



How to choose rehabilitation services

When it's time to leave the hospital, a patient may still require rehabilitation following a stroke, surgery or extensive treatment for kidney, heart or respiratory conditions. This is commonly referred to as short-stay rehab, post-acute care or transitional care; care is overseen by a personal physician with assistance from licensed nursing staff and teams of therapists – speech, recreational, occupational, respiratory and others.

Rehabilitation centers

Specialized therapies are provided on an inpatient or outpatient basis, with the goal of helping individuals reach their highest level of functioning in daily life. Rehab, when recommended by a doctor, is usually covered by personal health insurance or Medicare, if the patient is eligible. Locations may be freestanding, in connection with a hospital, or as part of a retirement community.

Things you may want to consider or questions to ask about rehabilitation centers include:

- Is the location close enough for family members to make regular visits?
- Are there varying levels of care?
- Will you be seeing your doctor or a new one?
- If it's a new doctor or a medical director, how often is this person in the center?
Is this person board-certified for rehabilitation?
- Will you be working with a consistent team of therapists?
- Is the team experienced in treating your condition?
- Is there an individual treatment plan for each patient?
- Who is responsible for monitoring the plan?
- Has the center or team demonstrated success in treating your condition, including successfully discharging patients back into the community?

- Does the staff understand family concerns?
- Does the center have medical support in case of a complication or new illness?
- Will prescriptions supplied by your personal doctor be honored and continued by the staff at the center?
- Will the equipment used in rehab be fitted to each individual patient?
- Does the center offer support groups for patients and/or families?

Rehabilitation can be a slow and difficult process, but patients in rehab often build rapport with other patients and come to encourage one another. Choose a rehabilitation center that is credible, makes you feel comfortable and, if at all possible, is close enough for the family to be supportive.



The Cerenity–Humboldt Advantage

- A trusted name with years of service in the area
 - Convenient St. Paul location that's close to home
 - Spacious rooms with soothing views of our park-like grounds
 - The latest treatments, technology and protocols
 - As-needed access to Cerenity's full continuum of care
 - A faith-based approach to heal mind, body and spirit
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The following references were used in preparing this information:

L.I.F.E. Center, Rehabilitation Center of Chicago; University of Pittsburgh, Institute on Aging; Little Company of Mary, Torrance, CA, Services