

Your Rehabilitation

CHOOSING A REHAB CENTER



**Fletcher
Allen**
HEALTH CARE 
*In alliance with
The University of Vermont*



At Fletcher Allen Inpatient Acute Rehabilitation, we help you regain function and independence, and prepare for the transition back to everyday life.

Our team of rehab specialists uses their expertise and experience to customize a rehab program for your unique needs. As part of a university hospital and health system, we offer the latest technologies and research-based treatments – so your care is based on the most recent scientific knowledge.

We are also dedicated to providing you with the information you need to make informed decisions throughout your recovery.

Making a Decision: Choosing an Inpatient Rehab Center

If you are recovering from a serious injury or illness and need rehab, you want to find the rehab facility that is right for you. Fletcher Allen is the right fit for many – but not all – patients who need inpatient rehab.

The following are the 10 questions you'll want to ask any rehab facility you are considering working with, along with information about why each question matters, and the answer for Fletcher Allen Inpatient Acute Rehabilitation.

10 QUESTIONS TO ASK A REHAB CENTER:

The following are the 10 most important questions to ask any inpatient rehab center that you are considering working with.

Q1. Does the facility offer acute or sub-acute rehab?

Why it matters: An acute rehab center is staffed by health care professionals who have advanced expertise in rehabilitation. At an acute rehab center, you have around-the-clock rehabilitation nursing care and you are treated by a physiatrist (a medical doctor who specializes in rehabilitation) at least five days a week, and usually seven. The physiatrist assesses your condition, monitors your progress, and supervises your care team. Acute rehab centers offer intensive therapy – a minimum of three hours a day, five days a week – with the aim of getting you back to your life as soon as possible.

Patients at sub-acute rehab facilities receive less intensive therapy and typically have contact with a medical doctor once or twice a week. They may or may not be treated by health care professionals with specialized training in rehabilitation.

Your doctor, physical therapist or case manager can help you understand which type of rehab center is the best fit for you.

The Fletcher Allen answer: The Fletcher Allen Inpatient Acute Rehabilitation Center is an acute rehab center offering expert care and intensive therapy to help you get better sooner.

Q2. Are staff members specially trained in rehabilitation?

Why it matters: Providers who are specially trained in rehabilitation have the knowledge and experience to understand the unique challenges you face as a rehabilitation patient, and they know how to respond with the latest and most effective therapies. There are many types of qualified caregivers who may participate in your rehabilitation program. Some to look for include:

- **Physiatrists:** medical doctors who specialize in rehabilitation, including the diagnosis and treatment of nerve, muscle and bone disorders.
- **Rehabilitation nurses (known as CRRNs):** registered nurses who have achieved recognition from a national board for their advanced expertise in rehabilitation nursing.

The Fletcher Allen answer: At Fletcher Allen Inpatient Acute Rehabilitation, your caregivers are specially trained in rehabilitation. Your care team is led by a physiatrist and includes registered nurses and CRRNs.

If it will help your recovery, your care team will also include a physical therapist,

an occupational therapist, a recreational therapist, a speech-language pathologist and a medical psychologist. A social work case manager will work with you, your care team and your family to help ensure a successful transition home.

Q3. How often will I see a physiatrist?

Why it matters: Frequent interactions with a physiatrist ensure that your care is continually tailored to your current condition, so you can rapidly build on your most recent progress. For many patients, daily consultation with a physiatrist is ideal.

The Fletcher Allen Answer: At Fletcher Allen Inpatient Acute Rehabilitation, you will see a physiatrist at least five, and usually seven, days a week.

Q4. What is your nurse-to-patient ratio?

Why it matters: The nurse-to-patient ratio is a key indicator of the level of attention you will receive. The fewer patients per nurse, the more time your nurse has to spend on your care.

The Fletcher Allen Answer: During the day, each Fletcher Allen Inpatient Acute Rehabilitation nurse cares for a maximum of four patients, though the actual number is often lower.

Q5. What therapies do you offer?

Why it matters: The type of therapy that is right for you depends on your condition. Most acute rehab patients benefit from a combination of therapies that may include physical therapy, occupational therapy, speech-language therapy, recreational therapy, psychotherapy and behavioral management therapy. The best rehab facility for you will offer all the types of therapy you need.

The Fletcher Allen Answer: Fletcher Allen Inpatient Acute Rehabilitation offers the full spectrum of rehabilitative therapies, including physical therapy, occupational therapy, speech-language pathology, recreation therapy, psychotherapy and behavioral management therapy.

Q6. What is the average length of stay?

Why it matters: A shorter average length of stay usually indicates more efficient and effective care. It also means you can return home earlier and continue recovering in familiar surroundings.

The Fletcher Allen answer:

The length of time you stay at the Fletcher Allen Inpatient Acute Rehabilitation Center depends on factors including your diagnosis, rate of recovery and care

team recommendations. Our average length of stay is 14 days, but varies from three days to 38 days.

Q7. What is the setting like?

Why it matters: Rehab centers may be in a hospital, a nursing home or a stand-alone setting. Some have large therapy gyms and independent living practice spaces; others do not. You may or may not require complementary services like laboratory services and radiology – if you do, it’s convenient to have them nearby. And the comfort and privacy of patient rooms may also factor in your decision.

The Fletcher Allen Answer: The Fletcher Allen Inpatient Acute Rehabilitation Center is a modern rehab center, located on the Fanny Allen Campus in Colchester, Vermont. Each of the 35 private rooms includes a semi-private bathroom, a television, phone, free wireless Internet access and laundry service. There are three fully equipped therapy gyms, two dining rooms and an independent living space, where you can practice everyday activities such as fixing meals. Patients also have access to a cafeteria, outdoor patio, walking path, gardens and a chapel.

Q8. What support do you offer families?

Why it matters: Family is an important part of the care team. Family support is good for morale, and helps ease the transition back to everyday life.

If your family is coming from far away, they may need a place to stay in town and resources to help with day-to-day needs like meals and laundry.

The Fletcher Allen Answer: At Fletcher Allen Inpatient Acute Rehabilitation, families are an important part of the rehabilitation process. If you choose, your family can be involved in everything from therapy sessions to planning your transition home.

The following resources are available to you and your family. If you have questions or need support that is not listed here, please contact the Office of Patient and Family Advocacy at 802-847-3500.

Patient and Family Advocacy can help with:

- lodging, including discounted hotel rates
- meals
- parking
- any other individual needs

These additional resources are available to patients and families with special needs:

The Ronald McDonald House

Who: families of patients under age 22

What: lodging for family members, day use for showers, laundry and meal preparation (day use is also available to families of adult patients)

Contact: 802-862-4943

The Hope Lodge

Who: families of cancer patients

What: free lodging

Contact: 802-658-0649

Q9. Is follow-up care available?

Why it matters: Rehab doesn't stop when you go home. You can maintain and build on the progress you've made with the help of home health care or outpatient follow-up care. Some inpatient rehab centers offer follow-up care services. In those cases, you may have the opportunity to continue working with the same providers who cared for you during your inpatient stay.

The Fletcher Allen Answer: Fletcher Allen provides care from the moment you get ill or injured until you are fully better. At Fletcher Allen Inpatient Acute Rehabilitation, your care team will work with you and your case manager or social worker to develop a plan for your follow-up care. Most patients at our center – 85 % – return home directly and continue therapy through home health or outpatient services (the other 15% transition to a less-intensive, sub-acute facility to regain additional strength before going home). Our psychiatrists and therapists are available for outpatient follow-up appointments at the Fanny Allen Campus.

Q10. How do I get a referral?

The Fletcher Allen Answer: Your doctor, nurse, therapist, social worker, case manager or discharge planner can refer you to Fletcher Allen Inpatient Acute Rehabilitation.

There are requirements you must meet to be eligible for the Fletcher Allen Inpatient Rehabilitation Center. These requirements determine your ability to participate in the program and receive insurance coverage. For example, you must:

- Have had a complete medical work-up and be medically stable.
- Require rehabilitative nursing and close medical management by a psychiatrist.
- Require and be capable of being an active participant in a minimum of three hours per day of occupational and physical therapy, at least five days per week.
- Be likely to make significant functional improvement in a relatively short period of time (typically 10 to 20 days).

INPATIENT ACUTE REHABILITATION

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