



# The Portland Senior Healthcare Planning Guide

*Presented by The Creston Senior Living*

Planning for future healthcare needs isn't always easy. Whether you're recovering from a recent hospital stay, helping a parent navigate changing medical needs, or researching senior living options, having trusted information can make the process feel more manageable.

At The Creston, we work closely with hospitals, physicians, therapists, home health agencies, hospice providers, and other healthcare professionals throughout the Portland area.

We created this guide to introduce several healthcare organizations our team knows and trusts, along with practical information to help seniors, caregivers, and families better understand the services available to them.

We hope this guide helps you feel more informed, prepared, and confident as you plan for the future.



THE CRESTON



## Who This Guide Is For

*This guide may be helpful if you or someone you love is:*

- Recovering after surgery or a hospital stay
- Coordinating care for an aging parent
- Exploring senior living options
- Managing multiple health conditions
- Looking for trusted healthcare providers
- Considering home health services
- Learning about hospice care
- Seeking providers that coordinate with senior living communities



# Trusted Hospitals and Healthcare Providers

## Providence Portland Medical Center

Providence Portland Medical Center is one of the primary hospitals recommended by The Creston team. Located on Portland's east side, the hospital provides emergency care, inpatient treatment, rehabilitation, and specialty medical services across a wide range of disciplines.



### *Services include:*

- Emergency care
- Cardiology
- Orthopedic care
- Cancer care
- Rehabilitation
- Behavioral healthcare
- Women's health
- Specialty physician services

### **Why The Creston Recommends Providence**

Our team appreciates Providence Portland Medical Center's communication and responsiveness when coordinating resident care.

Strong communication among hospital teams, physicians, families, and senior living providers can help support continuity of care and make the transition back to The Creston more manageable following a hospital stay.

**Address:** 4805 NE Glisan Street, Portland, OR 97213

**Phone:** 503-215-1111

**Website:** <https://www.providence.org/locations/or/portland-medical-center>



# Trusted Hospitals and Healthcare Providers (cont.)

## OHSU Women's Health

The Creston also recommends the women's health services available through **Oregon Health & Science University**.

OHSU provides preventive, routine, and specialty women's healthcare across several medical disciplines. Residents and families have shared positive feedback about the organization's knowledgeable providers, responsive communication, and timely follow-up.

Because clinic locations, specialties, and referral requirements may vary, patients should contact OHSU directly or speak with their primary care provider before scheduling care.

**Website:** <https://www.ohsu.edu/womens-health>



# Home Health and Recovery Support

Returning home or to a senior living community after a hospitalization may involve continued nursing care, rehabilitation, and health monitoring.

Home health services can provide skilled support while helping individuals regain strength, mobility, and independence after an illness, injury, or surgery.

## AgeRight Care at Home

The Creston frequently works with AgeRight Care at Home when residents require short-term home health services.

*Home health care is generally short-term and may require an order from a physician.*

### **Services include:**

- Skilled nursing
- Physical therapy
- Occupational therapy
- Speech therapy
- Medical social work
- Personalized recovery planning
- Ongoing health monitoring



### **Why The Creston Recommends AgeRight**

Our team values AgeRight's prompt communication, coordinated care, and responsive staff.

Consistent communication among healthcare providers, residents, and families can make the recovery process easier to understand while supporting a smoother transition back to everyday life.

**Website:** <https://agerightcareathome.com>



# Hospice and Comfort-Focused Care

Hospice care focuses on comfort, dignity, and quality of life for individuals living with a life-limiting illness.

Support often extends beyond the individual receiving care and may include education, guidance, and emotional support for family members.

## BeLoved Hospice

BeLoved Hospice provides comfort-focused care throughout the greater Portland area.



### *Services include:*

- Hospice nursing
- Pain and symptom management
- Emotional support
- Spiritual care
- Medical social work
- Family education
- Bereavement support
- Therapy services when appropriate for comfort

### **Why The Creston Recommends BeLoved Hospice**

The Creston team appreciates BeLoved Hospice for its compassionate staff, attentive nursing care, and thoughtful communication with residents and families.

Reliable support and a willingness to listen can make a meaningful difference during a difficult time.

**Portland Office:** 1800 NW Upshur Street, Suite 250, Portland, OR 97209

**Phone:** 971-236-1199

**Website:** <https://www.belovedhospices.com>



# Healthcare Partners Serving Residents at The Creston

The Creston works with outside healthcare providers that bring certain services directly into the community.

This can reduce transportation challenges, make appointments more convenient, and support more consistent follow-up care.

Service availability may depend on provider schedules, medical needs, insurance participation, and individual eligibility.

## Ascent Healthcare

Ascent Healthcare provides physician and podiatry services for many residents at The Creston.

Receiving these services within the community can reduce transportation needs and make it easier for residents to receive routine monitoring and follow-up care.

**Website:** <https://ascentpnw.com>

*Podiatry services may help residents manage:*

- Foot pain
- Nail care concerns
- Diabetic foot risks
- Mobility-related conditions
- Skin concerns
- Lower-extremity health



# Healthcare Partners Serving Residents at The Creston (cont.)

## Behavioral Health Solutions

Behavioral Health Solutions provides behavioral health and medication-management services for qualifying residents.

Behavioral healthcare can sometimes be difficult to access. Coordinated services can make it easier for residents to receive ongoing support while allowing outside providers and The Creston's care team to communicate when appropriate.

The Creston understands that Ascent Healthcare and Behavioral Health Solutions accept Medicaid for eligible services. Coverage and eligibility should always be confirmed directly with the provider and the resident's insurance plan.

**Website:** <https://www.bhs.health>





## Questions to Ask Before Choosing a Healthcare Provider

Every person's health needs and circumstances are different. Asking thoughtful questions can help seniors and families better understand their options and make more informed decisions.

*Consider asking:*

**Does this provider accept my insurance?**

**Is a physician referral required?**

**Will my primary care physician remain involved?**

**How will care updates be communicated?**

**Can family members participate in care planning?**

**What follow-up care is available after treatment?**

**Are therapy services available if needed?**

**Will transportation be required?**

**How are urgent concerns or emergencies handled?**

**Does the provider coordinate with senior living communities?**



# Senior Healthcare Planning Checklist

Preparing important healthcare information ahead of time can simplify appointments, hospital visits, and transitions between care settings.

Consider keeping the following items together in one secure and accessible location:

- ☐ **Current medication list**
- ☐ **Primary care physician information**
- ☐ **Specialist contact information**
- ☐ **Insurance cards**
- ☐ **Emergency contact information**
- ☐ **Preferred pharmacy**
- ☐ **Advance directive or healthcare proxy**
- ☐ **Recent hospital discharge paperwork**
- ☐ **Therapy recommendations**
- ☐ **Allergy and medical condition information**
- ☐ **Medical equipment currently in use**
- ☐ **Questions for physicians or other providers**



# Why Coordinated Care Matters

**Healthcare often involves more than one provider.**

Following a hospitalization, a person may work with physicians, therapists, nurses, specialists, pharmacists, and family caregivers while managing medications, appointments, and recovery goals.



*When everyone communicates effectively, coordinated care can help:*

- Reduce confusion
- Support continuity between providers
- Clarify medication and treatment instructions
- Keep residents and families informed
- Support smoother hospital and rehabilitation transitions
- Align services with the resident's care plan

At The Creston, our team helps coordinate communication with hospitals, physicians, therapists, and other healthcare professionals whenever appropriate. This allows residents and families to feel more informed and supported throughout the care journey.



# Healthcare and Clinical Support at The Creston

Access to trusted outside providers is only one part of supporting a resident's health and well-being.

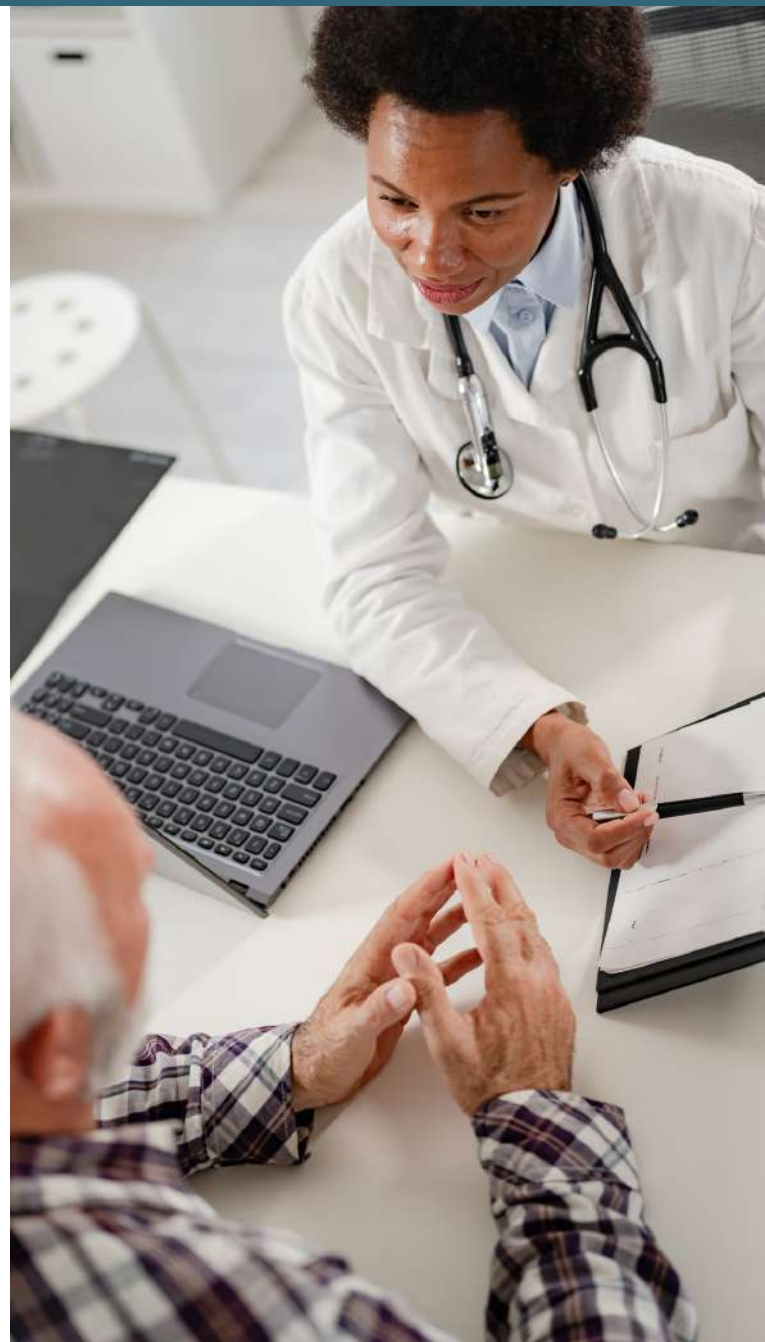
The Creston's dedicated care team provides personalized clinical support based on each resident's needs and care plan.

***Available services include:***

- 24-hour skilled nursing care
- Medication management
- Assistance with daily living activities
- Chronic disease management
- Ongoing health monitoring
- Physical therapy
- Occupational therapy
- Speech therapy
- Personalized care planning
- Coordination with physicians and specialists

***The Creston also offers several levels of care to support changing needs and individual circumstances:***

- Assisted Living
- Short-Term Rehabilitation
- Respite Care
- Long-Term Care



# Additional Information

To learn more about the healthcare organizations featured in this guide, visit:

**Providence Portland Medical Center**

<https://www.providence.org/locations/or/portland-medical-center>

**OHSU Women's Health**

<https://www.ohsu.edu/womens-health>

**AgeRight Care at Home**

<https://agerightcareathome.com>

**BeLoved Hospice**

<https://www.belovedhospices.com>

**Ascent Healthcare**

<https://ascentpnw.com>

**Behavioral Health Solutions**

<https://www.bhs.health>





## Looking for Senior Care in Portland?

Finding the right senior living or rehabilitation provider involves more than comparing services. It means choosing a community with an experienced team, clear communication, and the ability to support residents through changing healthcare needs.

Whether you're planning ahead or responding to an unexpected health change, The Creston team is available to answer your questions, explain available care options, and help you determine the appropriate next step.

## Schedule a Personal Tour

**The Creston Senior Living**  
**3102 SE Holgate Boulevard**  
**Portland, OR 97202**

**Phone: 503-872-1239**

**Website: <https://crestonhr.com>**

*This guide is provided for general educational and informational purposes. Inclusion does not guarantee provider availability, eligibility, insurance coverage, pricing, or specific outcomes. Services, insurance participation, and program requirements may change. Please contact each organization directly for the most current information.*



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