

You will find that things are done differently in rehab than in a hospital . Here are some key points to be aware of:

- **Going from hospital to rehab.** Hospital staff will tell the rehab facility about what they did as treatment and care for your family member.
- **Clothing.** Your family member will need to wear comfortable clothes (not gowns) to participate in therapy sessions. Be sure to bring them and have them labeled.
- **Initial assessment for restorative potential.** Rehab staff will assess your family member within 2 days of admission. The most important finding is "restorative potential." This means the level of function (ability to move or do activities) that your family member is likely to regain from rehab.
- **Care plan ("team") meeting.** This meeting takes place after rehab has started. It includes staff from nursing, social service, dietary, recreation, and rehabilitation who discuss your family member's progress. You and your family member will be asked to attend. This is a good time to ask questions and raise any concerns.
- **Have a good relationship with rehab staff.** Talk with staff about the rehab plan. Ask how your family member is doing in treatment. Speak up if you have concerns about the care your family member is getting.

This helpful guide was provided to you by:

## Patriarch placement

- We **Support** older adults and their families in need of senior care and housing options
- We provide expert **Guidance** in finding the best solution for you or your loved one
- We share our knowledge and offer sound **Advice** to help make informed decisions

**Patriarch placement advisors are here to support you. We take the time to educate families on what options are available to them. We will consult with you at no cost over the phone or if necessary meet with you at the hospital or nursing home. We offer expert guidance to determine what will be the best solution for you and your family.**

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# I've been admitted for rehab, now what?



**A GUIDE FOR OLDER  
ADULTS AND THEIR FAMILIES  
ON WHAT TO EXPECT AND  
DO ONCE THEY HAVE BEEN  
ADMITTED FOR REHAB**



## What is Rehab?

Your family member may have been referred to rehab after being in a hospital due to a current illness, injury, or surgery. Rehab is treatment to help patients regain (get back) all or some of the movement and function lost because of current health problem.

Many patients and family members say this is a very confusing transition, especially since you may be coming directly from a hospital. This guide will give you some basic information to get you started and to help you and your family member understand the process.

### Here are five important points to remember:

- The goal of rehab is to help patients be independent — doing as much for themselves as they can
- Rehab is done with a patient, not to a patient. Your family member must be willing and able to work with rehab services during active treatment
- The patient's chronic (long-term) health conditions, such as high blood pressure or cholesterol, are treated during rehab, but they are not the reason the patient is in rehab.
- Most rehab services last weeks, not months
- Most insurance policies cover rehab when ordered by a doctor, but there will probably be extra costs. **BE SURE TO ASK !**

## Rehab Services

Patients often work with two or more rehab services. These include:

- Physical therapy (PT). This helps patients with problems moving, balancing, walking, and performing other activities. PT can also help patients with prosthetic (artificial) arms or legs, shoe inserts, wheelchairs, walkers, and other assistive devices.
- Occupational therapy (OT). This helps patients be more independent with self-care and other daily tasks, such as eating, getting dressed, typing, and using the telephone.
- Speech therapy. This helps patients relearn language skills such as talking, reading, and writing. It can also help with swallowing problems.
- Counseling (for patient and sometimes also family members). This helps patients adjust to major life changes caused by an illness or injury.



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## Planning for Discharge

Patients are discharged from rehab when the team assesses that they have reached a plateau (a time when the patient is not making any progress, but is not getting any worse). This means that the patient is not likely to make more progress. When your family member reaches a plateau, rehab staff will give you a written notice stating that Medicare or other insurance will end on a certain date (**often the day after this notice is given**).

**The time to plan for discharge is at admission.** One of the hardest parts of rehab is being realistic about how much function a patient can get back. Some aging adults make a full recovery and get back to the same level as before. Other patients improve just a little. Although your goal may be to have your family member discharged to home, this is not always possible. You and your family member may need to adjust expectations and begin to get educated on what care options are available to you. It is time to have honest conversations and make informed decisions as a family. You need to learn about your options now. It is best to have a care plan in place.

**Have questions?**

**Contact Us Today For Free**

**We help aging adults and their families find the best solution for care and housing options in our area.**

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