

## Rehabilitation Options After a Stroke

We would like you to begin working toward recovery right away. Staff will work with you to set up goals. See below for some of the options you may be given. Choices will be based on your care needs and insurance. A case manager or social worker will discuss these options with you.

Options	
<b>Acute Inpatient Rehab</b>	<ul style="list-style-type: none"> <li>• This involves a transfer to a hospital rehab center that will provide intense therapy.</li> <li>• You will stay overnight in this place.</li> <li>• In this program, you must have a certain number of skilled rehab needs and be able to do therapy for 3 hours per day.</li> </ul>
<b>Skilled Nursing Facility (SNF) with rehab</b>	<ul style="list-style-type: none"> <li>• This setting also provides rehab therapy.</li> <li>• You will stay overnight in this place.</li> <li>• It allows you to move along at a slower pace and build up strength for a more intense program, or to return to home.</li> </ul>
<b>Long-Term Acute Care Hospital (LTACH)</b>	<ul style="list-style-type: none"> <li>• This setting supports patients who need a lot of medical and nursing care.</li> <li>• You will stay overnight in this place.</li> <li>• Rehab is less intense.</li> <li>• Those with a brain injury and/or long-term breathing problems may need this option.</li> </ul>
<b>Outpatient Therapy</b>	<ul style="list-style-type: none"> <li>• You would receive therapy at a clinic 1-2 times per week (or more).</li> </ul>
<b>Home Care</b>	<ul style="list-style-type: none"> <li>• A therapist comes to the home 1-2 times a week.</li> <li>• Patients must be homebound as defined by Medicare.</li> </ul>

### Questions:

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Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 11/2018. University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#6945