

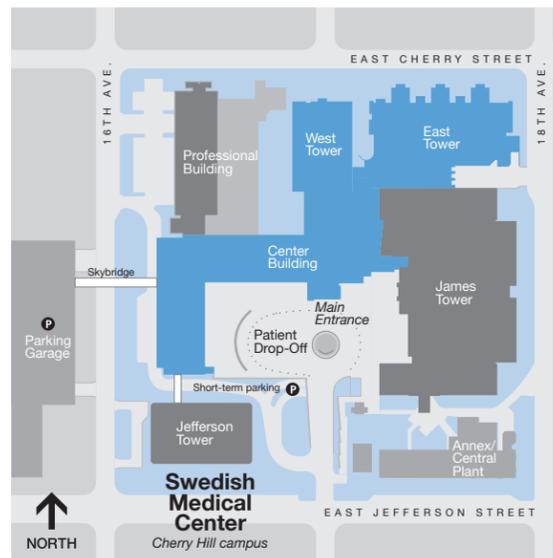
Driving directions

From the north, traveling south on I-5:

- Take I-5 southbound to the James Street Exit (No. 165A).
- Turn left (east) onto James Street. (Note: James Street will become Cherry Street.)
- Travel east on Cherry Street five blocks to the intersection of Cherry Street 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 Street. (Note: James Street will become Cherry Street.)
- Travel east on Cherry Street 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 Cherry Hill.

We strive to go beyond the highest standards of care in Rehabilitation Services at Swedish Cherry Hill. The adult inpatient Acute Rehabilitation Unit works with patients and visitors from diverse cultures and backgrounds to make sure there are no barriers to their care. Readers or interpreters are available, as well as alternative formats of written material for people with disabilities.

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 inpatient ARU

- 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 ARU located?

The ARU 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 per day for a minimum of five days per 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. The lab, pharmacy, imaging, diagnostic facilities and specialists of Swedish will continue to be available for your continued care while you are on the ARU. 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 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 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 several pairs of pants, shirts, a sweater or sweat shirt, and several pairs of underwear and socks. You will need a good pair of walking shoes with wide rubber soles. We recommend you bring grooming items and any 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
- Polyarthrititis
- Spinal-cord injury
- Amputation
- Brain injury
- Musculoskeletal disorder
- Other neurological disorders
- Other disabling conditions

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 out-patient 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 ARU?

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 of food or liquids getting in the lungs**. Our trained speech/language therapists may also recommend specialized testing to look at your risk for 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.