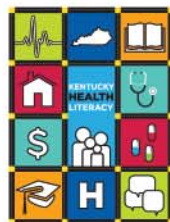
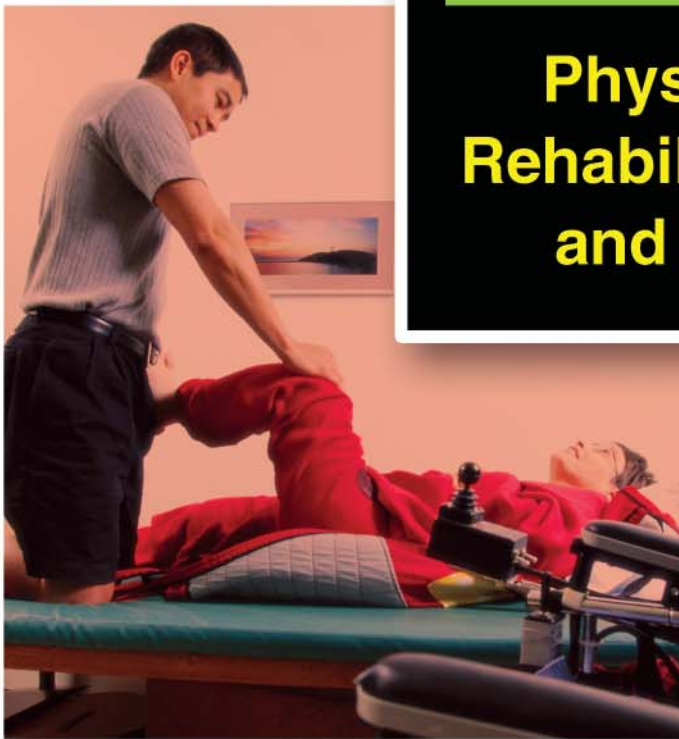




HEALTH LITERACY

Physical Rehabilitation and You



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in conjunction with the **Kentucky Hospital Association**

What is Physical Rehabilitation (Rehab)?

Physical rehabilitation (rehab) can help you reach your best level of quality of life. Rehab will help you better perform activities and increase your ability to move.

You may need to:

- Regain your strength
- Relearn skills
- Find new ways of doing the things you did before

Each patient-therapy team develops short and long-term goals for the therapy. The type of therapy and goals of therapy may be different for different people.

Your rehab team may include, among others:

- Doctor (MD, DO) trained to help you get well
- Physical therapist (PT) to help you regain your strength, mobility and fitness
- Occupational therapist (OT) to help you relearn your daily activities
- Speech-language therapist (SLP) to help you with speaking, understanding, reading, writing and swallowing
- Nursing staff to help with your personal care and medications

Which Rehab Setting is Best for Me?

Each rehab setting described below has different levels of care. It is important to know about each type of facility and to understand what to expect from each. Your health care team can help match your rehab needs, goals and abilities with the best type of rehab setting for you.

Inpatient Rehab Facilities (IRF) - for patients with a medical illness or injury that prevents them from returning home.

What to Expect

- Daily rehab doctor care 5-7 days a week
- Around-the-clock rehab nursing and medical-surgical nursing
- Intense rehab: 3 hours a day, 5-7 days a week with at least two different types of therapy (PT, OT, SLP)
- 7 out of 10 patients return home after IRF rehab

Requirements for IRF Service

- Patients who have a medical illness or injury that prevents them from returning home
- Patients are well enough to begin rehab
- Patients have the ability to improve with IRF rehab
- Patients receive a daily rehab doctor visit

Skilled Nursing Facilities (SNF) - for patients with simple medical problems or injuries who require low to moderate intense rehab in a slower paced setting.

What to Expect

- 24-hour skilled nursing care
- Once a month rehab doctor visit
- Low to moderate intense rehab: 30 minutes to two hours a day of at least one therapy type (PT, OT, SLP), 5-7 days a week
- Services provided in a hospital or nursing home setting

Requirements for SNF Service

- Patients have a medical illness or injury and can't do full treatment therapies, but do not need to be in a hospital
- Patients have the ability to participate in at least one hour of SNF rehab each day

Home Health Care (HHC) - for patients who cannot reasonably travel and are considered “home bound.”

What to Expect

- Between 30 minutes to one hour a day of at least one therapy (PT, OT, SLP) and/or nursing, 3 days a week
- All services performed at the patient’s home

Requirements for HHC Service

- Patients must be considered “home bound” (currently cannot leave the home, except for medical visits)
- Patients must be well enough after a medical illness or injury so they can return home
- Patients must be able to participate and improve with HHC rehab

Outpatient Rehab Facilities (ORF) - for patients who, either with the help of family or friends, can mostly take care of themselves and can travel to and from rehab.

What to Expect

- Between 30 minutes to two hours a day of at least one therapy (PT, OT, SLP)
- All therapy services performed in a specially designed gym
- Can be a rehab facility or hospital

Requirements for ORF Service

- Patients have a medical illness or injury
- Patient can travel to and from rehab
- Patients must be able to participate and improve with ORF rehab

What Do I Need to Do?

Understanding where you will receive your rehab and what type of therapy (PT, OT, SLP) is best for you is important.

Work with your health care team to learn what to expect. You and your family should participate in the decision for where you will receive rehab care.

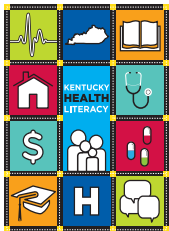
Questions you may want to ask your health care team:

1. Can I have rehab therapy (PT, OT, SLP) in my home, at an IRF, SNF or ORF?
2. How much rehab therapy and which type (PT, OT, SLP) will I receive?
3. Will rehab therapy hurt?
4. What will the rehab setting be able to do that I can’t do at home?
5. What will be expected of me if I stay at the rehab facility?
6. If I go to a rehab facility, can my family or friends visit?
7. Do I have to stay at the rehab facility the entire time, or am I allowed to leave?
8. How long will I stay at the rehab facility?
9. What will happen to me after my stay at the rehab facility?
10. Will my insurance pay for my rehab therapy (PT, OT, SLP) at the rehab facility?
11. How much will I have to pay for my rehab therapy?
12. What will happen to me if I cannot do the required rehab therapy (PT, OT, SLP)?
13. Who will treat my other non rehab medical problems?
14. How many times will a doctor or nurse see me at the rehab setting?
15. When will my rehab therapy end?

Your ability to live an active life depends on how fast you recover from your medical illness or injury. Rehab therapy is an important part of your recovery. Your rehab team’s goal is to help YOU improve the best YOU can.



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Health Literacy Kentucky (HLK) is a partnership of more than 35 organizations that have come together to address the issue of health literacy in Kentucky. HLK's goals are to raise awareness of the critical role that health literacy plays in health outcomes and health disparities; lay the foundation for a strong, cohesive health literacy effort in Kentucky; and introduce new opportunities for collaboration among those working with health literacy. For more information, please visit www.healthliteracyky.org



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