

Patient Information

Acute inpatient rehabilitation is an important part of a person's recovery after an injury, illness or accident. We understand that the patient and his or family may feel overwhelmed. Here is some helpful information that can help patients and their families before, during and after their stay.

Before you arrive – Items to Bring with you

When you come to Methodist Acute Rehabilitation Center, please bring with you:

- **Medicare and health insurance coverage cards**

It is important that you bring your Medicare card or health insurance card at the time of your admission. Although we verify your insurance coverage prior to admission, your insurance company may require information to confirm that your continued stay is necessary. This may involve periodic discussions with your rehabilitation team and the examination of your medical record.

- **Advance directive forms**

In addition, if you have an advance directive (Living Will, Power of Attorney, Appointment of Healthcare Representative), please bring a copy with you to include with your hospital records. If you do not have a copy, bring the original and the admissions staff will make a copy. For more information about living wills and advance directives, visit <http://www.bestcare.org/livingwill>

- **A list of current medications**

Your doctors need to know about any medication you are currently taking. When admitted from another facility your medications will be continued as ordered by the transferring physician. If you are being admitted directly from your home, bring a list of current prescription and over-the-counter medications as well as herbals and vitamins, noting dosage, strength and time taken, so they can be reviewed. All medication from home will be sent home with your family after being reviewed. While you are here, our pharmacy will provide the medications your physician has prescribed.

- **Assistive devices**

Please bring any assistive devices you are currently using in order to participate in the rehabilitation program, for example, glasses, hearing aids, prostheses, braces, splints, etc.

- **Personal items that remind you of home**

Please feel free to bring along any reminder of home. Family photos, books, etc., are encouraged. If you have a favorite pillow or blanket, bring it along.

- **Suggested List of Clothing and Toiletry Items**

Since you'll be working toward a normal daily routine, when possible, you will be wearing your own clothing. You will need comfortable, loose-fitting clothing so that exercise is unrestricted. All clothing should be easy to put on and take off.

You should arrange with a family member or friend to have your personal laundry taken for cleaning every other day. Blue laundry bags are available to store & transport personal laundry. In the event family or friends are not able to assist, there is a washer & dryer available in the Rehab gym for patient use during non-therapy times.

Please allow at least three to four changes of clothes to be available at the hospital at any given time. Here are some suggestions:

- Five (5) casual shirts/blouses (the fewer buttons, the better)
- Five (5) pairs of loose-fitting slacks/shorts
- Sweat suits
- Four to five (4-5) undershirts
- Four to five (4-5) pairs of undergarments
- Three to four (3-4) pairs of cotton socks or hose
- One to two (1-2) pairs of rubber-soled shoes with good support
- Slippers or house shoes with non-slip soles
- Robe/pajamas (hospital gowns are available)
- Outerwear (jacket, raincoat) consistent with the season
- Grooming articles (shampoo, powder, lotion, deodorant, hairbrush, cosmetics, toothbrush and toothpaste, along with the things needed for shaving and denture care)
- Please put your name on all items.

When you arrive

Admission and Evaluation

Once admitted to the Rehab Center, your stay begins with evaluation of your medical, social, functional and psychological condition. The complete process takes between 48 and 72 hours. We also work with you to identify your rehabilitation goals. The rehab Social Worker or Care Coordinator will visit with you and/or family/support system after the first team meeting to discuss your individualized rehabilitation program.

Education Notebooks

You will be provided with an education binder upon admission. This will be a useful tool for staff members to provide you with resources, instructional tools and articles or information about the Rehab Center and your treatment. You can reference this notebook when you return home.

While you are here

Your Room

The Rehab Center has both private and semi-private rooms. Each space has a closet, drawer space, a bedside telephone and large flat-screen television. In addition each room has an accessible bathroom, some with showers. You may want to bring items that remind you of home or even a blanket or pillow.

Typical Daily Schedule

Most patients receive three (3) hours of therapy per day Monday through Friday. Weekend therapy services may be offered on an individualized basis. This may include Physical Therapy, Occupational Therapy or Speech Therapy depending on each individual's needs. Therapy sessions are scheduled in the morning and afternoons with rest breaks in between. Your schedule will be posted for you. You may want to share your schedule with your family and friends.

Participation by Family and Friends

The interdisciplinary treatment team will encourage your family and friends to participate in your rehabilitation program. They may be asked to attend treatment team meetings or therapy sessions to learn techniques that will help them care for you (or avoid "over helping") after you leave the hospital. You should not ask your family or friends to assist you out of bed, out of a wheelchair or to walk with you until they have been given specific instructions by our staff.

Visitor Information

Family members and friends are welcome to visit. The Methodist Hospital visiting hours are **11 a.m. – 8:30 p.m. daily**. However, we know that sometimes the best medicine for anyone is having loved ones nearby. That's why we sometimes make exceptions to the rule. Caregivers are welcome at the Rehab Center anytime throughout the day.

Social visits should be scheduled after 3:30 p.m. Monday - Friday, to allow maximum participation in therapy sessions. Visits by all are welcome anytime on weekends. Caregivers are encouraged to return home at night, unless practicing care for discharge education purposes, so that both patient and caregiver can rest. For more information about visiting Methodist Hospital, go to

<http://www.bestcare.org/mhinformation>.

Before you leave

Each patient at Methodist Rehabilitation Center is assigned a care coordinator and social worker. They work together with the patient and Rehab Team to identify and arrange follow up medical care, medications, home care providers or outpatient therapies and other resources required after discharge.

As you progress through rehabilitation, we constantly re-evaluate your abilities and functional limitations to identify what services you will need once you are discharged.

By the time you are ready to be discharged, you will have progressed in your rehabilitation and will have answered some important questions about the future. All decisions regarding discharge planning (as with all aspects of your care) are reviewed and discussed by the entire care team. Physicians, nurses, therapists, care coordinators as well as you and your family work together to make the most appropriate decisions.

Before discharge, our team members may provide you with exercises and other helpful information that will assist you in continuing rehabilitation after you leave. Our social worker will work with the Rehab Team to locate resources in your community that will be able to provide key services once you're home. And we may point you toward other community organizations you might want to explore.

Independence Day is a 24-hour period within a day or two prior to discharge. During this time, the patient will be encouraged to demonstrate the highest level of independence that is safe for them prior to their discharge. Caregivers may also be included if they will be assisting the patient after discharge.

It is our goal to ensure that you are in an appropriate, safe environment once you leave our facility. If you have any questions about discharge planning, talk with your care coordinator.

Follow up

Within four months after you leave the hospital you will be contacted by a staff person at IT HealthTracks (a company contracted with Methodist Hospital to complete follow-up phone calls) to see how you are functioning at home. This information will help us to develop programs and services to enhance our care.