Making the Right Decision for Rehabilitation Care

Determining the best place for you or your family member to transition to after being hospitalized for a traumatic injury or illness requires a thorough understanding of the wide variety of rehabilitation services provided in different healthcare settings. The purpose of rehabilitation care is to maximize recovery and meet individual goals.

Patients often are discharged to one place or another without a clear understanding of why a particular setting was chosen. Rehabilitation care* is provided in a variety of healthcare facilities that often have similar names and services, which can cause confusion.

There are distinct differences in the level of care and the expertise of the healthcare staff in the many rehabilitation care options. This brochure clarifies the types of care provided in each and which healthcare team member provides it.

We encourage you to work with a rehabilitation nurse, who is uniquely qualified with the knowledge and understanding of care management for people with acute or chronic illness and conditions that cause disability. The rehabilitation nurse can help you review your goals and prescribed care plan and advocate for the next best step in your recovery process.

*Rehabilitation care refers to a range of medical care services that support an individual's continued recovery following a hospitalization for injury, illness, or joint replacement surgery.
## INPATIENT REHABILITATION CARE Options

<table>
<thead>
<tr>
<th><strong>Inpatient Rehabilitation Facility</strong></th>
<th><strong>Skilled Nursing Facility</strong></th>
<th><strong>Long-Term Acute Care Hospital</strong></th>
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<tbody>
<tr>
<td>Provides 24-hour nursing care and medical management when you are unable to care for yourself after hospitalization</td>
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<td>Provides high-need medical care for medically complex conditions</td>
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### Activities of Daily Living (ADLs)
(e.g., feeding, bathing, dressing, hygiene, toileting, and mobility)

- **Inpatient Rehabilitation Facility**: ADLs are difficult for you, but you have the potential to gain significant improvement in a short period of time. Nursing staff help with ADLs and will work with you so you can perform them independently.
- **Skilled Nursing Facility**: You have difficulty performing ADLs but also have the potential for improvement.
- **Long-Term Acute Care Hospital**: Medical staff provides care for ADLs when you are too sick to take care of yourself.

### Nursing and Medical Services Required

- **Inpatient Rehabilitation Facility**: A registered nurse will provide medical and safety needs on a 24-hour basis to promote your recovery. A rehabilitation physician or physiatrist will also visit you daily.
- **Skilled Nursing Facility**: Skilled registered nurses or licensed practical nurses meet your medical and safety needs to promote recovery. A physician typically will visit you at least once per month.
- **Long-Term Acute Care Hospital**: Physicians and registered nurses (RNs) provide 24-hour care because your condition is more complex; there is a high ratio of RNs to patients.

### Therapy
(includes physical, occupational, speech, and medical management for diabetes, hypertension, wounds, edema, etc.)

- **Inpatient Rehabilitation Facility**: You need two or more therapies, and you must be able to participate in therapy for a total of 3 hours per day.
- **Skilled Nursing Facility**: One or more therapies are available if needed.
- **Long-Term Acute Care Hospital**: Physical, occupational, or speech therapy is available. Your condition determines how much time is spent in therapy.

### Discharge Plan and Community Support

- **Inpatient Rehabilitation Facility**: You should have the ability to care for yourself with the involvement of family or other resources in a community setting such as a home or independent or assisted-living facility (ALF).
- **Skilled Nursing Facility**: You may have the ability to care for yourself at home or with the help of family or other resources, or you may go to an inpatient rehabilitation facility for more intensive therapy.
- **Long-Term Acute Care Hospital**: You may be transferred to an inpatient rehabilitation facility for care and therapy and to learn how to care for yourself.
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<th>HOME-BASED REHABILITATION CARE Options</th>
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<td><strong>Home Health Care</strong></td>
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<td>A variety of health services you receive in your home for an illness or injury. This type of care is usually convenient, effective, and less expensive.</td>
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<tr>
<td><strong>Activities of Daily Living (ADLs)</strong> (e.g., feeding, bathing, dressing, hygiene, toileting, and mobility)</td>
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<td><strong>Nursing and Medical Services Required</strong></td>
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**LONG-TERM/CUSTODIAL CARE**

Care provided by nursing home personnel who may or may not be registered nurses.
This setting becomes a residence, usually for a long period of time.
Experiencing a disabling condition can be very stressful and scary. You want the best care to help you or your loved one recover. Being in the right setting and getting the right level of care can be the most important decision you have to make. The purpose of this tool is to help you understand the different types of settings and the care they provide. Our [rehabilitation nurses’] goal is to help you make the best decision.

Kathy G. Clark, MSN RN CRRN
associate nurse executive

This tool will help you understand the level of care provided in each setting.

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