



# PENINNYBYRN

One trusted name. Many life-enriching choices.

## Transitional Rehab



THE ROAD BACK TO MOBILITY:

*Selecting Short-Term  
Rehabilitation Services*



## RESTORING INDEPENDENCE

*Getting out of a chair, making a sandwich, or taking a shower may suddenly seem like complicated tasks if you've just had a surgery or find yourself recovering from an illness. Even a planned surgery, such as a hip or knee replacement, requires learning a new way to navigate, building up muscle, and renewing energy.*

Short-term rehabilitation, also called transitional rehabilitation, is often prescribed by a doctor following a surgery, stroke, or illness that requires hospitalization. Rehabilitation involves physical, occupational, and/or speech therapy professionals working with you to help you regain mobility and strength. When your doctor does recommend rehabilitation, you'll likely have a wide range of choices of short-term rehabilitation providers.



### *So, how do you choose the best one?*

In this guide, you'll discover four key areas of your environment to assess and the important questions you need to ask as part of your rehabilitation selection process. Your journey back to mobility and independence will be shorter and more successful when you select a rehabilitation provider that meets your specific needs.

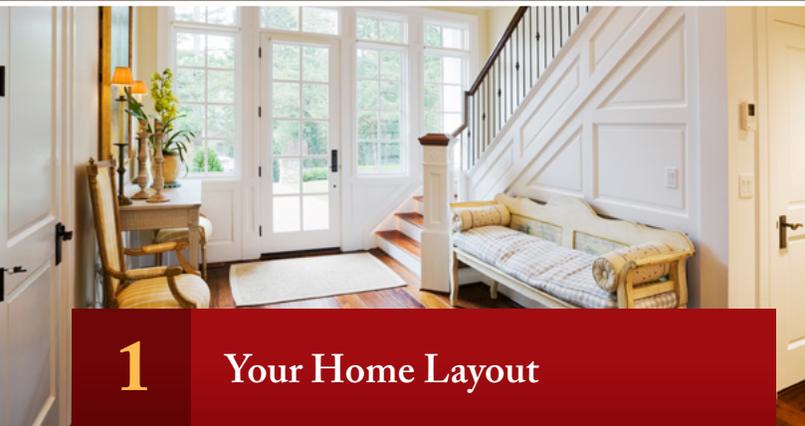


**PENNYBYRN**  
One trusted name. Many life-enriching choices.

Transitional Rehab

# ASSESSING YOUR ENVIRONMENT:

## *Four Key Areas to Consider*



### 1 Your Home Layout

Are there stairs to navigate to get inside the house or reach the bedroom? \_\_\_\_\_

Are there stairs to other essential areas, like the laundry room or garage? \_\_\_\_\_

How far do you have to walk from the bedroom to the bathroom? \_\_\_\_\_

How far do you have to walk from the bedroom to the kitchen? \_\_\_\_\_

Is there enough room to navigate through the house with a walker if needed for a short period of time? \_\_\_\_\_



### 2 Help at Home

Do you live alone? If so, is there a relative or close friend who can temporarily assist you with some of the daily tasks you may not be able to perform yet? \_\_\_\_\_

If you live with someone else, are they able to provide assistance to you? \_\_\_\_\_

If you need rehabilitation before you are able to drive or navigate in a parking lot, is there someone to assist you with grocery shopping, trips to the pharmacy, and other essential errands? \_\_\_\_\_

Are you able to cook, or will you need assistance with meal preparation? \_\_\_\_\_



### 3 Bathroom Accessibility

How high do you have to step to get in the tub or shower? \_\_\_\_\_

Do you have grab bars to help you get off the toilet or in and out of the tub or shower? \_\_\_\_\_



### 4 Overall Health & Medications

Do you have other health conditions, such as diabetes or heart problems, that may slow down your recovery or require extra care? \_\_\_\_\_

Will you need pain medication following surgery? If so, what will be the procedure for monitoring its effectiveness or getting refills? \_\_\_\_\_



## ESSENTIAL QUESTIONS TO ASK REHABILITATION PROVIDERS

*While researching a rehabilitation provider online is important, you can learn valuable information by taking the time to ask a few questions over the phone or in person.*



How many days a week are therapists available?



Will I receive a written therapy plan?



What are the qualifications of your therapists?



Will someone monitor my progress and adjust the plan if needed?

# READING THE SIGNPOSTS: *Inpatient Rehabilitation Features*

*If you have a scheduled surgery, such as a joint replacement, try to arrange a phone conversation or video chat with rehabilitation facilities ahead of time. There are several signs of quality care to consider. Ideally, look for a facility with the following features:*



## HIGH PATIENT SATISFACTION SCORES

Ask about patient satisfaction scores or reports. Looking at these numbers can give you an idea of the quality of care and track record of the facility.

## SPECIAL INFECTION CONTROL SAFETY MEASURES

Find out if rehabilitation patients are placed in a dedicated area that is separate from long-term care patients. Other infection control safety measures to look for include:

- Private rooms
- Rehabilitation equipment that is used by one person at a time and cleaned thoroughly between patients
- Staff wearing personal protective equipment
- A thorough COVID screening and testing program for all staff



## PRE-BOOKING AND WEEKEND ADMISSION

If you have a scheduled surgery, the ability to pre-book a bed can save time and offer peace of mind. For rehabilitation after an unexpected hospital stay, a facility that offers weekend admission can be important.



## A MULTI-DISCIPLINARY CARE TEAM

A care team that includes other health professionals in addition to therapists — such as nurses, dietitians, social workers, and pharmacists — will offer more comprehensive and complete care to address all of the patient's needs. If there are any complications with the healing process or your health, having a professional medical team available 24/7 can be invaluable.



## EXPLORE PENNYBYRN TRANSITIONAL REHABILITATION

**100%**  
of patients are very satisfied  
with their rehabilitation  
experience, the highest  
possible score.

*Come discover the Transitional Rehabilitation household at Pennybyrn. We are a non-profit organization with a mission to provide relationship-focused care for all patients. Our comprehensive approach will help you meet your individual therapy goals more quickly. Your short-term rehabilitation care will include:*

- Experienced physical, occupational, and speech therapists who are available up to 7 days a week
- Fresh, cooked-to-order dining choices with a registered dietitian to address nutritional needs
- Dedicated short-term rehabilitation with private rooms
- Pre-surgical reservations available
- Weekday and weekend admissions available
- Special infection control safety measures
- An individual iPad for each patient that allows easy connection to family and the internet





---

*Explore the Benefits of Pennybyrn*  
TRANSITIONAL REHABILITATION

*Call us for more information* 336-821-6548

---

[Pennybyrnliving.org](http://Pennybyrnliving.org)



**PENNYBYRN**

One trusted name. Many life-enriching choices.

Transitional Rehab

Retirement Living • Assisted Living • Memory Care • Healthcare Households • Transitional Rehab