We would like to WELCOME you and tell you a little bit about your stay with us....

You will have an entire team of health care professionals caring for you during your stay. Your rehab team will be made of a:

- Physician
- Nurse Practitioner
- Nurse
- Nurse’s Aide
- Physical Therapist
- Occupational Therapist
- Speech Therapist (if needed)
- Case Manager
- Social Worker

Your rehab team meets once a week to talk about your progress and your needs for discharge. The Case Manager will be working with you and your family to see that your needs are met for a safe discharge.

You will find a small whiteboard on the wall in your room. This board will have information about your care team. It is important to remember that you are here to learn how to become more independent and do things on your own. You will be encouraged to participate in your therapies and with the nursing staff as they assist you.

While you are on the Physical Medicine and Rehab Unit (PM&R) you are required to have 3 hours of therapy per day. It may be:

- Physical Therapy
- Occupational Therapy
- Speech Therapy (if needed)
Pain Control
- In order for you to make progress in your therapy sessions, your pain must be controlled to the best of our ability. Talking to your nurse about your pain level is important for you to be successful in your therapy sessions.

Your Safety
You must call for help when:
- Getting in and out of bed
- Getting in and out of a chair
- Going to the bathroom.
You must call for help until you are cleared by your therapy team. Family is not allowed to help you unless they have been trained by the staff.

Meals
- Served at 8am, 12 noon, and 5pm.
- We encourage all of our patients to enjoy lunch and dinner with others in our dining room.
- Family members are welcome to bring in food from home for you, but please check with your nurse to make sure the food is okay with your diet.

Personal Belongings
While you are with us, you will be wearing your own clothes during the day and your pajamas at night. You will need 4-5 changes of comfortable clothes including undergarments, and sturdy sneakers/tie shoes. You are also welcome to bring your electronic devices to use (laptop, cell phone, etc.) Your cell phone is not allowed in the gym during your therapy. Please remember, that you are responsible for any valuables you choose to have at your bedside.

Therapy Schedule
You can find the therapy schedule for the course of the day on:
- Large screens found by the nurse’s station
- In the dining room
- On the gym wall
- A red binder in your wheelchair will show your schedule for the day. In the red binder you will see abbreviations that tells you what therapy you have scheduled.
Here is the key to those abbreviations:

**ADLs**: Activity of Daily Living. Occupational Therapy will assist you with your morning care, please wait for the therapist in your room.

**OT**: Occupational Therapy for upper body strengthening in the gym.

**PT**: Physical Therapy for lower body strengthening, walking, and balance.

*If you have a walker or cane at home, please ask someone to bring it in for you. Please label it with your name.

**SLP**: Speech Language Pathology for swallowing, speech therapy, and your thinking skills/memory. Not everyone requires speech therapy. Your team will determine whether or not you would benefit from it.

**Visiting Hours**
Are not formal on the rehab unit, but please remember getting a lot of rest is needed for your body to heal. We encourage family and friends to visit when your therapy sessions are finished for the day.

**We put our Patients first!!**
If you have any concerns, please ask any of our staff members, the Nurse Manager Cindy Fetcho at 315-492-5158, or the Therapy Manager Carol Fabbri at 492-5917.

**Thank you for choosing Upstate!**