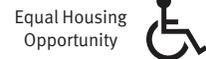

Founded in 1896, Volunteers of America is a national, nonprofit, faith-based organization dedicated to helping those in need live healthy, safe and productive lives. Through hundreds of human service programs, including housing and health care, Volunteers of America touches the lives of more than 2 million people each year.



SHORT-TERM REHABILITATION

A Guide for Our Guests



WELCOME TO SHORT-TERM REHABILITATION

Specialist-Led • Clinically Advanced • Guest Centered



Your journey toward better health after surgery, illness or injury may just be beginning. When you choose specialist-led, clinically advanced therapy and health care within our short-term rehab community, you'll find what seems like a challenge becomes our shared goal: attaining your highest levels of health and independence, safely, successfully and as quickly as possible.

Upon check-in and throughout your stay, your team of Optimal Care specialists assesses your distinct needs, relying on your input to help them develop individualized therapy goals and a care plan designed to strengthen you. In addition to supporting you in rehab therapy regimes, your team is dedicated to nurturing your positive emotional health as you work toward your Optimal Care goals.

What should I bring for my stay?

- Casual daywear and comfortable clothing/exercise wear and athletic shoes for rehab
- Pajamas, robe, slippers and personal care items
- Personal pillow or blanket, if you prefer
- Items used for mobility, such as a cane, walker or wheelchair
- Leave daily medications at home. Your referring physician will forward prescriptions to us, which are filled through a preferred arrangement with our consulting pharmacy

What documentation will I need?

- Medicare, Medicaid, managed care and other insurance cards, and prescription drug cards
- Supporting documents, if applicable, such as advanced directive, living will and power of attorney

What will I do during rehabilitation and my stay?

- Participate in a personalized therapy program
- Keep to your normal daily routine, including dressing and grooming
- Enjoy restaurant-style dining options
- Take part in optional individual and group leisure activities
- Work with staff to plan your transition home

What happens when I'm ready to leave?

Your continued success is important to us. We partner with you to ensure support you may need is in place before you leave. Once you return home, you'll have a follow-up phone check-in from your Optimal Care team to look forward to. We want to help you live healthier, so you can do your best to avoid a return stay in the hospital.