# THE REHABILITATION CENTER
## A GUIDE FOR THE PATIENT AND FAMILY

**The Reading Hospital**
**for Post-Acute Rehabilitation**
**www.readinghospital.org/rehab**

## Welcome

Welcome to The Rehabilitation Center at The Reading Hospital for Post-Acute Rehabilitation. We look forward to working with you and caring for your rehabilitation needs during your stay.

The Rehabilitation Center is a 62-bed, comprehensive physical rehabilitation unit, including an 11-bed Brain Injury Unit, located on the Ground Floor of The Reading Hospital for Post-Acute Rehabilitation. The Rehabilitation Center offers intense inpatient services that typically include three hours of therapy a day at least five days a week.

The Rehabilitation Center is part of the Hospital's Post-Acute Continuum – an array of inpatient and outpatient services for individuals who have experienced functional loss or disability as a result of an accident, illness, or injury.

You will be officially discharged from the hospital and admitted to The Rehabilitation Center.

Our goal is to provide an environment which will help you become as independent as possible

## IMPORTANT PHONE NUMBERS

**Program Secretary**
484-388-2722

**Program Director**
484-388-2725

**Nurse Manager**
484-388-2662

**Therapy Manager**
484-388-2764

**Case Management**
484-388-2653
484-388-2660

**Social Service**
484-388-2652

**Nursing Stations**
Patient Rooms G01-G26
484-388-2701

Patient Rooms G31-G55
484-388-2702

**Brain Injury Unit Rooms 161-171**
484-388-2705

**The Reading Hospital Home Care**
610-988-4663

## What Should I Expect?

Our in-house physiatrists, who work collaboratively with nurses, case managers, occupational therapists, and physical therapists, will develop an individualized program for rehabilitation. Speech therapists, social workers, dietitians, recreational therapists, internists, and psychologists are also consulted to join the team, if indicated. This team helps set patient goals and encourages patients to work toward those goals in both individual and group therapy.

Therapy takes place at a minimum, three hours per day, five days per week. Therapy is also provided on Saturdays and Sundays according to a patient's needs.

Case managers work with patients and their family to discuss progress and assist with plans for discharge. Patient family or caregivers may be asked to participate in therapy sessions, family education, home evaluations, or community re-entry activities.

## What Is Expected From Me?

In order to assure your success, we need you to commit to the following:

- Dress in your regular clothes every day. Laundry facilities are available for your use.
- Participate in a minimum of three hours of therapy per day.
- Work with the team to increase your independence by trying new ideas or ways of doing things for yourself.
- Express your needs, including those related to pain, directly to our team.

## What Should I Bring?

- Three to five changes of loose, comfortable clothing (laundry facilities are available on each unit)
- Supportive walking shoes or sneakers
- Pants and tops
- Underwear
- Socks
- Sweater
- Night clothes
- Personal grooming items
- Hearing aids, glasses, dentures
- Assisted walking device (including a leg brace) if you used one before coming to the Hospital

Please label items with your name.

## Can I Have Visitors?

Yes. Visiting hours are from 11 a.m. to 8 p.m. There is a limit of two visitors per patient in your room. However you may use the patient lounges, lobbies, café, balcony, or therapeutic garden if you have more visitors. Children are welcome, but must be accompanied by an adult. To avoid interruption of therapy sessions, your visitors should call ahead to check your schedule. Therapy schedules are posted by 5 p.m. each day for the following day.

## When Are Meals Served?

Breakfast begins at 8 a.m. Lunch begins at noon. Dinner begins at 5 p.m. All meals are served home-style in the comfortable dining room on the unit. This atmosphere provides a social dining experience, which has been determined as best-standard practice for effective rehabilitation. Our chefs are happy to accommodate special dietary needs and requests.

## How do I get to The Rehabilitation Center?

The Rehabilitation Center is located on the Ground Floor of The Reading Hospital for Post-Acute Rehabilitation, 2802 Papermill Road, Wyomissing. **FREE** parking is available.

## What is the Admission Criteria?

In order to be admitted to The Rehabilitation Center, the patient must meet all of the following requirements:

- Need at least two forms of therapy in an inpatient setting
- Be able to participate in three or more hours of therapy each day for at least five days a week
- Be medically stable
- Have potential to improve function or achieve independence
- Require ongoing medical management and nursing care
- Be willing to follow the discharge plan developed jointly by the interdisciplinary team and the patient

## What Caliber of Care Will I Receive?

The Reading Hospital for Post-Acute Rehabilitation is the only hospital in the region accredited by both the Commission on Accreditation of Rehabilitation Facilities (CARF) and The Joint Commission.

CARF assures that our patients receive health care based upon consumer-focused, state-of-the-art, international standards of performance. Joint Commission accreditation and certification is recognized nationwide as a symbol of quality that reflects an organization's commitment to meeting certain performance standards.

**OnePlace**
**OnePurpose**

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