

SHORT STAY Rehabilitation Unit

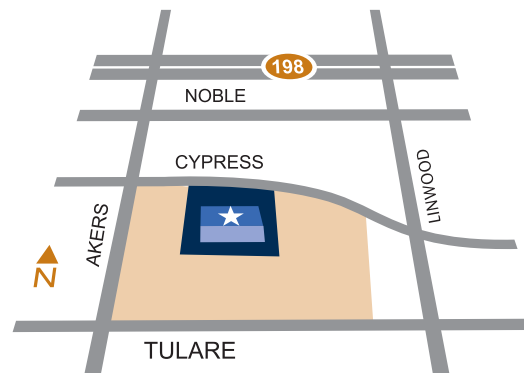
Program Scope

The short stay rehabilitation unit at Kaweah Delta Rehabilitation Hospital is a short term inpatient program designed to quickly return patients to their home environment. Patients will receive individualized therapy services designed to help them regain their independence. Physician supervision will ensure that the program is coordinated and responsive to each patient's medical and functional needs. Located within the Rehabilitation Hospital, the unit is staffed by clinicians with extensive rehabilitation expertise.

Patients admitted must be medically stable and have a realistic plan for returning to their home safely. Typical diagnoses include hip and knee replacements, hip fractures, pelvic fractures, simple trauma, back surgery such as laminectomy and spinal fusion, and compression fracture. Patients must be 18 years old or over.

Program Description

Patients will receive therapy services 5-6 days per week. The intensity of therapies can be adjusted according to each patient's needs and goals. In preparation for return to their regular routines, patients will wear street clothes and engage in every day activities. Nursing staff with experience in rehabilitation will support appropriate functional recovery while assisting with care needs. Social services staff will provide assistance in coordinating plans to return home. Regular physician supervision will be available as appropriate to each person's needs.



**Kaweah Delta
Rehabilitation Hospital**

A division of Kaweah Delta Health Care District

840 S. Akers Rd.
Visalia, CA 93277
(559) 624-3700

<http://www.kaweahdelta.org/services/kdrh.asp>

For information on Kaweah Delta services,
or to find a physician, please call

1 (877) KAWEAH 1



SHORT STAY Rehabilitation Unit



**Kaweah Delta
Rehabilitation Hospital**

A division of Kaweah Delta Health Care District

More than medicine. **Life.**

SHORT STAY Rehabilitation Unit

Preparing for rehabilitation

WHAT TO BRING

Clothing And Personal Items:

During the day you may wear street clothes unless you are on bed rest. To prevent loss, clothing should be labeled. Please bring a laundry bag or pillow case for soiled clothing. Kaweah Delta Rehabilitation Hospital has a washer/dryer for your use. Minimum clothing recommendations are listed below:

For Men:

- Washable cotton shirts, sport-style preferred, button down front
- T-shirts and briefs
- Washable, loose-fitting slacks (legs should not be tight fitting)
- Cotton socks
- Cardigan sweater, if desired
- For those patients needing braces, special shoes may be needed
- Robe and non-skid slippers
- Walking shoes

For Women:

- Cotton blouses, button down front, loose fitting
- Underpants and bras (undershirts if desired)
- Washable, loose-fitting slacks with side or front openings, zipper, buttons or elastic waistbands
- Cotton socks
- For those patients needing braces, special shoes may be needed
- Robe and non-skid slippers
- Walking shoes

Bring your shaver(electric preferred), comb, tooth-brush, toothpaste, shampoo, make-up and deodorant the day of admission to Kaweah Delta Rehabilitation Hospital or as soon as possible. You may bring items such as radios, hair dryers and curling irons.

Kaweah Delta

Rehabilitation Policies

Visitor and Visiting Hours:

Visitors are always welcome at Kaweah Delta Rehabilitation Hospital. We encourage you to time your visits between 8a.m. and 8p.m. to allow our patients adequate rest. All visitors must wear shoes and appropriate apparel.

Family Participation:

Family participation at therapy sessions and during treatments is highly recommended. Family participation is very important and valued. Visits will be arranged through appropriate members of the rehabilitation team.

Smoking:

Smoking is not permitted within Kaweah Delta Rehabilitation Hospital by visitors. Smoking is only allowed in designated outside smoking areas. Your cooperation is appreciated.

Lights Out:

You are encouraged to be in your room by 10p.m. and turn off lights, television sets and radios by 10:30p.m. This routine will help you get sufficient rest to maintain your busy daily schedule.

