



# America's Guide To the Nursing Home Experience

*Michael Bilger*

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## **America's Guide To the Nursing Home Experience Michael Bilger**

America's Guide to the Nursing Home Experience delves into an aspect of health care many fear as a dark, sedated environment with no hope of recovery. Michael Bilger, with his years of experience in long-term care administration describes the ins and outs of the nursing home environment and makes his readers understand that nursing homes are not all what many make them out to be. Today's nursing homes strive to provide a homelike environment with meaningful activities designed to meet the emotional and physical needs of our senior citizens. Short-term rehabilitation has become a popular trend for senior citizens requiring a quick and safe recovery while long-term sedation is a thing of the past. With these changes, however, come more complex insurance issues and the need to recognize the personal and legal rights of nursing home residents. Michael Bilger, a certified geriatric care manager and administrator of long-term care for many years, will help guide you through these obstacles and break down the barriers to understanding how nursing homes function. In addition to his work in long-term care administration, Mr. Bilger has also written many courses for health care professionals to further their knowledge in the field. Most of these courses can be found at the Careology Institute in Sacramento, California where he now serves as President and CEO. Mr. Bilger is furthering his own education as this book goes into print by now embarking on his doctorate in health care administration. Look for further published work in the near future.

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#### **Leo Rizer:**

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