

Entry to UWMC

What to expect

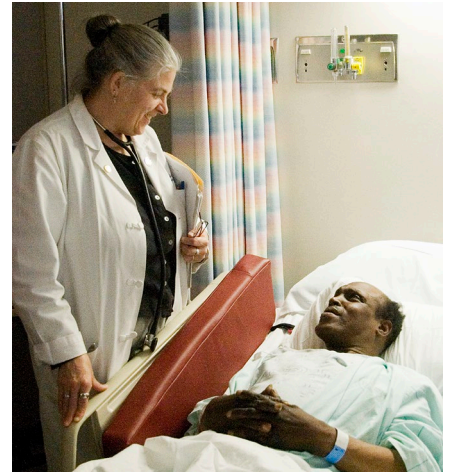
In this section:

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You will be asked for the same information many times – from the time you are admitted, throughout your course of treatment, up until the time you go home.

Be patient with this part of the process. And, try to keep the basic information somewhere where you can find it every time you need it.

~ Patient Advisor



For your safety, we will ask you for the same information many times during your hospital stay.

When You Are Admitted

We will give you a great deal of information when you arrive. It is a lot to take in, whether you are already at UWMC and recently admitted to rehab, or you came from another hospital.

There is also a lot to do. You may need to fill out forms, get information from doctors, and have medical tests done. We may also need to assess your eligibility for various treatments.

To help you cope with all this:

- Please know that you do not have to process everything at once. It is normal to be overwhelmed by the rehab approach to care and everything that happens during rehab. Most people find it works best just to take things a step at a time.
- Think about naming 1 person – a trusted family member or friend – for the care team to talk with when they have questions or concerns and you are not available or don't feel up to talking.
- Feel free to ask questions about your injury or disease process, and about what to expect on the Rehab Unit. If there is anything that is explained or done that does not make sense to you, ask questions until you understand.
- You will need to keep track of and organize the large amount of information you receive during your stay. Find and use a system that works best for you.
- There are a lot of admission forms. When you are admitted, you will answer questions about your health history, have your vital signs checked, and answer many other questions, too. Your answers will help your care team start to create a plan of care for you.

Stages of Care

This first stage of your care is called the **assessment phase**. From the beginning, you will be asked to think about **your** rehab goals: What do **you** want to accomplish so that you feel more independent?

We will encourage you to start putting together a supportive group of family and friends who can help you while you are in the Rehab Unit and after you leave the hospital. See “Your Plan of Care and Setting Goals,” starting on page 23 and “Support,” starting on page 31 for help with this step.

Who can help me and my family with this entry process?

Each person plans and seeks support in their own way. Most importantly, **you** must help with your recovery and rehab process. Take time to get clear about what you want.

It may not be easy to think clearly right now. That's OK. Do the best you can and know that you can change your mind about what is important, what your goals are, and even about who can help you. (See "Support," starting on page 31.)

One tip is to ask others for their "one best idea." This decreases the amount of ideas you have to filter through. But, some people process best when they review a range of ideas.

For extra help, you may want to talk with these professionals:

- A **rehab psychologist** has years of experience helping patients in situations that are like yours. A rehab psychologist is trained to help you with this entire process.
- A **social worker** can help you with planning for discharge. (See "Care After Discharge," starting on page 49.)

What questions should I ask?

It can be hard to know what questions to ask. It is OK to ask others what they think is important for you to know. It may help to brainstorm a list of topics, such as home care, support, transportation, and legal forms. We have tried to fill this *Rehab and Beyond* manual with a lot of the information you might need.

You might want to ask questions about:

- What to expect about your care and life on the Rehab Unit.
- Your disease process or injury and how it will affect you and your family.
- Anything you do not understand. This is how you can become an expert on your care and make the best decisions for you and your family.

- Resources from staff, former patients, insurance companies, and the internet to help your recovery.
- The ways information can be given. We want to give information in the way you prefer to receive it. Tell us if you learn best by:
 - *Reading* written materials,
 - *Seeing* videos or watching someone, or
 - *Doing* demonstrations

If you think of a question and cannot ask it right away, write it down, record it, or ask someone else to write it down for you. If you had a question and forgot to ask it, please ask later when you remember it.

Questions?

Your questions are important. Talk with your doctor, nurse, or other healthcare provider if you have questions or concerns.

While you are a patient on the Inpatient Rehab Unit, call:
206.598.4800

After discharge, call your primary care provider or UWMC's Rehabilitation Clinic:
206.598.4295