

# Choosing the right rehabilitation center

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If you've recently suffered an injury or other physical setback, or need skilled nursing care after a surgical procedure, you may need to spend a short time at a rehabilitation center. The prospect of finding a center where you, or a loved one, will receive the most effective care and feel most comfortable may seem overwhelming. However, there are easy steps to take that can remove the guesswork and ensure peace of mind.

You can start by asking your doctor for a recommendation. Most local physicians have a very good idea of area resources for short-term and long-term health care, based on feedback from their patients. It's also important to find out about the patient experience. Perhaps ask friends or other family members who have been faced with a similar situation in the past. Find out how their treatment went, and what they did and didn't like about a particular facility. While their reasons for going to a rehab center might be very different from yours, their opinions on how well they were cared for will be helpful to know.

Once you've identified a rehab center, schedule a visit to tour the facility. By doing so, you'll be able to observe staff and resident interactions, daily activities, and the general surroundings. This will give you a good sense of what it would be like to be a patient there. As you tour the center, keep in mind the following points.

- Ask if you can observe a physical therapy session and see the different treatment rooms.
- Take a look at the residents' rooms so you can see for yourself where you'll be recovering. Visualize how you might be able to personalize the space. You will feel a bit more comfortable knowing what your physical surroundings will be.
- Have a meal in the dining room. Ask to see a menu so that you are familiar with the dietary offerings.
- Take note of staff interactions and how they treat each other as well as the residents.
- If time permits, meet with a therapist to discuss your physical or occupational therapy goals.
- Ask to speak to current and/or former patients to get testimonials regarding their treatment.
- Go on-line and see what some of the review sites have to say about the center.

Remember, you are always your own best advocate when it comes to your health. While you may need the therapy for a physical reason, your emotional well-being is also important, and plays a vital role in your healing experience. Being fully informed and feeling comfortable with your choice for after care will help you focus on your total wellness and help you get back to your normal routine as soon as possible.

For information on services available through Adena Health and Rehabilitation Center, please call **740-546-3620**



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