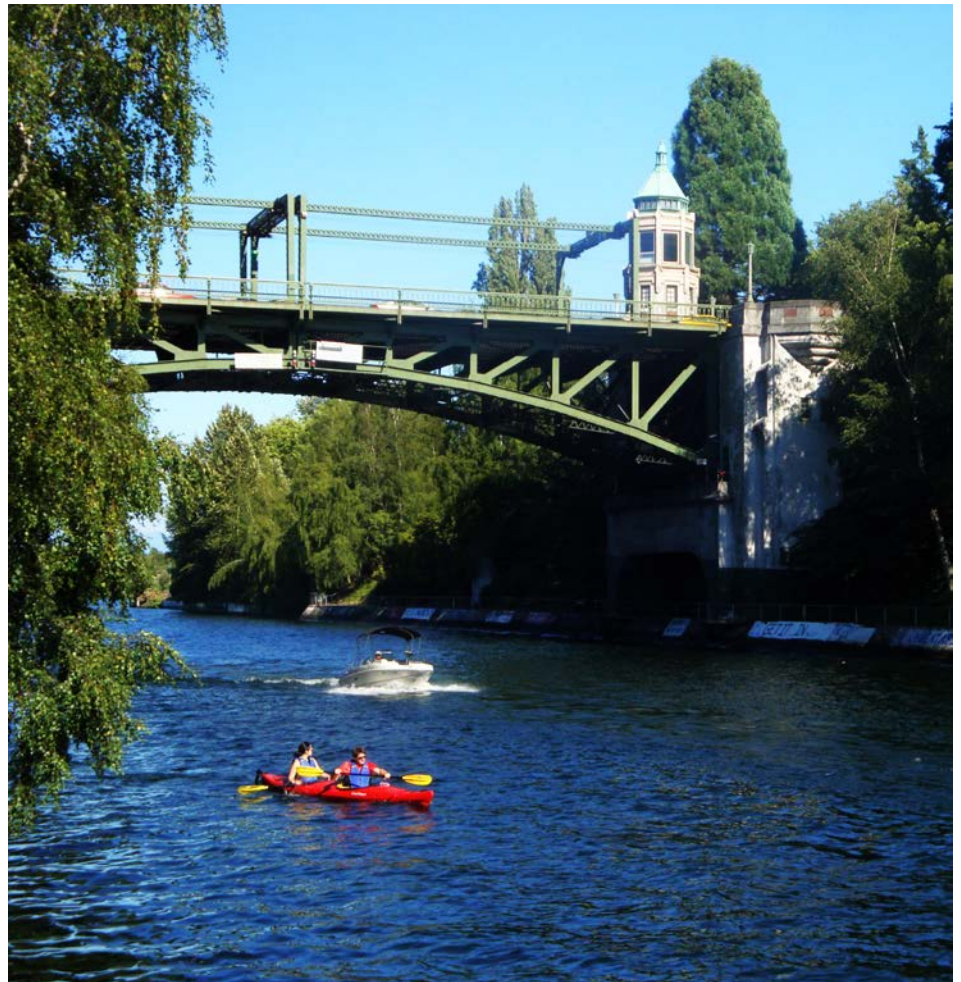


## **Rehab and Beyond**

*Resources to maximize your potential*



*The Montlake Bridge, just south of the University of Washington Medical Center campus in Seattle*

## ***The Bridge Builder***

***An old man, going a lone highway,  
Came, at the evening, cold and gray,  
To a chasm, vast, and deep, and wide,  
Through which was flowing a sullen tide.***

***The old man crossed in the twilight dim;  
The sullen stream had no fears for him;  
But he turned, when safe on the other side,  
And built a bridge to span the tide.***

***“Old man,” said a fellow pilgrim, near,  
“You are wasting strength with building here;  
Your journey will end with the ending day;  
You never again must pass this way;  
You have crossed the chasm, deep and wide –  
Why build you a bridge at the eventide?”***

***The builder lifted his old gray head:  
“Good friend, in the path I have come,” he said,  
“There followeth after me today,  
A youth, whose feet must pass this way.***

***“This chasm, that has been naught to me,  
To that fair-haired youth may a pitfall be.  
He, too, must cross in the twilight dim;  
Good friend, I am building the bridge for him.”***

***By Will Allen Dromgoole***

## **A Note to Patients and Their Loved Ones**

At UWMC Rehabilitation Services, our main goals are to:

- Provide safe, high-quality medical care to our patients and support for their families.
- Make your hospital stay comfortable.
- Partner with you to help you recover as much of your ability to function as possible.

A team of doctors, nurses, allied health professionals, and other support staff will work with you and your trusted loved ones. Together, we will create a team that focuses on your care and the support you need.

With your input and guidance, our team is here to provide you and your family the best care possible. Please let us know how we can help. Thank you for choosing UWMC for your health care.

### ***Your Rehab and Beyond Manual***

This *Rehab and Beyond* manual was written by a team of patients and staff who are serving as advisors on the Rehabilitation Services Patient and Family Advisory Council. They bring many years of personal experience to this manual, and hope that it provides helpful support for the journey that lies ahead.

If you have ideas or suggestions for future editions of this manual, please send them to:

#### **Rehabilitation Services Advisory Council**

c/o Patient and Family Centered Care Program

1959 N.E. Pacific St., Box 359420

Seattle, WA 98195

Phone: 206-598-2697

Email: [pfcc@u.washington.edu](mailto:pfcc@u.washington.edu)

## **Patient and Family Centered Care**

University of Washington Medical Center (UWMC) provides health care through an approach called Patient and Family Centered Care (PFCC). PFCC invites patients to be as involved in their own health care as they want to be.

PFCC also actively involves patients, families, and staff as partners who all have a voice in developing programs and policies and influencing day-to-day interactions in the medical center. Some of its core concepts are communication, information sharing, choices, respect, partnership, and the understanding that the presence of family is a strength, not an inconvenience.

Patient and Family Centered Care leads to better health outcomes, wiser allocation of resources, and greater employee, patient, and family satisfaction. It is simply the right thing to do.

Without UWMC's practice of Patient and Family Centered Care, *Rehab and Beyond* would not have been written. A dedicated team of patients, family members, and staff produced this manual. All of these team members added insights, information, and valuable input based on their own expertise and experience.

For more information about Patient and Family Centered Care at UWMC, please contact:

### **Questions?**

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

While you are a patient on Inpatient Rehab (8-North), call 206-598-4800.

After discharge, call your primary care provider or UWMC's Rehabilitation Clinic at 206-598-4295.



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206-598-2697  
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