

# What to expect during your rehab stay

## ✔ Each Day During Your Stay

You can expect the following:

- An early start to the day with breakfast and getting dressed.
- Morning therapy sessions.
- Lunch in our common dining areas or in your private room.
- Break to re-energize: Have a nutritious snack and take a rest.
- Afternoon therapy sessions. Expect 3 hours of therapy per day, 5 days per week.
- Evening meal and relaxation with family, loved ones and visitors.

## ✔ Types of Therapy

- The types of therapy you will participate in (Physical, Occupational & Speech Therapy, etc.) depends on your individual conditions, illness, or injury at the time of admission.
- These therapy interventions may consist of relearning ordinary daily skills such as walking, dressing, self-care, and eating, but will be customized to meet your individual needs.

## ✔ Therapeutic Environments

- Our home-like environment includes appliances such as washer/dryer, stove, etc. dining table and chairs, and a sleeping setup with a regular bed-all typically found in a home.
- You will practice everyday skills (activities of daily living, or ADLs) with your therapy team.
- We even have an outdoor walking path and a beautiful courtyard that we use for the therapy sessions.

## ✔ Achieving Your Goals

Through individualized therapy, proper periods of rest, healthy nutrition, and pain management we will assist you in achieving goals for recovery. We will work with you every step of the way to ensure your full participation and success.