

How Should I Choose a Rehab Facility?

The selection of a rehabilitation facility may often center on location. While convenience is a factor, there are many other factors that should be considered.

People go to a rehabilitation facility with the goal of regaining or improving their quality of life by becoming more independent. It takes a strong team of rehabilitation professionals to help a patient work toward these goals.

Suggested questions to ask when selecting a rehabilitation facility include:

- Is the rehabilitation staff consistent?
- Can my family and I have a tour of the facility?
- Can my family attend therapy with me?
- What are the criteria for admission into one of your inpatient programs?
- How long will I be receiving therapy each day?
- Does the program offer a wide variety of rehab services? (physical, occupational, and speech therapy)
- Does the program track clinical outcomes?
- Will the team members help coordinate my discharge arrangements?
- What are the discharge criteria? What assistance will I receive with planning for my discharge?

Finding the clinical commitment and proven therapies that achieve a successful outcome is what really matters.



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