

The More You
KNOW

The Less You
OWE

Rehabilitation and After-Care Following an Illness or Injury





The Goal of All Rehabilitation Programs Is to Improve Your Health to Help You Live Your Best Life.



If you've ever had a serious illness or injury, you know getting back to normal is sometimes a long and difficult road. In order to regain your strength, move freely again, and even relearn skills you may have lost during your treatment, you likely have to undergo some form of rehabilitation.

Once the acute phase of your illness or injury has passed, there are several levels of care that may follow. Your doctor or surgeon will guide you toward the most appropriate level for you. Some illnesses and injuries that typically require rehabilitation include:

- Spinal injuries
- Strokes
- Severe injuries like broken bones or head trauma
- Heart attacks
- Serious illnesses, including mental illness
- Extended hospital stays



Sub-Acute Care or Transitional Care

Sub-acute care is for patients requiring more intensive skilled nursing care, therapy, and physician services than most skilled nursing facilities can provide.





Long-Term Acute Care Hospitals

Long-term acute care takes place in the same facilities that supply acute care, except patients usually stay an average of 25 days. If you need long-term acute care, chances are that you're coming from an intensive or critical care unit. Patients receiving this type of care usually have more than one serious condition.



Skilled Nursing Facility/Inpatient Rehabilitation

Patients that require care performed by skilled and licensed professionals on a daily basis, or those requiring special facilities, will likely need to stay at a skilled nursing facility. Types of providers offering this type of service include special hospital wards (like stroke units), specialist rehabilitation hospitals or rehabilitation centers, and private hospitals.





Outpatient Rehabilitation

Outpatient rehabilitation takes place outside of a health care facility and requires you to visit a health facility or clinic where you participate in rehabilitation programs. They can take the form of group rehabilitation programs where you attend sessions with people undergoing the same treatments as you.



Home Health Care

If it's determined that a patient is homebound, or unable to leave their home without requiring great effort, home health care is the right option. Patients can receive skilled nursing, physical therapy, occupational therapy, speech therapy, and medical social worker visits in the comfort of their own home.





Hospice Care

If a patient is diagnosed with a terminal illness and is near the end of his/her life, hospice care helps to give care to the patient and support their families. Hospice care can be in a facility or at home, depending upon the circumstances. If the patient's life expectancy is six months or less, hospice care is a good option.