

What to Consider When Selecting Short-Term Rehabilitation



After a major surgery or hospitalization due to an illness, additional treatment and care may be required at a short-term rehabilitation center that is part of a skilled nursing community. Whether you know in advance that you will need short-term rehabilitation following a hospitalization or if the level of care arises unexpectedly, there are questions and features you should look for in selecting a community.

How do I select short-term rehab?

Your physician or hospital social worker may have recommendations, but it also helps to talk to people who have had good experiences in short-term rehab. Check out the website and see if there are any testimonials.

What's important to you?

You will first want to make sure the care you are receiving is from an expert team including physicians, nurse, and therapists who are all focused on achieving the best outcomes for you. Other things you will want to consider include the location so that it's easy for family to visit, do the treatment plans meet your needs so you can transition back to home, does the community feel comfortable and homelike, and how responsive and caring is the staff.

Who is part of the care team?

There is a full team at every Caraday community collaborating and working on your recovery and care. Resident care is directed by an attending physician who will see residents within 72 hours of admission and then according to the care plan.



For more information call **512-641-8805**, email us at **contact@caradayhealth.com** or visit **Caradayhealth.com**

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A nurse practitioner who works with the attending physician will see short-term rehab residents on a weekly basis. The care team also includes a staff of nurses, nursing assistants, and licensed therapists for daily care.

Is rehabilitation inhouse or outside service?

Unlike many communities, Caraday has its own staff for physical, occupational, and speech therapy offered on site (versus contract services). Residents are seen by the different therapy disciplines during the day as outlined in their care plan. The team supports residents by pushing them to her best of their abilities so that they can recover fully and quickly.

Are there activities?

While recovering is the topmost priority, residents can rest in a comforting environment that feels like home. Every community has a life enrichment and activities coordinator who schedules social, recreational, and educational activities that are sure to satisfy any interest. A calendar is posted but we are always open to new ideas and suggestions.

What is the cost and how will I pay?

If you have Medicare Part A (hospital), your stay will be covered after a qualifying three-day hospital admission and referral from

a physician. Medicare will typically cover all costs related to your stay for the first 20 days, except for personal convenience items (phone, cable, internet, etc.). After this period, you are responsible for a daily copay while Medicare covers the rest. If you have a private pay insurance provider, check that your insurance plan is accepted and that you meet all insurance requirements.

Ask questions

Don't be afraid to ask questions. If something bothers you, ask questions because there probably is a good explanation and you will want to see how the community resolves any concerns.

Get ready

Making the transition to a Caraday community is easy with the assistance offered by team members. Ask for a list of items you should bring with you, what to expect, special policies, etc. They are a wealth of information so don't hesitate to ask for anything from our team.

For more information or to speak to someone directly, please call **512-641-8805** or email us at **contact@CaradayHealth.com**



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