

Preparing for Inpatient Rehabilitation

What you need to know

We believe that you are ready for Inpatient Rehabilitation (Rehab). But, we want to be sure you understand what it is and that you feel ready for it, too. This handout explains the program and what you can expect.

What is Inpatient Rehabilitation?

Inpatient Rehabilitation (Rehab) is a program that teaches you the skills you need to live fully and safely outside the hospital. It provides personal support and focused learning time to improve your physical and mental abilities. Your doctors will decide if the program is right for you.

To be admitted to Inpatient Rehab, you must:

- Be medically stable.
- Get approval (*authorization*) from your health insurance. This can take from 1 to 4 days.

How will my stay on the Rehab Unit differ from my time in other parts of the hospital?

Inpatient Rehab is a separate hospital within University of Washington Medical Center. The unit is on 8-North (8N). There are some shared rooms on the unit, so you may have a roommate for part of your stay.

Our main goal while you are on the Rehab Unit is to help you become as independent as you can be. At the same time, you will be learning how to direct others to provide the care that you may not be able to give yourself right now. All that we do helps you work toward these goals.

During your stay, a *physiatrist* will follow you closely. This is a doctor who specializes in physical medicine and rehab. You will also work with physical, occupational, and speech therapists, rehab psychologists, recreation therapists, and nurses. And, you will meet other people who are on their own rehab journey.



You will have many different therapy sessions each week.

You will have 3 hours or more of therapy at least 5 days a week. Your days will be very full! We will post your schedule in your room.

Your family and friends are welcome to visit, but we ask that they respect your therapy schedule and other hospital rules. And since you may have a roommate for part of your stay, we also ask that your visitors respect your roommate's needs and privacy.

Why should I choose UWMC for Inpatient Rehab?

UWMC practices patient and family centered care. This approach to healthcare actively engages patients and families as partners with their care team.

At UWMC, we listen to you. We work with you to help you reach your goals. We provide the most up-to-date treatments in a nurturing, respectful environment.

After a serious illness or injury, your ability to reach your recovery goals depends on the expertise and quality of your relationship with your care team, as well as your access to resources.

We work with patients who have very complex diagnoses, such as heart disease, transplants, cancer, brain and spinal cord injuries, and stroke. We often see patients who have been in the hospital a long time. We are proud to say that over 80% of our patients (more than 80 out of 100 patients) are able to go home after discharge from Inpatient Rehab.

What can I expect on the Rehab Unit?

What to Expect	What We May Ask of You
We assess your abilities, then help you set your Rehab goals. We work with you to create a schedule to meet your goals.	Tell your doctors, nurses, and therapists about your goals and preferences – such as the name you want to be called and any religious practices you want to observe while you are in the hospital.
We provide therapy sessions 5 days a week, for at least 3 hours a day.	Use your energy and focus to get the most out of each session.
We post your schedule in your room and try to stay on time.	Do your best to be on time for your sessions.
We provide you with expert medical and nursing care. This lowers your risk of getting an illness that would interfere with your progress in rehab.	<ul style="list-style-type: none"> • Tell your nurse and doctor if you are not feeling well. • Take your prescribed medicines. • Take part in any medical tests that may be needed.

What to Expect	What We May Ask of You
We give you emotional support: <ul style="list-style-type: none"> • To help you cope with the challenges of getting better • To make sure that you feel safe 	<ul style="list-style-type: none"> • Tell us when you need emotional help. • Avoid using alcohol or illegal drugs.
We share our expertise by teaching you and answering your questions.	Learn as much as you can. Ask questions when you don't understand something.
We include your family and friends in your recovery process.	Tell your family and friends how they can help you reach your rehab goals.
We meet with you as a team each week, and tell you what time this meeting will be.	Tell us ahead of time if you want a family member or other support person to attend team meetings with you.

How do I prepare for Inpatient Rehab?

While waiting to be accepted into Inpatient Rehab, keep working as hard as you can during your therapy sessions. This will increase your endurance and ability to tolerate activity.

Begin talking with your family and friends about making sure your house is a safe place for you to come home to. It is important to think about the challenges you might face. Are there stairs? Are there people who can stay home to help you, if needed?

Find out which of your family or friends can help you when you are discharged after Inpatient Rehab. They may need to provide physical help, or be on call 24 hours a day, 7 days a week. We know this is a big commitment for someone to make, but your safety is important.

As we get to know you during your stay on the Rehab Unit, we can better predict the type of help you may need at home.

How long will I be in Rehab?

Inpatient Rehab is just the first step in your recovery. It serves as a bridge between your hospital stay and living at home. You will likely need help at home even after Inpatient Rehab, to continue your recovery.

The length of your stay in Rehab depends on the skills you and your family need to learn to be safe. Your time in Rehab will improve your strength, endurance, and independence for months to come.

Your stay on the Rehab Unit will be limited, and we want to help you make the best use of your time. This is your special time to focus on getting better and getting back into life.

When will I be ready for discharge?

To help you prepare for discharge, you will meet with your entire care team every week. We will talk about your goals and the progress you have made. You will be amazed at how your ability and self-confidence grow!

Rehab does not end when you leave Inpatient Rehab. You may still work with therapies at home or in the outpatient clinic after discharge.

What to Bring to Rehab

Clothing

- Soft-soled shoes with non-skid soles, such as sneakers or athletic shoes
- Underwear, including socks
- Sweatpants or stretch pants
- Shorts
- T-shirts
- Clothes that you would normally wear at home, such as shirts with buttons, so you can practice getting dressed
- Pajamas, robe, and non-skid slippers

Toiletries and Personal Items

- Brush or comb
- Toothbrush and toothpaste
- Grooming products such as shampoo and hand cream
- Make-up
- Dentures, denture adhesive, and cleaner, if used
- Hearing aids and spare batteries, if used
- Glasses, contact lenses, and solution
- Nail clipper or file
- Splints, braces, and orthotics that you use at home

Equipment

- Assistive devices you use, such as a walker, cane, wheelchair, or CPAP (*continuous positive airway pressure therapy*) machine

Other

- List of medicines you are currently taking
- Name and phone number of your primary care provider (PCP)

- Insurance and prescription plan cards
- Living will or advance directives, if you have them
- Name and phone numbers of emergency contacts

Optional

- Books, magazines, puzzles, playing cards
- Laptop computer, ipad, smart phone, and adaptors (there is free WiFi in the hospital)

Do NOT Bring

- Perfumes, colognes, scented lotions, or aromatherapy products (these can cause problems for other patients and staff)
- A lot of money or several credit cards
- Valuables such as jewelry

If you have any questions about preparing for your stay on the Rehab Unit, please ask your provider. Or, call the UWMC Rehab Admissions Coordinator at 206.598.8161.

Questions?

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

UWMC Rehab Admissions
Coordinator: 206.598.8161