

About *Rehab and Beyond*

How to use this manual

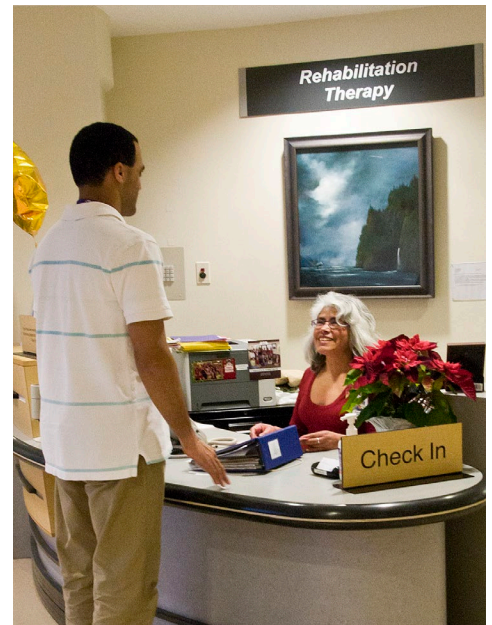
In this section:

- ***What will I find in this manual?***
- ***How is the manual set up?***
- ***How might I use Rehab and Beyond?***

I wish I had a resource like this manual when I was a patient here. I worked with other UWMC patients to make this manual happen. We have tried to include all of the things we wish we had been told. Or, maybe we were told, but we don't remember.

When you are first on the Rehab Unit, there is so much to learn. It can be overwhelming. We created this manual so that you can find the section you need.

The main subjects in each section are listed on the first page. If you want to know about something and you can't find the answer here, ask someone on the staff.



If you or your loved ones want to know more about rehab and you cannot find the answer in this manual, please ask a staff member.

~ Patient Advisor

The authors of *Rehab and Beyond* wanted to create a manual that is helpful to you, your family, and others close to you as you face new challenges and a changed lifestyle. Some of the authors are patients who have been in inpatient rehab before you. Others are staff members on the unit and other departments at the medical center.

Like the old man in “The Bridge Builder,” the poem inside the front cover, inpatient rehab patients and their family members also must cross a “chasm.” Our chasm is not like the one in the poem, but it may be just as hard to cross.

Our hope is that this manual will serve as your “bridge” to your new life, both while you are in inpatient rehab and after you are discharged. It gives you information on the physical set-up of the unit, the staff, and what to expect during your stay. It also describes many resources you can access once you leave the hospital. These resources can help you with hiring caregivers, knowing about transportation and recreation options, supporting your personal relationships, and more.

We invite you to enter the challenging, compassionate, and technically competent world of inpatient rehab, to meet your rehabilitation team members, and to learn about the services we offer.

What will I find in this manual?

Rehab and Beyond is your reference manual. Sections include:

- Entry to UWMC
- About the Rehab Unit
- UWMC Services and Facilities
- Your Care Team
- Your Plan of Care and Setting Goals
- Support
- Financial Concerns
- Care After Discharge

- Managing Caregivers
- Self-care
- Eating to Heal
- Safety Concerns
- Follow-up
- Helpful Resources

How is the manual set up?

For this manual, we wanted to focus on the basics – the information we wish we had when we were inpatients. Each section includes short quotes from people who have received care or who are currently receiving care on UWMC’s Rehab Unit.

The front page of each section lists the topics covered in that section. Terms are defined when they appear. Tips from staff and patients are included in each section. We’ve also included “Notes” pages in various places for you to use as needed.

How might I use *Rehab and Beyond*?

Use your *Rehab and Beyond* manual in whatever way works best for you. You can read the manual from front to back, or you may want to turn to the section that is most likely to meet your current needs.

You may want to bring the manual with you to your clinic visits. Be sure to ask your doctors, nurses, or other caregivers if you need more detailed information than you find in *Rehab and Beyond*.

