



Information for You from Your Health Care Team

What is inpatient rehabilitation?

What is rehabilitation?

The word rehabilitation (ree-hab-bil-a-tay-shun) means, “to make able.” The goal of rehabilitation, or “rehab”, is to help someone do as much for oneself as possible.

What is the difference between home care, outpatient therapy, outpatient rehabilitation and inpatient rehabilitation?

- Home care: Sometimes a person can work at home to get stronger and take care of oneself. A therapist may be able to visit a patient at home to assist them in their recovery.
- Outpatient therapy happens when a person goes to the workplace of a physical, occupational, or speech therapist to receive treatment.
- Outpatient rehabilitation is when several therapies work together to help a patient meet common rehab goals.
- Inpatient rehabilitation: Inpatient rehab is when a person is admitted to a rehab unit. Several types of therapies and rehab services will work together with a formal plan to provide rehab. Inpatient rehab stays are for a limited amount of time. Discharge from inpatient rehab may be to home or to a place that can continue longer-term rehabilitation.

How is the decision made that your loved one needs inpatient rehab?

Your health care team will look at how much help is needed to do every-day activities. Some of these activities include how well one can move, take care of oneself, speak, think and make safe decisions.

The health care team is made up of many different types of health care workers. They include doctors, nurses, social workers, case managers and therapists. They meet on a daily basis to discuss things such as:

- Progress in getting better medically
- Progress in therapy
- What is needed to be ready for discharge

If the team decides that there is a need for some extra help that cannot be provided at home, they will discuss with you the need for inpatient rehabilitation.

Where does inpatient rehab take place?

We have an Inpatient Rehabilitation Unit here at University Hospital. An evaluation by the Physical Medicine and Rehabilitation Department can be done to help pinpoint the best type of rehab for a specific patient.

Inpatient rehabilitation also occurs in many different places in Syracuse and the surrounding counties. Depending on where you live, you may need to travel a distance to get to them.

Different types of facilities may be recommended, based on the type and amount of rehab that is needed. Admission to our rehab unit may not be possible. You may also choose to get rehab somewhere else. In that case, your social worker or case manager will keep working with you to decide which places are best to choose from.

What types of inpatient rehab are there?

There are several different types of inpatient rehab. The most common types are:

- Acute rehabilitation: This occurs in a rehab unit of a hospital. This type of rehab requires a patient to be able to do three hours of physical and occupational or speech therapy per day.
- Sub-acute rehabilitation: This occurs in a skilled nursing facility (nursing home) that has a dedicated rehab program. Sub-acute rehab stays are generally longer than those of acute rehab.
- Coma recovery programs: The goal of this therapy is to watch for changes and give care that may help increase alertness or function. There are only five of these rehab programs in New York State (two in Rochester and three in the Albany area).

Many factors are reviewed to help decide what type of rehab is best for your loved one. Insurance is needed because rehab is costly.

How is the place chosen for your inpatient rehab?

Just because a patient or their loved ones decide on a certain place, it does not always mean they can be admitted there. Sometimes facilities do not have room to take new patients. Each place has to individually review each case. Then, each place will decide if they are able to safely offer the needed care and services.

Your health care team will continue to work with you every step of the way to make sure your needs are met when you leave the hospital.

**If you have any questions, please ask to speak with your
Case Manager _____ or Social Worker _____**