

WHAT TO LOOK FOR WHEN SEARCHING FOR A SHORT-TERM SENIOR REHAB CENTER



When you or a loved one requires short-term rehabilitation after a hospital stay, finding the ideal center can be a challenging and time-consuming process. Selecting the right senior rehab facility is crucial to ensuring the best possible care and support during the recovery period. To help in making an informed choice, consider asking the following questions:



Availability of Openings: Inquire about the facility's current availability for new patients and what the admissions process entails. This will give you insight into the center's capacity and when the rehabilitation program may begin.

Insurance Coverage and Preapproval Process: Confirm that your insurance is accepted at the facility and learn about the steps required for coverage preapproval. The admissions staff should assist in determining if they are in-network for your insurance plan or help you find out.

Staff Specialization: Inquire about the staff's proficiencies, particularly in areas like wound care and orthopedic treatment, which are generally considered standard aspects of care. Additionally, verify the facility's accreditation from well-regarded organizations such as The Joint Commission (TJC) and the Accreditation Commission for

Health Care (ACHC), among others, to ensure that the facility adheres to established healthcare quality standards.

Therapy Sessions and Patient Care: Inquire about the amount of therapy patients typically receive. While frequency and duration will, of course, vary based on individualized care plans, you may wish to ask to get a general sense.

How Short-Term Rehab Makes a Difference

- ✓ Highly skilled and qualified staff members are available 24/7 to provide expert medical follow-up, reducing the likelihood of returning to the hospital.
- ✓ A dedicated team of therapists and nursing staff can create a comprehensive recovery plan that addresses each resident's specific needs, capabilities, and health goals.
- ✓ Continuous care and monitoring encompassing physical therapy, pain management, and nutritional guidance can help prevent setbacks and ensure a faster recovery.
- ✓ Nurses and therapists work together to facilitate a smooth transition back to regular life helping patients regain their confidence and independence while safeguarding against potential risks.
- ✓ Families stay involved in their loved one's healing journey and remain well-informed about the medical status, challenges, and personalized care plans and routines, working with rehab specialists toward a successful recovery.

Staff-to-Patient Ratio: Learn about the staff-to-patient ratio on each shift, including the number of Nurses and Certified Nursing Assistants compared to the patient capacity. A lower ratio often indicates more personalized care.

Treatment Team Members: Find out about the other professionals involved in the recovery process besides the nursing team. Will there be a physiatrist, respiratory therapist, or wound care team available to assist in the rehabilitation care plan?



Essential Items and Amenities: Check which items should be brought from home and what amenities the facility provides. For instance, the center may suggest bringing sturdy shoes and layered clothing options, among other things.

Involvement of Family in Care Planning: Inquire about dates and times for regularly scheduled care planning meetings. Involving loved ones in the care-planning process is important for effective rehabilitation.

Outpatient Therapy and Post-Rehab Services: Find out if the facility offers outpatient therapy and inquire about their process for setting up in-home services if needed after the short-term rehab stay is complete. Understanding these options will help you plan for life after rehabilitation.



Choosing the right short-term senior rehab center requires thorough research and careful consideration. By asking these questions and assessing the facility's capabilities, you can ensure that you or your loved one receives the care and support needed for a successful recovery. Always take the time to visit the facility, meet the staff, and get a sense of the environment to make the most informed decision.