



Driving Directions

From the North, traveling south on I-5:

- Take I-5 southbound to the James Street Exit (No. 165A)
- Turn left (east) onto James (Note: James will become Cherry Street)
- Travel east on Cherry five blocks to the intersection of Cherry and 16th Avenue
- Turn right (south) onto 16th Avenue
- Turn right into the entrance of the parking garage

From the South, traveling north on I-5:

- Take I-5 northbound to the James Street Exit (No. 164A)
- Stay in the right lane and turn right (east) onto James (Note: James will become Cherry Street)
- Travel east on Cherry five blocks to the intersection of Cherry and 16th Avenue
- Turn right (south) onto 16th Avenue
- Turn right into the entrance of the parking garage

The Inpatient Acute Rehabilitation Unit

Welcome to the Inpatient Acute Rehabilitation Unit at Swedish Medical Center/Cherry Hill

The Rehabilitation Services Program at Swedish Medical Center/Cherry Hill is accredited by the Commission on Acute Rehabilitation Facilities, which means the program has met the highest levels of standards for providing care.

The Rehabilitation Unit is committed to working effectively with patients and visitors from diverse cultures and back-grounds. Auxiliary aids (such as readers or language interpreters) or alternate formats of written materials will be made available to persons with disabilities upon request.



REHABILITATION SERVICES

Cherry Hill
 500 17th Ave.
 Seattle, WA 98122-5711
 T 206-320-2625
 www.swedish.org

Consumer Disclosure Statement

This information will help you make decisions about your rehabilitation needs. One of our staff will review this information with you and answer any questions you may have.

Our purpose at the Swedish/Cherry Hill Rehabilitation Unit

- Improve the health and well being of every person we serve
- Provide high-quality, cost-effective care that meets your individual needs
- Include you and your family as part of the team to design a treatment plan that is tailored to your needs and goals
- Provide a rehabilitation program to improve daily living skills, independence and quality of life

Informed Decision Making

It is important that you make informed decisions regarding your health care and plan of care throughout your stay. The doctors and staff will give you the information you need to understand the risks and benefits of your treatment plans as well as other options. If you need additional information to make informed choices, please ask the Rehabilitation admissions coordinator.

Frequently Asked Questions

Where is the Acute Inpatient Rehabilitation Unit located?

The Acute Inpatient Rehabilitation Unit is located on 6 East of the Swedish/Cherry Hill campus.

What type of care will I get on this unit?

Much of your day will be spent in therapy sessions. Typically, you will have three hours of therapy a day, seven days a week. A nurse will be assigned to you.

You and your family are the most important members of your care team. A physiatrist (a physician specializing in rehabilitation) will coordinate your medical care. Depending on your rehabilitation plan, your rehab team may also include:

- A rehabilitation nurse
- A physical therapist
- An occupational therapist
- A speech-language pathologist
- A social worker
- A rehabilitation psychologist
- A therapeutic recreation therapist
- A rehabilitation care coordinator

To help you regain your independence, you will also be encouraged to do as much for yourself as possible.

Will my family members be able to visit or stay with me while I am here? Can they eat meals with me?

Family members are always welcome to visit while you recover on the unit. Visitation hours are from 8 a.m. to 8 p.m.

Your family may wish to be available both day and night. There are rooms conveniently located at the Inn at Cherry Hill, right on the Swedish campus. Your family can be close at hand to visit and watch your progress, while getting the rest they need to maintain their own health and strength. For information or a reservation, call 206-320-2164.

Meal times are set to accommodate your individual therapy schedules. You and your family may eat together.

How long will I be there?

The length of your stay can vary depending on the type of illness or injury you have and your rate of progress. Your rehab team will talk to you about tentative and final discharge dates as you progress.

During your stay on the unit, we will do everything we can to make you as comfortable and stress-free as possible.

What personal items will I need?

You will be physically active and need clothes that are loose and comfortable. We suggest you bring two pairs of pants, two shirts or blouses (not pullovers), night clothes and a robe, sweater or sweat shirt, rubber-soled shoes with wide heels, grooming items, and assistive devices you are currently using.

Your family members and friends may also bring personal items that will help you feel more comfortable, such as pictures and hobby materials.

Are services provided on this unit covered by insurance?

Many insurance providers, including Medicare, recognize that patients with the following conditions require rehabilitation care:

- Stroke
- Congenital deformity
- Major multiple trauma
- Polyarthritis
- Spinal-cord injury
- Amputation
- Brain injury
- Musculoskeletal disorder
- Other neurological disorders
- Other disabling conditions

Other conditions may be covered as well. A physician or admission coordinator will meet with you to review admission criteria for the program.

What happens when it's time for me to go home?

We will do everything possible to make your transition from hospital to home a smooth one. Before you are discharged from this unit, a therapist may evaluate your home environment and make recommendations for modifications that will make independent living easier. Your social worker will evaluate your support systems and help arrange any necessary community services. We will coordinate any other services, such as outpatient therapy or home-health care.

Throughout this process, you will play an active role in developing your discharge plans.

What are the risks of going to the Acute Inpatient Rehabilitation Unit?

1. **You could initially feel increased pain** as we assess your ability to move your body and then work to improve your movement. This is particularly true if you have not used part of your body for some time or experienced recent changes in your body/medical status. **Please communicate if you are in pain so we can help control your pain.**
2. There is a **risk of falls** as you work on functional activities such as walking and transferring. This risk can be due to impairment of your strength, endurance, balance or cognition.
3. If you are experiencing swallowing problems, there is a **risk for aspiration (food or liquids in the lungs)** with oral feeding and assessment. Our trained speech/language therapists may also recommend specialized testing done in Diagnostic Imaging to look at your risk for aspirating/choking on food or saliva and how to best manage this.
4. Your physician may prescribe **medications, therapy, exercises, lab work or diagnostic testing** that has risks as well as benefits. Please ask for further information if you have questions or concerns about these recommendations.