CHOOSING A REHABILITATION FACILITY

The selection of a rehabilitation facility may often center around location. The tendency is to choose a facility that is closest to home. While convenience is a factor, there are many other factors that should be considered.

People go to a rehabilitation facility with the goal of regaining or improving their quality of life by becoming more independent in such areas as walking and mobility, dressing and grooming, cooking and home management, pain control and returning to their favorite leisure activities. It takes a strong team of rehabilitation professionals to help someone work toward these goals. This team may include Physical Therapists, Occupational Therapists, Physicians, Physiatrists (Physicians who specialize in Rehabilitative Medicine), and Nurse Care Managers.

NOT ALL REHABILITATION FACILITIES ARE THE SAME

Factors such as staff experience, types of equipment, staff and facility certifications, and how well the "team" works together may have a great deal of influence on the quality of patient outcomes and goal attainments.

When investigating rehabilitation facilities and services, some general questions to ask include the following:

- Does my insurance company have a preferred rehabilitation provider that I must use to qualify for payment of services?

- What is the cost and will my insurance company cover all or part of the cost?

- Is the facility well maintained, clean, and safe?

- How many patients with my diagnosis have you treated in the past year?

- What are the staff's credentials?

- May my family and I have a tour of your facility?

- May my family attend therapy with me?

- How many hours of therapy will I receive while in treatment?

- How is the patient and family included in planning care?

- Are there educational and/or support groups you can recommend after discharge?

- What can I do if I am dissatisfied with anything while I am at your facility?

- What are your discharge criteria and what assistance will I have in planning my discharge?

- How are emergencies handled?