



ENCOMPASS HEALTH REHABILITATION HOSPITALS

# Lunch and Learn - Know Us Before You Need Us



*Presented by Dr Judy Parker, EdD, CEO*

**Monday, March 23, 2026**

Crane Lakes Ballroom  
1850 Crane Lakes Blvd  
Port Orange, FL 32128

11:00 AM - 1:00 PM

**Dr. Gerald Woodard, D.O.**



Dr Gerald Woodard is the Medical Director and attending physician. He obtained Doctor of Osteopathic Medicine from Kirksville College of Osteopathic Medicine. With over 50 years of experience, Dr Woodard believes that after an illness or injury that physical, mental and spiritual healing are required to make a patient whole again. Dr Woodard embraces the importance of the entire being in the healing process.

**Lunch and Learn Topic:  
Urinary care and the  
impact it has on your  
brain, body, and physical  
health.**

Tickets available exclusively to HOA members in the ballroom on 3/9 and 3/16 from 5:00-6:00 p.m.

This is an HOA Membership Benefit.



**Encompass  
Health**

Rehabilitation Hospital  
of Daytona Beach

# What you should know when choosing rehabilitation providers

After a stroke or other life-changing illness or injury, your doctor may recommend rehabilitation to help you regain independence. It's important to know the difference in rehabilitation providers to put you on the right path to a successful recovery.



## Inpatient rehabilitation hospital

Patients who participate in this level of rehabilitation need close medical supervision and must be able to participate in at least three hours of therapy, five days a week.



Average length of stay **12.7 days**



### Frequency of physician visits

Patients must see a rehabilitation physician at least three times a week.



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## Skilled nursing facility

People who need daily rehabilitation therapy to improve or maintain functional ability may choose this type of facility. Patients typically participate in one to two hours of therapy, five days a week.



Average length of stay **38.2 days**



### Frequency of physician visits

Patients may go a week or longer before seeing a physician.



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## Recent rehabilitation guidelines

The American Heart Association/American Stroke Association has issued its first guidelines on adult stroke rehabilitation calling for intensive, multidisciplinary treatment. The consistency of findings in favor of inpatient rehabilitation facility referral suggests that stroke survivors who qualify for inpatient rehabilitation facility services should receive this care in preference to skilled nursing facility-based care.



## Other levels of care



### Home health

Patients are cared for at home, but still need supportive nursing and therapy.



### Long-term acute care

Patients have multiple complex chronic medical conditions needing extended rehabilitation as well as specialized medical care.

Source: MedPAC, Medicare Payment Policy, March 2020; AHA/ASA Life After Stroke: Our Path Forward



Rehabilitation Hospital  
of Daytona Beach

1952 N Williamson Blvd  
Daytona Beach, FL 32117  
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[encompasshealth.com/daytonabeachrehab](http://encompasshealth.com/daytonabeachrehab)

# What to expect during **YOUR STAY**



Rehabilitation Hospital  
of Daytona Beach

Welcome to Encompass Health Rehabilitation Hospital of Daytona Beach. This document covers topics we have found to be important to most patients and their loved ones. If you have additional concerns, please let us know. We're dedicated to your care and look forward to helping you move forward with your recovery.

## Moving around

- We are here to help you with many daily activities, but our goal is for you to become independent with these activities before you leave.
- Ask for our help to move around. If needed, a walker or wheelchair can be brought to your room.

## Daily meals

- Breakfast is served in your room: 7:15 am
- Lunch is served in your room: 12 pm
- Dinner is served in your room: 5:15 pm

## Therapy and your daily routine

- Your participation in therapy is essential to progressing towards your goals.
- Therapy is a minimum of three hours per day, five days per week, or a total of 15 hours each week.
- Your therapy schedule will be provided to you daily.
- Your family members and caregivers are welcome to attend therapy sessions.
- A rehabilitation physician\* will visit you a minimum of three times a week.
- Nurses specializing in rehabilitation care for you 24 hours per day.
- Visiting hours: Weekdays: 8 am - 8 pm  
Weekends: 8 am - 8 pm

Visitors are encouraged to check our website or call prior to each visit to get the current visitation policy.

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\*The hospital provides access to independent physicians.



Scan the QR code with your smartphone camera to watch a short video series about what you can expect during a stay at our hospital.

### Important information for you and your family

- Our nursing supervisors are available 24 hours a day, seven days a week. They are experienced RNs who specialize in problem solving, customer service and helping meet the needs of our patients and their families. They may be reached by phone anytime calling 386.363.2395 or let any employee know that you would like to speak to the nurse supervisor.
- Our physicians and pharmacists are available to answer questions about your medical care or medications. Please let your nurse or case manager know and they will contact them for you.
- We do not provide laundry service. Please make arrangements for a family member or friend to handle your laundry. Your case manager can provide laundry service options if they are available.
- We provide Wi-Fi at no cost.

### Download the MyEncompass Health caregiver app

The app offers you and your loved ones access to real-time progress toward your goals and an overview of your care plan in a secure manner. Visit [myehc.com](http://myehc.com) to download the app.

### Planning your discharge

- Your rehabilitation care team will meet weekly to review your progress. Following the team conference, your case manager will give you an update and continue to work with you to develop your discharge plan.
- Your case manager will meet with you and your family to coordinate your discharge and family training. The training is designed to help you feel safe and confident at your time of discharge.
- Any equipment or medication you may need after discharge will be discussed with you prior to your discharge date.

### Discharge day

- Discharge time is scheduled between
- An alternate time can be arranged with your case manager, if needed.
- You will receive written discharge instructions AND prescriptions for your medications.

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