



What should I bring?

Bring at least one week's supply of washable loose-fitting clothing. Please also bring: slippers with nonslip soles, an outdoor jacket, a sweater, one pair of comfortable walking shoes, and pajamas. If you used dentures, hearing aids with batteries, glasses, a walker, a cane or a wheelchair before you came to the hospital, please have someone bring them to you for rehab. Please bring any cosmetics, a razor or toiletries you would like to use.

Please leave any valuables at home. This includes jewelry and items of sentimental value.

We do encourage you to bring in photographs of family, friends and pets.



Visiting Hours

Monday through Friday: 5:00 pm to 8:30 pm

Saturdays, Sundays and Holidays: 1:00 to 8:30 pm

Children under 14 are allowed to visit if supervised by an adult

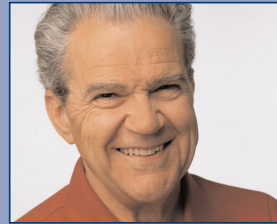
No more than two visitors at a time in addition to your spouse, legal guardian or primary care giver.

If family or friends are learning to help care for you, they are encouraged to come in and take part in training.



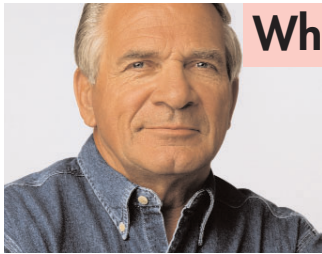
For more information about admission to Acute Inpatient Rehabilitation, please contact:

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Nurse Liaison
315-464-2326
Fax: 315-464-2322



Guide to Inpatient Medical Rehabilitation Services

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What is Medical Rehabilitation?

The goal of the University Hospital Rehabilitation Center (2N) is to help you become as independent as possible. We treat problems with mobility, self-care, communication, and thinking that result from stroke, spinal cord injury, head injury, amputation, multiple sclerosis, and other medical conditions. 2N is a 30 bed acute, short-term Physical Medicine and Rehabilitation facility located on the second floor of University Hospital. Adults and children receive rehabilitation at our facility.

Acute Inpatient Rehabilitation may be for you if:

- You are currently or will be a patient in the hospital
- You are medically stable.
- You need the assistance of two types of therapy.
- You have medical conditions that will make your recovery more difficult.
- You are ABLE to take part in therapy for about three hours per day.



What happens when I go to 2N?

The rehabilitation team will work with you and your family to develop your own plan and goals for recovery. To reach your goals, we will plan a daily schedule. In addition to your scheduled therapy sessions, each team member will encourage you to practice the skills you have learned. Practicing the skills throughout the day will help you to reach your goals.

Included in your rehab program will be educational sessions and classes focusing on issues related to your illness or injury. It is important that your family or caregiver attend these classes and your therapy sessions with you. Involvement in all parts of your rehabilitation program is vital to reaching your goals.



How do I get admitted to 2N?

Your doctor, case manager, or social worker needs to contact our department to let us know you are interested in the rehabilitation program.

A doctor from the rehabilitation department (physiatrist) will examine you and decide if you can benefit from short term rehabilitation.

Before you are accepted to 2N, your insurance company will be contacted for authorization. Even if you have the benefit, you must meet certain standards to get permission for admission.

Once your doctor and physiatrist determine that you are ready for rehabilitation you will be moved to 2N.

Your stay on 2N will be determined by your progress in therapy and your need for medical services. If you need an extended stay, we will work with you and your insurance to help get you the appropriate care.



Who is involved in my rehabilitation care?

Experts in rehabilitation will guide and teach you and your family. Every staff member will help you to increase independence (doing for yourself). With the help of the rehabilitation team, your physiatrist will decide which services and specialists you may need.

Rehabilitation is a team effort. The most important team member is you. Other members of the team may include:

Physiatrist	Pastoral Care
Vocational Rehabilitation	Speech Therapist
Registered Nurse / Nursing Staff	Respiratory Therapy
Social Worker	Therapeutic Recreation Services
Physical Therapy	Dietitian
Case Manager	Psychologist
Occupational Therapy	Consulting or Primary Doctor