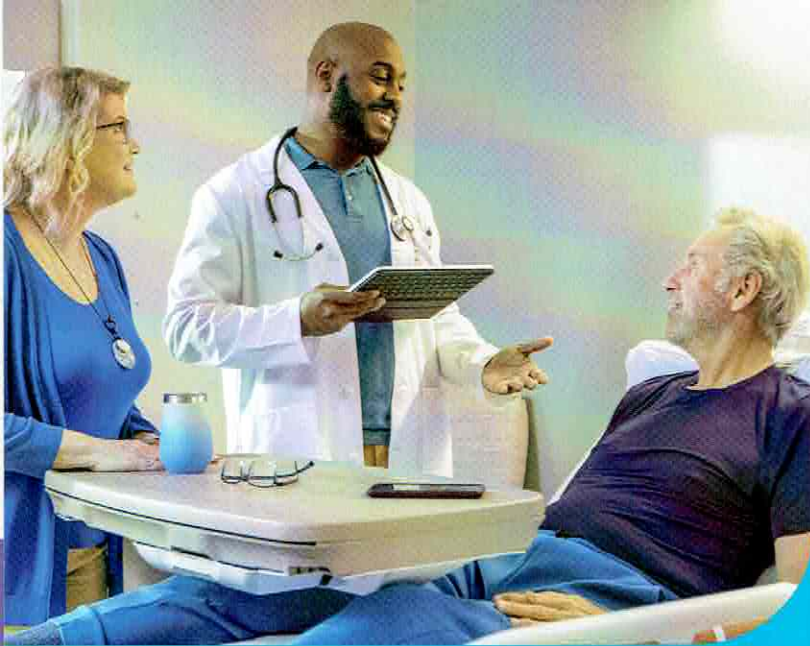


Inpatient rehabilitation **GUIDE**



 **Encompass
Health**

Rehabilitation Hospital
of Daytona Beach



Welcome

It's our pleasure to welcome you to Encompass Health Rehabilitation Hospital of Daytona Beach. We'll help you take the next step in your recovery. We're committed to offering the compassion, expertise and support you and your family need to reach your rehabilitation goals.

Our teams of therapists, nurses, physicians* and support members are thoroughly experienced and knowledgeable in rehabilitation. We are one of the leading providers of inpatient rehabilitation services and maintain the highest safety and cleanliness standards, all to ensure you receive exceptional care. We hope this brochure answers any questions you have about your stay. 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.

*The hospital provides access to independent physicians.

Admission to our rehabilitation hospital

- Morning or early afternoon admission is ideal because it gives you time to meet the staff and become oriented to your new surroundings.
- Please discuss your transportation arrangements with your discharge planner/social worker.

What to expect

Once you are admitted into our rehabilitation hospital, your nurse will conduct a detailed assessment of your medical and rehabilitation needs. Your care team will then develop a treatment plan targeting your specific needs and goals.

Rehabilitation requires a strong commitment from each patient to perform therapy exercises and to learn and practice the skills needed for a safe return home.

Preparing for the day

We encourage you to be up and ready to dress at the start of each day as part of your rehabilitation and to help you gradually resume normal routines and become more independent. Your therapy team will help you prepare for each therapy session according to your individualized schedule.



Therapy sessions

You'll participate in at least three hours of therapy throughout your day, five days a week. This may include relearning everyday skills, such as dressing, grooming and eating. Other sessions may take place in the positive environment of our state-of-the-art rehabilitation gym.

Our comprehensive programs may include a variety of the following therapy services to maximize a patient's rehabilitation progress.

Occupational therapy (OT)

Teaches self-care skills for activities of daily living, such as bathing, dressing, eating and food preparation. Therapists address cognitive (thought) and perceptual (visual) deficits.

Physical therapy (PT)

Focuses on movement dysfunction, assisting patients in walking, teaching wheelchair transfer techniques and providing orthotic/prosthetic device evaluation and training.

Respiratory therapy (RT)

Addresses respiratory problems by assisting patients with respiratory muscle weakness or a susceptibility to respiratory difficulties.

Speech/language pathology (SLP)

Improves communication skills through basic cognitive retraining, increasing functional

independence with decision-making, reasoning, memory and swallowing retraining.

Case management

Coordinates your care, works with you and your family regarding plans for discharge, and serves as a liaison between the patient, family, insurance carrier, treatment team and community agencies.

Physician services

Physicians (physiatrists) specializing in physical medicine and rehabilitation, as well as other specialists, provide patients with comprehensive medical care and treatment.

Rehabilitation nursing

Teaches patients and families how to manage healthcare needs while in the hospital and at home.

Nutritional counseling

Registered dietitian develops proper diets and menus to prevent future health problems for patients.

Home assessments

Therapists may visit a patient's home before discharge to make recommendations about structural or other adjustments needed to accommodate the patient's new needs.

Your comfort is our priority. We work with you to make sure you get the rest you need between therapy sessions. When needed, we provide pain-relieving treatments to help you reach your goals.



Meals

Meals are planned daily by your nutritionist and physician to account for individual needs. Meals are served in the patient's room.

Smoking

Smoking is not allowed on the Encompass Health campus for the protection of our patients, families and Encompass Health team members.

Telephones

Telephones are located in all patient rooms.

Parking

On-site parking is available for your convenience. Please contact us if you need special parking arrangements..

Visiting hours

We welcome visitors, as they are invaluable in providing encouragement and support during your rehabilitation. Visitors are encouraged to check our website or call prior to each visit to get the current visitation policy.

Weekday visiting hours are 0800-2000

Weekend visiting hours are 0800-2000

If you expect visitors outside of those hours, please contact a case manager or nurse to make arrangements. Our patients are scheduled for therapy sessions throughout the day on weekdays and frequently on weekends, so please make sure friends and family are aware of your schedule when planning their visits.

If your loved ones are unable to visit regularly, they can participate in your recovery through phone calls with you and your case manager. We also support virtual visits using mobile devices like smartphones and tablets. Your designated caregivers can stay up to date with your progress toward your goals, your anticipated discharge date, discharge instructions and more through the MyEncompass Health caregiver app.

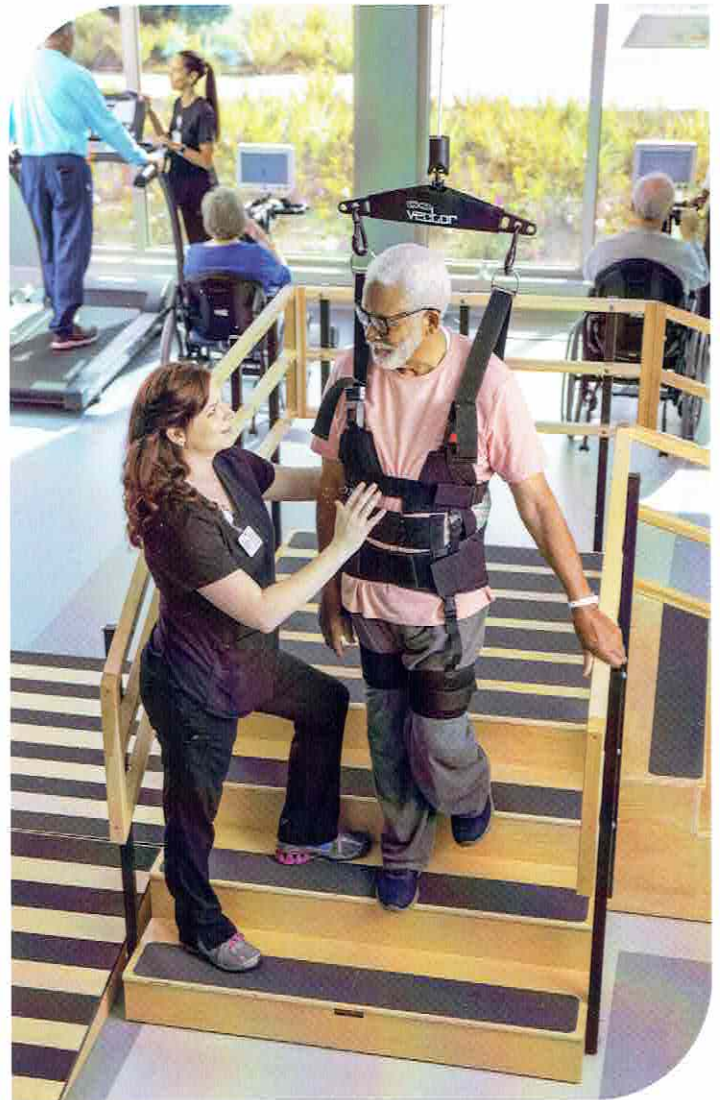
Safety

Patients must always wear wristbands for identification purposes. Patients must be accompanied by a staff or family member when outside the building.

In the beginning of your stay, please ask for our help in getting out of bed, using the bathroom, sitting in a chair or walking. As you progress, your care team will let you know if you are free to move around on your own.

Payment

We strive to make payment procedures as easy as possible. Hospital personnel are available to meet with patients, families or other responsible parties to discuss billing procedures and requirements.





What to bring

Clothes

Since patients pursue a productive schedule out of their rooms all day long, regular clothing items are worn instead of hospital gowns. All clothes should be labeled with the patient's name and all valuables should be left at home.

- Shirts/blouses with button fronts or pullovers that fit easily over the head
- Comfortable slacks, sweatpants or a sweatsuit
- Sweater or jacket
- Undergarments
- Pajamas or gown
- Robe
- Slippers with non-skid soles
- Athletic shoes with good support

Toiletries

- Toothbrush
- Toothpaste
- Soap or body wash
- Lotion
- Shampoo/conditioner
- Hairbrush/comb
- Deodorant

Assistive items

- Dentures
- Eyeglasses
- Hearing aid
- Storage cases for assistive devices
- Any custom devices, such as splints or braces

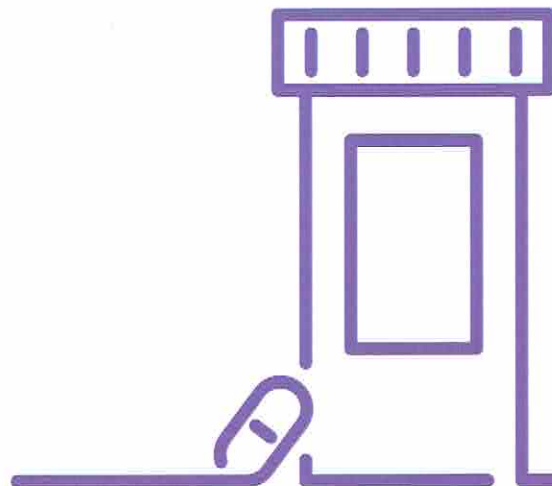
Documents

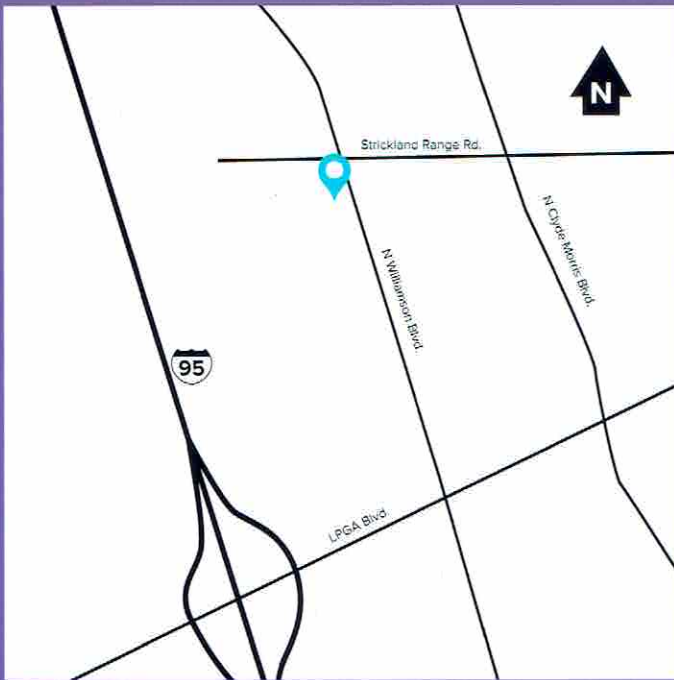
- Driver's license/photo identification
- Insurance cards
- Living will/advance directive
- Power of attorney

Medication

Bring a list of the medications you were taking before your hospitalization so that we can record your medication and dosage.

Do not bring medications unless requested.





**Encompass
Health**

Rehabilitation Hospital
of Daytona Beach

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encompasshealth.com/daytonabeachrehab

Questions or concerns

Please share any questions or concerns you may have with your physician, your case manager, the department director or the hospital CEO. We are happy to assist you any way we can.



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.