

WHAT SHOULD I BRING?

Once you arrive to the inpatient rehabilitation floor, please have someone bring the following:

- one-week supply of loose-fitting clothing
- sweater or jacket
- comfortable pair of shoes and socks
- something to sleep in
- any toiletries you would like (toothpaste, razors, cosmetics, etc.)
- glasses, hearing aids and batteries, and dentures, if needed

Please leave valuables at home. We encourage you to bring photos of family and/or pets.

We have a washer and dryer on the unit and can assist with washing your clothes.

We provide assistive devices (cane, walker, wheelchair, etc.) while you are here. We may ask you to bring personal devices that you may have closer to discharge, if appropriate. We will assist you with what assistive devices or adaptive equipment you may need for discharge.



UPSTATE REGIONAL REHABILITATION CENTERS

VISITING HOURS

Therapy appointments may start as early as 6:30 a.m. and may end as late as 4 p.m. While we encourage family and caregivers to participate in therapy sessions and learn about your care, we will schedule training sessions to include your loved ones as needed to ensure a safe discharge. It is important that visitors adhere to therapy schedules and visiting hours. Many patients need to rest in between therapy; please ask your family and friends to visit after 4 p.m. or after your last therapy.

Please visit upstate.edu for our most up-to-date visiting hours and guidelines.

Overnight guests are not permitted unless there are special circumstances. Please discuss with the charge nurse if you need a special accommodation.

PEDIATRIC VISITING HOURS

Parents are encouraged to spend as much time with your child as schedules allow. Our rooms will accommodate one parent/guardian to stay overnight. Please let us know if more than one person needs to stay, and we will try to accommodate your needs.



UPSTATE CONNECT
800.464.8668

WELCOME TO 2N



UPSTATE
REGIONAL
REHABILITATION
CENTERS

INPATIENT REHABILITATION AT UNIVERSITY HOSPITAL

We are an acute, short-term physical medicine and rehabilitation facility. The team will work with you to develop your personalized plan and goals for recovery. To reach your goals, you will see the medical team daily and receive scheduled therapy at least five days per week. In addition to your scheduled therapy sessions, each team member will encourage you to practice the skills you have learned. Our team will communicate regularly about your goals and progress and keep you updated regarding discharge.

The goal of Upstate Regional Rehabilitation Centers is to help you become as independent as possible and return home. We treat problems with mobility, transfers, self-care, vision, swallowing, communication and cognition that result from stroke, spinal cord injury, head injury, burns, amputation, multiple sclerosis, multi-trauma and other medical conditions.

YOUR CARE TEAM

While you are here, your care team may consist of the following:

- case manager
- dietician
- nursing staff
- physical and occupational therapist
- psychologist
- rehabilitation doctors (physiatrist)
- respiratory therapist
- social worker
- speech pathologist
- spiritual care advisor
- therapeutic recreation specialist
- vocational rehabilitation counselor



WHAT TO EXPECT

One of the requirements of our program is attending three hours of therapy per day for a minimum of five days per week.

Your stay with us will be determined by your progress in therapy and your need for medical services, as well as an assessment of whether your rehab goals are being met. If you need an extended stay, we will work with you, your family and your insurance carrier to help get you the appropriate care.

On the day of discharge, we ask that your family/support arrives to the unit by 9 a.m. to finalize discharge needs and paperwork.

Our entire team is here to assist you with your medical, physical, social and emotional needs while you work to rehabilitate.

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