda residents who no longer require the intensive nursing care provided at the hospital.

Out-placement of residents with developmental disabilities is a joint project with the Golden Gate Regional Center, a social services agency.
Laguna Honda’s artists-in-residence program is a joint project of the hospital’s Activity Therapy Department and the Art with Elders program sponsored by Eldergivers, a community based organization.

The Laguna Honda palliative care and hospice program is a collaboration with the Zen Hospice Project of San Francisco.

The life-long learning programs for nursing staff are provided in partnership with City College of San Francisco and Jewish Vocational Services.

The dentistry program is a joint venture with the University of the Pacific.

Benchmarks for resident satisfaction are developed in collaboration with researchers from the School of Nursing at the University of California, San Francisco.

The sense of place and home established by Laguna Honda’s buildings is due in part to an extensive collection of painting, sculpture, and works in mixed media commissioned especially for the hospital by the San Francisco Arts Commission.

Photo: Jen Tong
Rehabilitation

The Laguna Honda rehabilitation program is dedicated to helping people fulfill their potential. The hospital’s therapists are experts at treating the effects of stroke, spinal cord injury, orthopedic and neurological disorders, brain injury, amputation and other conditions.

Laguna Honda applies skill from a range of professional disciplines to treat physical and cognitive symptoms. Doctors certified in rehabilitative medicine work together with specially trained rehabilitation nurses, neuropsychologists, physical and occupational therapists, speech and language pathologists, audiologists, dietitians, social workers, and others to prepare a treatment plan that meets the needs of each person.

Staff members have certification in geriatrics, neurological rehabilitation, low vision, hand therapy, aquatics and other specializations.
Memory Care
People turn to Laguna Honda when the behaviors associated with dementia make care and safety difficult or impossible at home. Laguna Honda has multiple households dedicated to dementia care. Care plans are designed by a team of experts to suit the individual needs of each resident, to preserve social functioning and self esteem, and to treat cognitive and behavioral symptoms.

Positive Care
The only HIV/AIDS skilled nursing program in the San Francisco Bay Area, Laguna Honda’s Positive Care program provides support for a diverse community of men and women living with HIV and AIDS. The program applies intensive nursing with the goal of maximizing functional independence and enabling a return to lower levels of care whenever possible.

Laguna Honda also offers a pioneering program for residents living with the cognitive difficulties that can accompany an AIDS diagnosis. Our HIV/AIDS dementia care enhances quality of life by providing sensory stimulation, supporting increased social interaction, and emphasizing personal safety.
Enhanced Support
The Laguna Honda Enhanced Support program provides extensive assistance for people who are living with the effects of chronic or complex illnesses such as the effects of stroke, traumatic brain injury, multiple sclerosis, and other conditions.

Integrated Wellness
Residents with behavioral challenges receive services in the hospital’s Integrated Wellness program. The program combines medical attention and counseling with the goal of improved social functioning.

Developmental Disabilities
Laguna Honda’s care for people with developmental disabilities is provided in conjunction with the Golden Gate Regional Center, a social services agency. The focus of the program is to impart practical independent living skills and to locate suitable placement in community-based group homes supervised by GGRC.
Spanish and Chinese Language Communities
Laguna Honda residents whose sole language is Spanish or Chinese receive care in their native tongue. In the language-focus neighborhoods, residents who are accustomed to the food, holidays, manners, and other cultural sensibilities of Spanish- and Chinese-speaking communities can feel comfortable and at home.

Palliative Care and Hospice
The Laguna Honda palliative care and hospice program reduces the severity of symptoms and relieves suffering for hospital residents, including those who no longer desire life-prolonging interventions. The hospice is a collaboration with the Zen Hospice Project of San Francisco. Its approach to terminal illness is to foster nurturing relationships to relieve the feeling of isolation and expand self-awareness.
Thank You

Donate

Laguna Honda is the grateful beneficiary of the commitment and generosity of two philanthropic organizations, the Friends of Laguna Honda and the Laguna Honda Foundation.

The Friends of Laguna Honda enhances the quality of life and quality of care for people who live at Laguna Honda by funding amenities and therapeutic activities and by supporting the work of over 400 volunteers who contribute their time and energy to Laguna Honda every year. You can find the Friends on the web at www.friendsoflagunahonda.org.

The Laguna Honda Foundation supports the hospital’s quality improvement and organizational development initiatives and underwrites research into the creation of therapeutic environments and new approaches in long term care and rehabilitation. For more information about the Foundation, visit www.lagunahonda.org.

Donations to both organizations are tax deductible and may be sent to Friends of Laguna Honda or Laguna Honda Foundation at 375 Laguna Honda Blvd., San Francisco, CA 94116.

Donors may also contribute directly to the hospital. The Laguna Honda Gift Fund makes possible programs and services that public funding is unable to provide. To find out more, visit www.lagunahonda.org.
Laguna Honda Hospital and Rehabilitation Center is a branch of the San Francisco Department of Public Health. We provide acute care, skilled nursing and rehabilitation to a safety net population of 765 seniors and adults with disabilities.