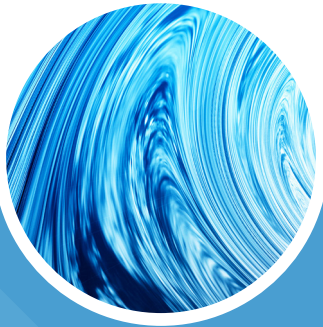


Short-term Rehabilitation Care: What You Need To Know



Allina Health

Your Discharge Planning Team

Name: _____

Number: _____

Name: _____

Number: _____

Name: _____

Number: _____

Name: _____

Number: _____

Understanding Short-term Rehabilitation

After being in the hospital, most patients want to recover in their homes. Short-term rehabilitation — also known as transitional care — provides extra help and services not available in your home. For example, you may need physical therapy after knee surgery or speech therapy after a stroke.

You will receive care at a special facility that provides skilled care for people who have short-term needs like you. Services may include:

- weekly visits from a doctor or nurse practitioner
- nursing care
- physical, occupational or speech therapy.

An average stay in short-term rehabilitation is 10 to 14 days. Your stay will depend on your needs.


Your long-term success depends on making the right choices after you leave the hospital. Finding the right care, in the right place and at the right time will help you get back to your regular routine.

Planning for Discharge

During your hospital stay, your health care team will:

- provide the best medical care possible
- help you get you back into your home
- identify what you need for care
- work to keep you from coming back to the hospital.

Making plans for leaving the hospital is an important part of your recovery. And it will begin as soon as your hospital stay starts.



Together, you, your family members and your health care team will create a discharge plan to help you have a smooth transition back to your home or community after your hospital stay.

Selecting Short-term Rehabilitation Care

You and your family will work with your discharge planning team to select short-term rehabilitation care facilities that are right for you.

Leaving the Hospital

Your doctor and health care team will decide when you are ready to leave the hospital. Their goal is to make sure you are prepared to have long-term success. Your discharge planning team will help you make the transfer from the hospital to the short-term rehabilitation facility.

Questions and Answers

What type of care will you receive?

■ What is “skilled care?”

Skilled care is specialty care provided by nurses and many different specialists based on your care needs. This may include:

- nurses to provide wound care or give intravenous (IV) medicines
- physical therapists
- occupational therapists.

The skilled nursing facility staff will talk with your health care team as needed and share your questions or concerns.

■ Where is skilled care given?

You may need to go to a transitional care center or a transitional care unit in a skilled nursing facility before you return home.

How will you choose where to go for short-term rehabilitation?

■ Where do you start?

Once you know short-term care is right for you, your family and your discharge planning team will start looking for options right away.

■ What do you look for and what questions should you ask?

It is important for you and your family to get information about the facilities you choose. This can include visiting the facilities, checking out websites or calling the admissions coordinators.

Here are some tips for learning more:

- Go to [medicare.gov/nursinghomecompare](https://www.medicare.gov/nursinghomecompare) to see how facilities compare to each other related to quality of care.
- Ask the admissions staff who will manage your health care during short-term rehabilitation.
- Ask the admissions staff to describe features of their short-term rehabilitation program.
- Find out if the rooms private or semi-private and if you will share a bathroom.
- If you visit in-person, are the staff members friendly, courteous and attentive? Do they answer your questions and make you feel comfortable?

■ Who participates in the final decision of where to get skilled care?

You and your family members will help make the final decision. Your family members may need to give guidance and help if you can't.

Making the decision can be stressful, but your discharge planning team will support you.

Members of your discharge planning team will need to share some information about your care with the facilities you are looking at. This will help match your needs with the facility's ability to provide the care you need.

How will you transfer to the rehabilitation facility?

■ Once you've chosen a facility, and there is an opening, what are the next steps?

Your discharge planning team will:

- call the facility to make sure space is available
- arrange a time for your arrival
- share specific information about your care with the short-term rehabilitation staff so they are ready to care for you when you arrive.

■ How will you arrive at the skilled nursing facility?

If you are physically able, your family may drive you. If not, a member of your discharge planning team will arrange for a ride with a medical transportation company.

Your discharge planning team will talk with you about the cost.

What should you bring to the rehabilitation facility?

■ What should you bring?

- Bring any teaching or educational materials that you received in the hospital. The skilled nursing facility staff needs to see what education you were given so they can continue teaching you from the same materials.
- Bring 4 to 5 full changes of clothing labeled with your name. Bring clothing and shoes that will allow you to move easily during physical therapy.
- Bring personal items such as:
 - razor, hairbrush or comb
 - family photos or comfort items from home (a favorite pillow).
- Bring your Medicare card, Social Security card, Medicaid or insurance cards (if you have either).
- Bring a copy of your health care directive, advance care plan or documents on power of attorney that you have already created.

What kind of emotions might you have?

■ What feelings may you have about going to a skilled nursing facility?

Short-term rehabilitation may not have been what you were hoping for. You may have a range of feelings. You may be glad to have extra help before going home. Or, you may feel sad or disappointed that you can't go right home.

If you have negative or sad feelings, please talk with members of your discharge planning team. Family members should also feel at ease to share their feelings.

What resources can help you?

■ Who will pay for short-term rehabilitation care?

Benefits vary widely among Medicare, Medicaid and other insurance plans.

The hospital discharge planning team can help you determine how short-term rehabilitation care is paid for based on your insurance and personal resources. Your insurance company can verify your benefits.

■ Where can you find other resources on skilled nursing facilities?

Websites:

- **Allina Health:** allinahealth.org
- **Minnesota Help (including Senior LinkAge Line®):** minnesotahelp.info
- **Wisconsin Department of Health Services:** dhs.wisconsin.gov
- **Medicare:** medicare.gov
- **Nursing Home Compare:** medicare.gov/nursinghomecompare

Other:

- your local library
- a senior center

Mental health resources:

- your health care provider or social worker
- allinahealth.org/mentalhealth



Notes



Notes



Notes



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allinahealth.org

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