



Taking Steps Today for  
a Stronger Tomorrow  
Methodist Acute Rehabilitation Center

# METHODIST ACUTE REHABILITATION CENTER

The new realities from an unexpected illness or injury can lead to many questions regarding your and your family's way of life. At the Methodist Acute Rehabilitation Center, we address your individual needs and answer your questions to help you return to daily life.

We've developed one of the area's most effective models of care to restore the strength and independence of each of our patients, and return them to their loved ones and community as soon as possible.

## **Mission and Values**

The Methodist Acute Rehabilitation Center is committed to maximizing the quality of life of individuals and families through comprehensive medical rehabilitation, education and community integration. In order to achieve these goals, our staff maintains the following core values:

We are patient-centered and patient-driven.

We honor and respect the dignity of all.

We strive for excellence and push beyond.

We work as one.

We are dedicated to serving our community.



## In The Most Capable Hands

Patients and families can find comfort and confidence knowing that the Methodist Acute Rehabilitation Center has received the highest level of certification offered by the Commission on Accreditation of Rehabilitation Facilities (CARF), an independent, nonprofit accreditor of health and human services.

We're also fully accredited by The Joint Commission on Accreditation of Healthcare Organizations (JCAHO) and have earned Nurses Improving Care for Healthsystem Elders (NICHE) designation, which ensures that patients 65 and older have the necessary resources available to address their unique needs.

Our nursing staff members are among the most highly skilled in rehabilitative care, and many are trained in the Certified Rehabilitation Registered Nurse program (CRRN), one of health care's most prestigious recognitions that validates the qualifications and specialized knowledge held by rehabilitation nurses. Methodist Hospital also has received the Magnet Award for Nursing Excellence, a designation recognizing sustained excellence in nursing and achieved only by hospitals that provide quality care on a consistent basis, particularly those whose departments work as a team to deliver the best care.

The specialized rehabilitation plan for our patients has shown superior results. Unlike skilled nursing facilities that provide patients 30 to 45 minutes of treatment per day, the Methodist Acute Rehabilitation Center delivers a minimum of three total hours of treatment per patient, five days a week. By giving more treatment time to our patients, we've dramatically shortened the length of stay.

Central to the design of our specialized care plan is a focus on recovering fundamental skills, the essential daily activities that often need to be relearned after a stroke or other traumatic event. This is the groundwork that enables our patients to progress more efficiently in their recovery. Our extensive experience in acute rehabilitation has enabled us to craft a successful program that focuses on the needs and goals unique to each of our patients while expediting recovery.

# MAKING THE DIFFERENCE

Many people who need acute rehabilitation wonder what to expect. How will they regain the skills that make them self-sufficient? How can they successfully transition after treatment? We know you have many questions, and we're here to provide answers.

Our providers are some of the most highly trained and capable physicians, nurses, therapists and support members working in the acute rehabilitation field. We've helped thousands of patients regain essential skills, restore confidence and smooth the way for their return to daily life.

The first few days at the center are some of the most important. We complete a thorough evaluation to determine your level of self-sufficiency and develop a rehabilitation plan that fits your needs and goals.

Throughout your stay, we continually evaluate your progress, encouraging you to strive for the next level in your recovery. We know the road back is different for everyone, and we work hard to find the balance – having compassion for where you are today and encouraging you to push ahead for tomorrow.

## Stroke Specialty Program

Our CARF-accredited stroke specialty program provides care that focuses on the unique needs of patients who have sustained a stroke.

Our program aims to:

- Minimize impairments and secondary complications
- Reduce activity limitations
- Maximize participation and quality of life
- Decrease environmental barriers
- Prevent recurrent stroke



Our stroke program recognizes the individuality, preferences, strengths and needs of each patient and their families/support systems.



## Amputation Specialty Program

Our CARF-accredited amputation specialty program provides care that focuses on the unique needs of a person who has had an amputation, including:

- Assessing and treating conditions related to limb loss and its complications
- Maximizing independence and quality of life
- Identifying and reducing the risk factors for further amputation
- Facilitating coping and adaptation skills

Our patient-focused amputation program addresses the needs and desires of each patient and their families/support systems.



# PREPARING FOR YOUR STAY: WHAT TO BRING

## Personal Medical Information

### 1. Your Medicare and health insurance coverage cards

We'll verify your insurance coverage prior to admission. Your insurance company may require information to confirm that your continued stay is necessary

### 2. Your advance directive forms

If you have advance directive documents (living will, POLST, power of attorney, appointment of health care representative), please bring a copy with you to include with your hospital records. If you prefer, admissions staff can make copies of the originals for you.

Information about living wills and advance directives can be found at [www.bestcare.org/advancedirectives](http://www.bestcare.org/advancedirectives).

### 3. Your list of current medications

If you're coming to us from another health care facility, your medications will be continued as ordered by the transferring physician. If you are coming from your home, bring a list of current prescription and over-the-counter medications, as well as herbals and vitamins, noting dosage, strength and frequency taken. All medication from home will be sent home with your family after being reviewed. While you are with us, our pharmacy will provide your medications as prescribed by your physician.

## Personal Items

We recommend that you bring these items to make you more comfortable while you're here:

### 1. Your assistive devices for hearing, vision and mobility

Please bring any assistive devices you're currently using that are necessary to participate in the rehabilitation program. These items include glasses, hearing aids, prostheses, braces and splints.

### 2. Your personal items that that provide comfort/remind you of home

Feel free to bring along any reminders of home, such as family photos and books.

### 3. Your clothing and toiletries

Our goal is to get you back to a normal daily routine. Whenever possible, you'll be able to wear your own clothing. Please choose comfortable, loose-fitting garments that won't restrict your ability to move and exercise. The clothing you choose should be easy to get on and take off.



## SUGGESTED PACKING LIST

Please bring at least three or four changes of clothes and necessary personal care items. Here are some suggestions:

- 3-5 casual shirts/blouses (the fewer buttons, the better)
- 3-5 pairs of loose-fitting slacks/shorts
- Sweat suits
- 4-5 pairs of undergarments
- 3-4 pairs of cotton socks
- 1 pair of rubber-soled shoes with good support
- Personal care items (shampoo, powder, lotion, deodorant, hairbrush, cosmetics, toothbrush and toothpaste, along with the things needed for shaving and denture care)

**Note: Please write your name on all personal care items.**

We recommend you arrange with a family member or friend to take your personal laundry for cleaning every other day. Blue laundry bags are available to store and transport your personal laundry. Should family or friends not be able to assist, there is a washer and dryer available in the rehab gym for patient use during non-therapy times.

# ARRIVING AT THE METHODIST ACUTE REHABILITATION CENTER

## **Admission and Evaluation**

When you're admitted to the Methodist Acute Rehabilitation Center, we start by evaluating your medical, social, functional and psychological conditions during the first few days of your stay. During your evaluation, we'll work with you to set your rehabilitation goals.

Our rehab team will meet with you and your family/support system weekly after the initial evaluation to discuss your rehabilitation program.

The Methodist Acute Rehabilitation Center has private and semiprivate rooms. Each room has a closet, drawer space, a bedside telephone and large flat-screen television. All rooms have an accessible bathroom, and some include showers.





## Education

You'll be provided written education throughout your rehab stay. This may include information about resources, instructional tools and your treatment. Education materials are yours to keep and can provide useful information for you and your family.

## Your Daily Rehab Schedule

All of our patients receive at least three hours of therapy, five days a week. Weekend therapy services may be offered, including physical, occupational or speech therapy, depending on your needs. Therapy sessions are scheduled in the morning and afternoon, with rest breaks in between. Your own schedule will be available to you, allowing you to share your schedule with family and friends.

## Family and Friends Are Welcome

We encourage family and friends to participate in your rehabilitation program. They may be asked to attend team meetings or therapy sessions to learn techniques that will help them care for you after you're discharged.

***IMPORTANT SAFETY NOTE: For your safety, you should not ask your family or friends to assist you out of bed or a wheelchair or to walk with you until they have been given specific instructions by our staff.***

## Visiting Times for Family and Friends

We welcome visiting family members and friends, preferably between 11 a.m. and 8:30 p.m.. However, we understand that often the best medicine is having your loved ones here outside of those hours. Caregivers are welcome anytime throughout the day.

Social visits should take place after 3:30 p.m., Monday through Friday, so patients are fully available to participate in their therapy sessions. Visits are welcome on weekends outside of scheduled therapy sessions. Caregivers are encouraged to return home at night so both the caregiver and the patient can rest, unless they are practicing care for discharge education purposes.

# YOUR TEAM

Depending on each patient's individual needs, rehabilitation team members may include:

## **Rehabilitation Physician**

Physiatrists have specialized training in physical medicine and rehabilitation and serve as the leader for your team of health professionals, caregivers and rehabilitation specialists. When applicable, your physiatrist will consult with your primary care provider or other specialists.

## **Care Coordinator**

A registered nurse who facilitates the coordination of rehab care within the Methodist Acute Rehabilitation Center and with outside entities (such as insurance companies) to ensure that patients receive the maximum benefit from the rehabilitation program.

## **Medical Social Worker**

Medical social workers help patients and their families create appropriate plans for discharge and continuity of care. They also provide support and assistance with problem-solving and issues related to finances, community resources and potential challenges to daily living following discharge.

## **Rehabilitation Nurse**

Rehabilitation nurses are available 24 hours a day, seven days a week to coordinate a care plan aimed at preventing complications, reinforcing learned techniques, restoring optimal function and helping patients adapt to their situation.

## **Physical Therapist**

Physical therapists help patients restore balance, coordination, strength, endurance, mobility and functional independence.

## **Occupational Therapist**

Occupational therapists assist patients in achieving personal goals through training in self-care, home and community management, cognition, and physical strength and coordination.



### **Speech and Language Therapist**

Speech therapists provide evaluation and treatment for people with a variety of communication disorders, including problems affecting auditory and reading comprehension, verbal and written expression, memory, orientation, voice, swallowing, social skills, attention, and concentration.

### **Therapeutic Recreation Specialist**

Therapeutic recreation specialists work with patients to eliminate barriers, develop skills and provide opportunities to develop and maintain an appropriate leisure lifestyle following changes in physical, mental, emotional or social abilities.



# PREPARING TO LEAVE

During rehabilitation, we continually re-evaluate your abilities and functional limitations to know what services you'll need when you're discharged. By the time you're ready to leave, you'll have progressed in your rehabilitation and received answers to important questions about your future. Your care team will share recommendations for discharge planning and continuity of care with you and your family/support system.

## **Transitional Living Apartment**

In preparation for your return home, you may be a candidate for our transitional living apartment. This experience helps you and your health care partner practice your newly learned rehabilitation skills in a homelike setting to prepare you for independent living prior to leaving. It's designed to relieve any anxiety you or your health care partner might have about transitioning to the next step in your life while providing an opportunity to identify barriers.

## **Discharge Information**

Before discharge, your rehab team members will provide you with exercises and other helpful information to aid your ongoing rehabilitation after you leave us. A care coordinator and social worker will identify and arrange follow-up medical care, medications, home care providers or outpatient therapies and other resources required after discharge. Your team will also coordinate with the rehab team, locating community resources available to provide key services after your stay is complete.

Caregiver training is provided before you're discharged. Patients and caregivers are instructed on proper equipment needs and the level of assistance required at home. Caregivers are encouraged to participate in therapies as you prepare for discharge.

A home visit or community re-entry outing may be warranted during your stay to assess your daily living skills and ability to function in your home environment and community.



### **Outpatient Therapy**

Methodist Hospital has a dynamic outpatient therapy staff capable of treating the most complex diagnoses. Our specialized team ensures clinical excellence in physical, occupational and speech therapy.

### **Home Health Care**

Home health offers comprehensive nursing and rehabilitation services throughout the community. Working under the direction of your primary care physician, a team of health care professionals will follow a treatment plan designed to meet your individual needs. Home health rehabilitation professionals could include physical, occupational and speech therapists and nursing.

### **Skilled Nursing**

Skilled nursing facilities are available within the community when patients require the next level of care after rehabilitation but are not ready to return to their home environment. These facilities are located within certain nursing homes and are Medicare- and insurance-designated with certification by the state of Nebraska. Your social worker will provide you with a list of these facilities and assist with making referrals and finding availability, if needed.



# INDEPENDENCE DAY

## Independence Day

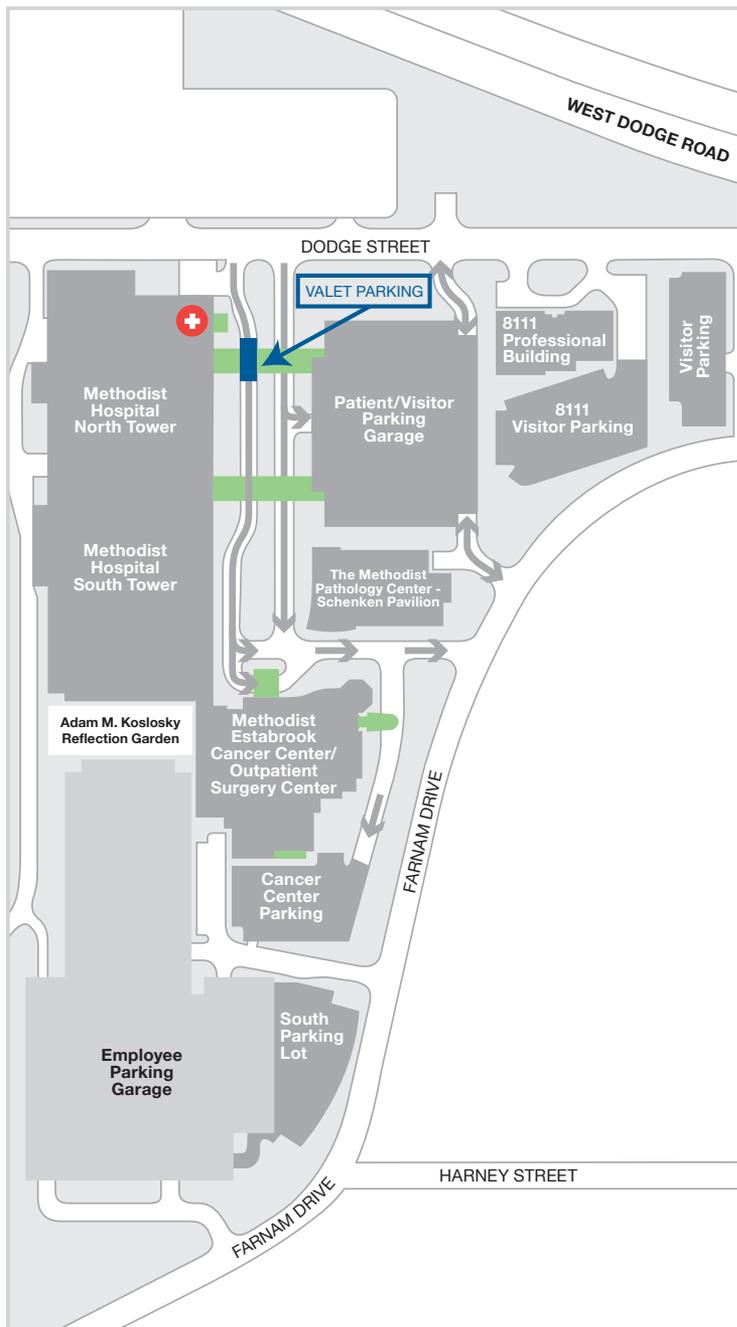
“Independence Day” is a special time period that begins a day or two prior to your discharge. During this period, each patient will be encouraged to show the highest level of independence that’s safe for them before discharge. Your caregivers may also be included if they’ll be assisting you after discharge. It’s our goal to ensure that you’re in an appropriate and safe environment once you leave our facility. If you have questions about discharge planning, talk with your care coordinator.





# Visiting the Methodist Acute Rehabilitation Center

The Methodist Acute Rehabilitation Center is located on the fourth floor of Methodist Hospital's south tower. Visitors may park in the visitor parking garage directly to the east of the hospital or use our complimentary valet parking service.



## METHODIST HOSPITAL

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[www.bestcare.org](http://www.bestcare.org)



**METHODIST  
HOSPITAL**

The meaning of care.®