



Stay Active, Stay Safe, Stay in Your Home

Do you find it more difficult to perform everyday activities? Are you having problems with walking or falling at home? Are you doing less each day?

The Admit from Home Program at Allied Rehab Hospital can help. A short stay at Allied Rehab Hospital can improve your strength, your ability to do everyday activities more independently, and get around safely.

To find out more about Allied Rehab Hospital's Admit from Home Program call 348-1359.

 **ALLIED REHAB**
Admit from Home Program

ALLIED REHAB HOSPITAL

ADMIT FROM HOME PROGRAM

People living at home and dealing an injury, illness, or chronic medical condition may experience difficulty with every day tasks. Allied Rehab Hospital has designed a short-stay program exclusively for people living at home, but finding it harder to manage their day to day routine. This program focuses improving a person's ability to get around and perform normal activities. After completion of the rehab program, patients can typically return home safer, stronger and more independent.

How do I know if the program is right for me?

Ask yourself the following questions.

- ❖ Do you find it difficult to perform everyday activities?
- ❖ Are you having problems with walking, balance, endurance or falling at home?
- ❖ Are you finding yourself doing less every day?
- ❖ Do you need to rely on family members and friends for tasks that you were always able to complete on your own?
- ❖ Have you had hospital stays or emergency room visits in the past year?

- ❖ Have you had home health or outpatient therapy but it was just not enough?

It doesn't matter if you are recovering from a recent injury, surgery, or if you are dealing with a chronic illness. If you answered yes to one or more of these questions a short stay at Allied Rehab Hospital may help you.

What can I expect at Allied Rehab Hospital?

When you are admitted to Allied Rehab Hospital your care will be coordinated by an experienced team of rehabilitation professionals. With input from you and your family, our team of specialists including: Doctors, Nurses, Physical Therapists, Occupational Therapists, Speech Therapists, Recreational Therapists, Social Workers, Psychologists, and Dieticians will evaluate your medical and rehabilitation needs and implement an individually tailored plan of care designed to help you function at your best.

How long will I stay at Allied Rehab Hospital?

Typically, our patients spend about 10 days with us. You may stay a little longer and or a little shorter depending upon your unique situation.

How much therapy will I receive?

While you are with us you will receive 3 hours of therapy a day, 5 days a week. This may sound like a lot of work, don't be intimidated. While therapy can be hard work, it is not all strenuous exercise. The time that you spend with therapists working on dressing, bathing, grooming and eating are also considered part of your daily therapy schedule. Therapy sessions are scheduled in the morning and the afternoon allowing for time to rest and eat.

What kind of results can I expect?

Do we produce results? Do we ever. In 2008, Allied Rehab Hospital received a top performer award for ranking in the top 8% of rehab hospitals nation-wide for improving patient function and getting them home safely. Our patients leave us stronger and better equipped to live safely at home.

How is Rehab different from a Nursing Home?

There are several key differences between a rehab hospital and a nursing home. The first is the specialization of our medical staff. At Allied Rehab, you'll receive care from doctors and nurses who specialize in rehabilitation medicine.

Another important difference is the amount of therapy a patient receives on a daily basis. At Allied Rehab, you will receive 3 hours of therapy, 5 days a week. At a nursing home, patients typically receive less than 2 hours of therapy a day. That difference is important because more therapy can lead to greater improvements and a faster return to your home.

Can my family participate with me in therapy?

Your therapy treatment team will schedule a family education session, this allows your family members to learn how to properly assist you at home in the safest and easiest manner for everyone.

If I come to Allied Rehab Hospital, what do I need to bring with me?

You will need to bring a few important items, including:

- comfortable clothes for exercise (sweat suits work well)
- slacks/trousers (loose fitting) with a belt.
- shirts/blouses
- socks & well-fit, laced, rubber-soled shoes or sneakers
- coat/ hat (for outside winter appointments)
- pajamas
- underwear
- toiletries (including hairbrush/comb)
- eyeglasses

You should leave your personal valuables at home.

What are the rooms like?

Most rooms in our rehab facility are semi-private; however, some private rooms are available. If you are interested in a private room please ask admissions about availability.

What about meals?

All food is prepared under the direction of a hospital dietician to assure each patient's individual dietary needs are met. Patients requiring Kosher or other special diets are accommodated. Allied Rehab also offers a program to allow families to celebrate special occasions. Your nurse or dietician can help you make any special arrangements when you are admitted.

Are there any other services I should know about?

Some of the other services we offer include:

- ❖ Religious Services of various denominations.
- ❖ A Hair Salon
- ❖ A complimentary copy of the Scranton Times daily.

When are visiting hours?

Your family and friends are welcome visitors at the hospital. Visitors are encouraged to arrive during times when patients are not participating in therapy. Visitor parking is free.

What do I do if I think Allied Rehab is right for me?

The first thing you should do is discuss Allied Rehab Hospital with your doctor. Your doctor can contact us to determine if rehabilitation is right for you.

Alternatively, you can contact us directly at (570) 348-1359. Our admissions department will answer any questions you might have and help you and your doctor determine if a stay at Allied Rehab Hospital is right for you.