

HEALTHSOUTH Lakeshore Rehabilitation Hospital



Discharge planning is a coordinated effort involving all your rehabilitation team members. Your case manager will assist you and your family with this important process.

Discharge planning includes:

- Progress and length of stay updates
- Patient and family therapy education
- Coordination of continued services, i.e. outpatient, home health care, independent living, assisted living, nursing home
- Ordering of necessary home equipment prior to discharge
- Assistance by therapists in making recommendations for home modifications, which may include structural alterations or other adjustments needed to accommodate your new needs
- Community resource referrals

Discharge Planning

Any questions or concerns you may have should be shared with the director of the department involved. After hours and on weekends, the nursing supervisor is available to address any concerns.

Questions

We strive to make payment procedures as easy as possible. Facility personnel are available to meet with patients, families or other responsible parties to discuss billing procedures and requirements prior to admission. Lakeshore will verify your insurance coverage prior to admission and file an insurance claim for your stay as a courtesy.

Payment

Following your discharge from Lakeshore Hospital, your physician may recommend further therapy to build on the progress you've made during your inpatient stay. You may choose to receive your therapy at HealthSouth Lakeshore Outpatient Clinic, located on the third floor of the hospital.

Lakeshore Outpatient Therapy

Our outpatient clinic offers physical, occupational and speech therapy, as well as aquatic therapy. Outpatient therapy is more intense than home health therapy and offers equipment that cannot be accessed in your home. Patients also benefit psychologically from being out of the house and in a more social environment. Our outpatient clinic offers free parking and a convenient, direct entrance. Your Lakeshore case manager will be happy to provide you with more information and will make a referral for you. Or you may call 205 868-2098.

We strive to provide a safe environment for our patients. On admission, all patients will be evaluated for risk of falling. Family and caregivers will be notified of special safety needs. If necessary, we may ask that a family member stay with a patient to help maintain safety.

Safety

Monday - Friday 4:00 - 8:00 p.m.
 Saturday 1:00 - 8:00 p.m.
 Sundays and Holidays 10:00 a.m. - 8:00 p.m.

Patients are usually involved in therapy sessions from early morning to late afternoon, Monday through Friday. Guests are asked to visit during the following hours:

Visiting Hours

Telephones are located in all patient rooms. To make an outside call, dial 9 and then the number. Lakeshore offers convenient, free parking.

Visitor Parking

Telephones

Smoking is allowed in specified areas outside the building.

Smoking

Breakfast 7:00 - 8:30 a.m.
 Lunch 11:00 a.m. - 1:30 p.m.
 Dinner 4:00 p.m. - 5:30 p.m.

Cafeteria Hours

HealthSouth Lakeshore Rehabilitation Hospital Inpatient Guide



HealthSouth Lakeshore Rehabilitation Hospital Inpatient Guide

The HealthSouth Lakeshore staff welcomes you to our rehabilitation hospital. We take pride in serving our community and are committed to offering the care and support you need to achieve the most complete recovery possible.

To begin your program, we will develop an individualized treatment plan based on the needs and goals identified by you, your family and our rehabilitation team. Then we will use that plan as a guide, working together to help you reach the highest level of physical, social and emotional well-being.

As one of the nation's largest healthcare services providers, HealthSouth maintains the highest standards with respect to the safety and cleanliness of our hospitals and the training and experience of our staff. As a result, you can be sure of receiving exceptional care.

We hope this brochure answers any questions you have about your stay. If you have any additional questions or concerns, please let us know and we will be happy to assist you.

HealthSouth Lakeshore Rehabilitation Hospital is committed to offering programs and services that help you return to an active, functional lifestyle.

Admission/Discharge

- Patients are admitted seven days a week.
- On the day of discharge, patients are asked to check out of their rooms by 11:00 a.m. in order to prepare the room for incoming admissions.
- Private rooms – We have a limited number of private rooms. The majority of these rooms are reserved for patients with brain and spinal cord injuries, and those requiring isolation. In the event that a family member must stay with you, our rooms have recliners available.
- Please bring the following when you are admitted:
 - Health insurance cards and driver's license
 - Legal documents pertaining to your healthcare needs (Power of Attorney, Advance Directive, etc.)
- Please DO NOT bring the following:
 - Valuables
 - Large sums of money

Transportation

Lakeshore does not provide transportation. If you are in an acute care hospital, discuss transportation arrangements with your discharge planner. Your insurance may not cover your transportation, including ambulance charges.

Evaluation and Treatment

Each patient has an individualized care plan that is reviewed and updated regularly to ensure that realistic goals are being achieved. The rehabilitation team consists of:

- **Physician** – physicians specializing in physical medicine and rehabilitation (physiatry), as well as other specialists, work to provide patients with comprehensive medical care and treatment.
- **Pharmacist** – in conjunction with your physician, the pharmacist coordinates medication management throughout your rehabilitation stay.

- **Rehabilitation nurse** – nurses specially trained in rehabilitation teach and educate patients and families on how to manage healthcare needs after leaving the hospital.

- **Case Manager** – 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.

- **Physical Therapist (PT)** – focuses on movement dysfunction. Therapists assist patients in walking, teach wheelchair transfer techniques and provide orthotic/prosthetic device evaluation and training.

- **Occupational Therapist (OT)** – teaches patients self-care skills for activities of daily living, such as bathing, dressing, eating and food preparation. Therapists address cognitive (thought) and perceptual (visual) deficits.

- **Speech/Language Pathologist** – focuses on improving communication skills through basic cognitive retraining to increase functional independence with decision-making, reasoning, memory and swallowing retraining.

- **Music Therapist** – uses music to improve physical abilities (use of arms, hands, and fingers), cognitive abilities (memory, impulse control, focused attention), and the ability to communicate by using rhythm, tempo, melody, dynamics, etc.

- **Respiratory Therapist** – helps patients with respiratory muscle weakness or a susceptibility to respiratory difficulties to help prevent further respiratory problems.

- **Psychologist/Counselor** – addresses patient and family adjustment issues, educates regarding disability and evaluates cognitive function.

- **Dietician** – our registered dietitian helps patients and families develop proper diets and menus to help prevent future health problems.

- **Patient/family** – patients and families are considered part of the rehabilitation team. We encourage your participation in decisions regarding your care.

Clothing

We suggest wearing casual, comfortable clothes that allow easy movement for therapy. Since patients are out of their rooms all day, hospital gowns are not worn. Patients should bring the following:

- Seasonal outerwear
- Shirts/blouses with button fronts or pullovers that fit easily over the head
- Comfortable slacks, sweatpants or a sweatsuit
- Athletic shoes with good support
- Undergarments
- Pajamas or gown, robe, slippers
- Toiletry articles such as toothpaste, toothbrush, comb, brush, deodorant, etc.
- Any corrective devices, such as dentures, eyeglasses, hearing aids, etc.
- Specialized equipment labeled with the patient's name

Laundry

Washers and dryers are located in the west nursing units for the convenience of a family member to do laundry, if necessary.

Meals

Patient meals are served in the patient's room or in the day room. Patients may also eat lunch or dinner with their family in the hospital cafeteria.