

MEET SSH'S REHAB TEAM



- 1. Katie, Rehab Supervisor and Physical Therapist
- 2. Muideen, and 3. Martha, Physical Therapists
- 4. Heather, PT Assistant
- 5. Beth, Speech-Language Pathologist
- 6. Angie and 7. Kara, Occupational Therapists.
- 8. Jean, Rehab Aide

FAQ's [frequently asked questions]

Will I have therapy every day?

No. Your therapist will determine how many times per week you will have each type of therapy. Typically this will be 3-5 times per week on a Monday-Friday schedule.

Is there a specific time each day?

Due to daily changes on the unit, exact times are not usually set. However, you may work out a schedule with your therapist if it would be especially helpful to you or your family.

Does the therapist have to be there every time I want to get up?

No. Your therapist will communicate with your nursing team about how to assist with your mobility. Your nursing team is well qualified to help you out of bed, sit in a chair, etc.

What if I don't want therapy?

You always have the right to accept or refuse treatment. It is very important to participate in therapy in order to gain the best level of independence possible.

Can my family participate?

Yes. We encourage family to be active participants in your recovery, and may ask them to receive special training with the therapist to learn how to safely assist you when you leave SSH.

Will I always have the same therapist?

We make every effort each time you have therapy for you to have the same therapist. However, there are situations in which it is necessary for you to have a different therapist. We will keep these situations to a minimum.

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REHABILITATION SERVICES



Your Rehabilitation Team welcomes you to Sparrow Specialty Hospital. We would like to take this opportunity to

provide a brief explanation of our services and to answer to some frequently asked questions.

Included with this brochure is a calendar you and your therapists can use to record the frequency of therapy you receive. Please feel free to post this on your patient bulletin board if you feel that it will be of benefit to you or your family..

This Program is designed to make your stay at SSH as pleasant as possible, while enhancing your healing process.

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REHABILITATION PROGRAM

The first time you are seen by a therapist [physical, occupational or speech therapist], he/she will perform an initial evaluation and then determine a plan of care. Typically, this plan of care will include 3 to 5 therapy sessions per week.

This range is designed to allow flexibility in the treatment plan in order for you to receive all the necessary services and treatments SSH provides for your recovery. A few of the possible reasons for you not to have therapy on a given day include but are not limited to:

- ✓ you might not be feeling well and decline therapy that day
- ✓ you might not be medically stable
- ✓ you may be having a procedure such as dialysis, blood transfusion, x-ray or surgery.
- ✓ your plan of care.

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WHAT IS OCCUPATIONAL, PHYSICAL & SPEECH THERAPY?

OCCUPATIONAL THERAPY improves a person's cognitive, physical, and/or emotional deficits by strengthening and training their skills and abilities. It may offer the person adaptive equipment to assist in modifying their environment to achieve greater independence. OT aims to improve a person's quality of life through purposeful activities.

OTs examine a task [like teeth brushing] and determine the specific skills needed to complete the task. For example, brushing one's teeth requires fine motor ability, hand strength, hand-eye coordination and arm movement.

OTs can help the patient enhance their independence with:

1. Activities of Daily Living [bathing, dressing, toileting, residence cleaning, meals and personal/home safety].
2. Work and leisure activities by providing upper body strengthening, endurance exercises, balance activities and patient/family education and training.

PHYSICAL THERAPY provides services designed to develop, maintain and restore maximum movement and functional ability in circumstances where these abilities are threatened by injury, the process of disease or aging. Goals may include bed mobility,

ambulatory training, functional transfers, endurance, strength training and balance re-education in order to improve your independence and safety with functional activities.

SPEECH–LANGUAGE PATHOLOGY [speech therapy] evaluates and treats patients with disorders of swallowing, speaking, reading, writing, memory, problem solving, reasoning, judgment, social interaction, hearing and understanding. These disorders are usually the result of injury, illness, or post-surgery complications.

Communication is key to quality care and recovery because it is critical for patients to express their needs and wants and to be able to understand staff direction.

The speech therapist may help the patient improve their communication ability by speaking, writing, or using a picture/word board. The speech therapist may treat patients with swallowing disorders by starting with a soft diet in small portions and advancing their diet as the patient's swallow becomes stronger.



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