Tips for Getting the Most Out of Your Post-Hospital Rehabilitation Stay

Today’s model of health care is such that many people are discharged from the hospital before they’re able to successfully return home. Often, additional time, support and care are needed to fully recuperate from an illness, surgery or accident. For this reason, many post-hospital patients are now benefitting significantly from continuing their rehabilitation in leading short-term rehabilitation centers such as RenewAll Short-Term & Medically Complex Care at Bryn Mawr Terrace.

Experts, such as Medicare, explain that you should look for the following indicators of a high quality rehabilitative care:

- Certification by Medicare/Medicaid
- Specialized services and expertise in the type of post hospital care you require such as, cardiac rehab, stroke rehab and orthopedic care
- High quality patient recovery outcomes using national standards (e.g. Medicare quality ratings)
- High patient satisfaction levels
- A full-time Registered Nurse (RN) in the center at all times
- Multiple insurance plans are accepted
- Personalized care plans
- A clean and attractive environment
- Social engagement activities
- A choice of nutritious food items for each meal
- Family-friendly visiting hours
- Outdoor areas for patient use when the weather is warm
- Quiet areas where patients can visit with friends and family

In addition to selecting a reputable short-term rehabilitation center that offers the best chance for a full and speedy recovery, there are personal considerations to keep in mind that will also contribute to the quality of your experience and a positive outcome. For example:

- Be your own best advocate – If you have questions or do not understand something regarding your rehab plan, be sure to ask your care team about it.
- Actively participate with your care team in discussing and setting your rehab and recovery goals.
- Let your care team know if you are experiencing pain. Some discomfort is normal when you are rehabbing after a surgery or injury and using muscles that you haven’t used in a while. However if the pain seems abnormal, alert your team.
• Think positive! Enjoy your time to relax and recover. Also, try to visualize yourself being fully recovered and back at home doing all the things you enjoy. Having a positive attitude about your rehabilitation is also important.
• Take advantage of the highly nutritious meals you are served. Good nutrition is also a very important to your recovery – and something you should continue when you return home.
• Invite your family to visit you often for support and encouragement as well as for them to receive updates from your care team. Leading post-hospital rehabilitation centers have family-friendly visiting policies.
• Be sure you follow your care team’s instructions after you return home regarding what you should and should not do. This will help you to achieve the best results possible.

If you choose your short-term rehab provider well and by take advantage of the services and amenities available to you, you can get the most out of your recovery experience and achieve the outcome you want.

A Healthy Tradition of Care and Wellness

Located near Bryn Mawr Hospital, Bryn Mawr Terrace – part of Main Line Senior Care Alliance – has provided exceptional care and services to seniors and their families since 1966. It’s a tradition we’re proud to continue.

Today, Bryn Mawr Terrace serves as a Continuing Care Retirement Community (CCRC), offering a range of services – including short-term rehabilitation, traditional nursing care, independent living, personal care, memory care, restorative care and respite care – all in a setting that is warm, welcoming and nurturing. For more information on Bryn Mawr Terrace and our variety of needs-based lifestyle services, please call us at (610) 525-8300 or contact us online.

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