



Welcome to Inpatient Rehabilitation



Our mission, vision, and values

Mission

Optimize medical recovery and rehabilitation outcomes for all patients in a safe environment that respects their dignity, diversity, and individuality.

Vision

Leading and defining excellence in specialized medical, surgical, and rehabilitative care.

Values

Apply clinical excellence, education, and research to enhance quality of life in the communities we serve, with a commitment to compassion, collaboration, and integrity.



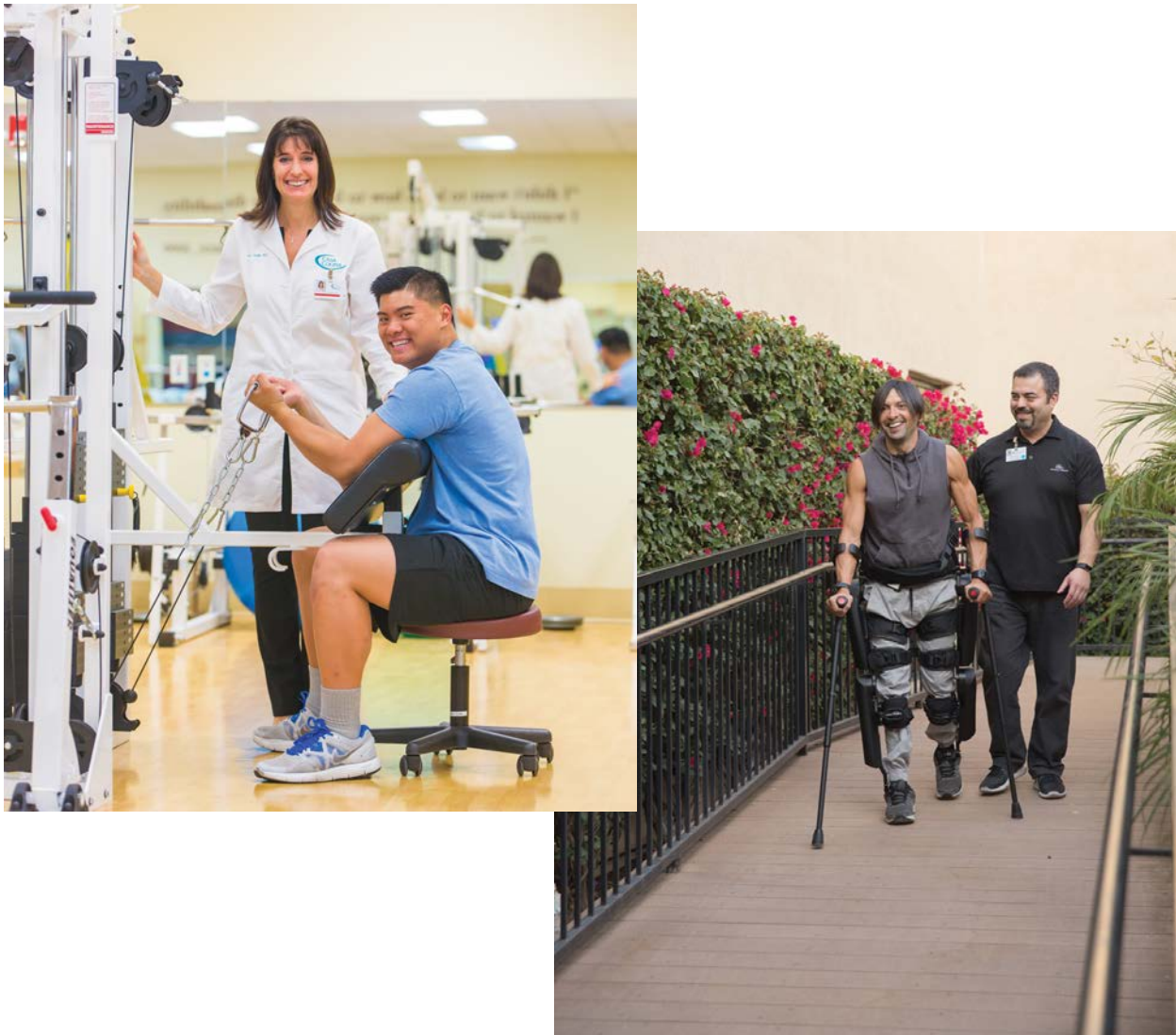
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Our Goal

Starting inpatient rehabilitation after an injury or illness is a hopeful time for patients and their families, but it can also be a bit overwhelming if you don't know what to expect ahead of time.

This handbook will help you better understand the rehabilitation process, preparing you for a successful experience and a safe transition home.



The First Few Hours: What to Expect

We do everything we can to ensure your arrival is as stress-free as possible, but the first few hours will be busy! Please be patient with your care team as they get you comfortable and perform your intake. Here's what to expect:

- You will be moved into a “semi-private” (shared) room.
- You will be initially assessed by rehabilitation professionals (often nurses). They will:
 - Discuss your medical history
 - Ask about your current medications
 - Photograph key areas on your skin to ensure you are free of any wounds (safety precaution)
- They will create a record of your personal belongings.
- Medications from home will be logged and stored in our pharmacy and may not be stored at the bedside. You are encouraged to take all medicines home upon discharge.
- If you arrive after dinner, you will be offered a light boxed meal that is in line with any dietary restrictions.

We want you to be as comfortable as possible. If you're struggling with pain or having difficulty sleeping, please let your nurse know.

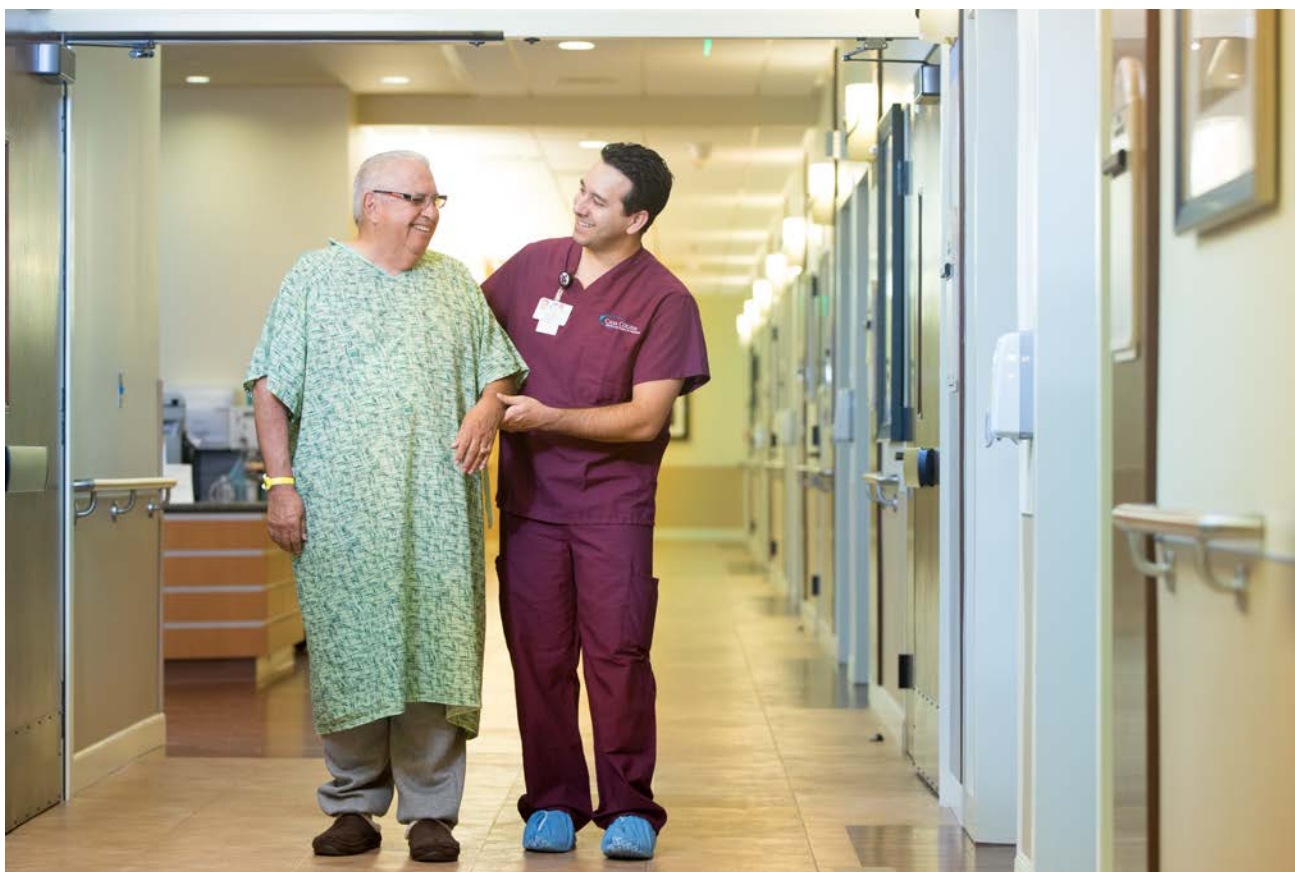


The First Few Days: What to Expect

The first few days are a time to meet your entire rehabilitation team. Here is what to expect:

- You will undergo evaluations with your rehabilitation team.
- Based on these evaluations, you and your team will work closely together to set appropriate goals for your inpatient rehabilitation stay.
- Any necessary equipment will be provided, such as a walker or wheelchair. For your safety, until you've been thoroughly evaluated, always request help before getting out of bed.
- Nursing or therapy will assess your ability to shower and provide any needed assistance. You will shower or bathe every other day going forward.
- Discuss with your physician any needs you may have to leave our facility, such as an outside medical appointment. Leaving the Casa Colina campus will require prior authorization.
- Your case manager will start discussing discharge plans so that expectations are as clear as possible regarding your length of stay.

We know there is a lot to take in. We are here to answer any questions you may have.



Your Rehabilitation Schedule

The daily schedule will be written on your room's schedule board each morning. Schedules change from day to day, so be sure to check daily.

You will receive 3 daily hours of therapy, Monday through Friday between 7 a.m. and 4 p.m.

In general, weekends are reserved for rest, spending time with friends and family, or making up any missed therapy sessions. This is also a good time to practice any “homework” assigned during the week by your therapists.

Remember: You are an active part of the therapy team. We’re all here to help you meet your goals.



Your Rehabilitation Team

You will be hearing a lot of initials when meeting your rehabilitation team, including:

- PM&R – Physical Medicine & Rehabilitation Doctor: Manages medical and rehabilitation issues and leads the therapy team to maximize therapy outcomes.
- PT – Physical Therapist: Works on your mobility.
- OT – Occupational Therapist: Works on activities of daily living and self-care.
- SLP –Speech-Language Pathologist: Works on speech and language, swallowing, cognition, and problem-solving.
- RN/ LVN – Registered Nurse/Licensed Vocational Nurse: Experienced in the needs of rehabilitation patients, including giving medicine and performing wound care.
- PCT – Patient Care Technician: Assists with transfers, toileting, and showering.
- CM – Case Manager: Helps with discharge planning and follow-up care.

Other specialists may also be assigned to your rehabilitation team, such as a respiratory therapist (RT), nutritionist, social worker, or neuropsychologist.



Your Rehabilitation Experience

It is important that both the patient and their caregivers are active members of the rehabilitation team. You can help progress toward your rehabilitation goals by:

- Participating in all scheduled therapy to the best of your ability
- Voicing any needs or concerns to your team
- Completing any assigned “homework” outside of therapies

Your case manager will work with you and your family member/caregiver early on regarding discharge planning. Discharge should not come as a surprise, and the team will work with you to make sure you are prepared to go home safely. Most of our inpatient rehabilitation patients are with us for between 10 and 21 days.



Daily Activities

Bathroom

We ask that you use your call light to request assistance to the bathroom until you are cleared to walk or transfer independently. You will initially be given an **orange wrist band**, which indicates you must call for assistance when performing activities such as toileting.

Showering / Bathing

Your nurse will help you with showering or bathing. The schedule for showering/bathing is every other day.

Dressing

We ask that you get dressed each day. Based on your ability, nursing or therapy may help you.

What type of clothes will you need?

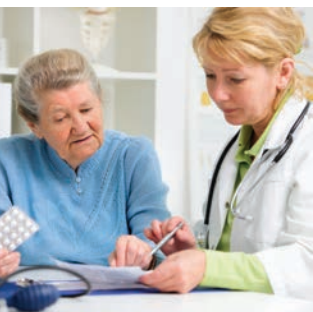
- Regular soled shoes, preferably tennis shoes.
- 5 sets of comfortable clothes including tops, bottoms, underwear, and socks. Please bring a sweater if you tend to get cold easily.

Grooming

Please bring basic grooming items with you from home such as combs or toothbrushes. The hospital will supply you with these items if you need them.

Meals

Our kitchen staff will provide you with daily meal choices between the hours of 6 a.m. and 7 p.m. In addition to our featured menu items, you may ask your patient dining associate about our “always available” menu options, depending on dietary restrictions. Because many people are on special diets during their stay, we ask that families get approval from the physician prior to bringing food into the hospital.



Family, Friends & Caregivers

We want your loved ones to be a part of your rehabilitation experience. Visiting hours are as follows:

- Weekdays: Monday through Friday, 10 a.m. – 1 p.m., 5 – 8 p.m.
- Weekends: 10 a.m. – 8 p.m.

All visitors must check in at the front of the hospital to receive a visitor badge. For the safety of our patients and staff, we ask that no more than two visitors at a time be present in a patient's room. You may visit with larger groups in our cafeteria or courtyards. Children under 14 are not allowed in patient care areas but can be in the dayrooms, courtyards, and cafeteria.

We also ask that everyone who visits the hospital is in good health and free from cold, flu, or Covid-19 symptoms.

Visitation policy is subject to change based on state and county guidelines, so please check with your case manager for current visitation rules.



Personal Items & Wi-Fi

Personal Items

Upon admission, your intake coordinator will catalog all your personal items. We encourage you to leave all valuables at home.

For cell phones or other items, please conceal these items in a personal case or bag, or use the drawers provided in your room to keep them secure. Casa Colina is not responsible for cell phones, laptops, ear pods, or other technological devices.

If you have dentures, hearing aids, or glasses, please make sure they are stored in secure containers. Never leave them on your meal tray or in your bedding

Wi-Fi Access

Wi-Fi access is available for your convenience:

Network: Casa Hospital

Password: 12345678



Spiritual Services

Non-denominational spiritual services are offered upon request at Casa Colina Hospital.

Services are offered on Sundays in our Spiritual Garden, which is located between Casa Colina Hospital's Acute Rehabilitation Wing and Medical-Surgical Wing.

Your family or caregivers are welcome to join you for these services. If interested, please call our Spiritual Care Provider at extension 3030.



Preparing for Discharge

Congratulations! You have almost completed this phase of your recovery. In many cases this is just the beginning of your rehabilitation process. Here is what to expect next:

- You will be given any prescriptions for medications to take after discharge.
- You or your caregivers may be given a home safety questionnaire to evaluate safety in the home. Therapists may recommend equipment or home modifications based on this information.
- Your case manager will make recommendations for how to obtain recommended equipment for use at home, as well as follow-up visits with physicians or therapists if applicable.
- In some cases, therapists may schedule a home visit and/or family training at the hospital prior to you leaving.



Thank You

We are pleased you have chosen to trust Casa Colina Hospital with your inpatient rehabilitation care. We will do everything possible to ensure that you get the most out of your rehabilitation experience.

We wish you continued success in your recovery. If you have other questions or concerns, please call 909/596-7733, extension 3900.



Campus map



Freeway map

