



Rehabilitation Services

Our Vision:

*Inspiring each other to give
our patients and their families
compassionate, remarkable care.*

At North Memorial Rehabilitation Services, we understand the immense emotional and physical changes people and their families experience as a result of stroke, brain injury, spinal cord injury, neurological disorders and multiple trauma. We know it isn't easy to start over or to face the challenges of disability. But, we believe people can overcome setbacks, rediscover their strengths and learn to live life to the fullest.

Rehabilitation Services, a department of North Memorial Medical Center, provides comprehensive and personalized services. Our program is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) and North Memorial is accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO). These designations are proof of our high-quality, highly organized interdisciplinary care for people with disabilities.

People who come to Rehabilitation Services find a compassionate, supportive environment where they can begin adjusting to a new way of life. Patients and their families benefit from the expertise of our care team, which includes physicians, neuropsychologists, rehabilitation nurses, occupational therapists, speech pathologists, physical therapists and therapeutic recreation specialists. At the center of this team are the patient and family members—full partners with us on the rehabilitation journey.

At Rehabilitation Services, we work together with patients and their families to assure positive goal-oriented outcomes. Ultimately, this means helping people improve the quality of their lives and to live as independently as possible.

The health care professionals in Rehabilitation Services provide a continuum of care from determining when and what medical care is needed, to helping people adjust emotionally to the disability, to setting goals. We begin by addressing basic challenges such as bathing, dressing, talking, walking, and using a wheelchair. Most importantly, we help patients focus on the abilities they have and what they can do.

While we care for patients, we also believe that family members and significant others are an integral part of the care plan. We include them in decision-making. We educate them about existing conditions and capabilities. At the same time, our team individualizes the plan of care to meet specific needs of each patient. This plan of care considers patient needs during and after the hospital stay. It may include some or all of the following.

- **Acute Inpatient Rehabilitation Unit.** Located on the seventh floor of North Memorial Medical Center, this 18-bed unit is often the first place post-stroke or injury patients begin formal rehabilitation. Patients receive intense and comprehensive care from our team of rehabilitation professionals.
- **Community Integration Therapy.** This form of therapy encourages patients to use the skills they've learned outside the clinical setting and to assess their safety and judgment, to gain confidence in a community setting and explore accessibility.
- **Predischarge Home Assessment.** This assessment may be done to assess how easily a patient can access all areas in the home and recommend possible modifications.

- **Follow-up Clinic.** After being discharged from our inpatient program, patients may be involved in a one-day outpatient evaluation with their inpatient health care providers. This clinic helps former patients and family members address concerns and prevent problems that may occur after discharge.
- **Pediatric Programming.** For patients younger than 14 years old on the Pediatric Unit, Rehabilitation Services ensures appropriate care by collaborating with North Memorial Pediatric Services.

Other Aftercare Programs include:

- **Outpatient physical therapy, occupational therapy, and speech-language pathology**
- **Constraint Induced Movement Therapy (Advanced upper extremity treatment)**
- **Exercise by Design (individualized strength and conditioning)**
- **Speak Easy (for communication difficulties)**
- **Intense Aphasia Program (intense communication treatment)**
- **StrokeWise (education program for stroke survivors and caregivers)**
- **Discovery Circles (stroke support groups)**
- **Spinal Cord Injury Support Group**
- **Brain Injury Support Group**
- **Stroke Center (informational resources, programming, and screenings for stroke survivors and caregivers)**

Each health care provider on the Rehabilitation Services team has a special expertise and unique perspective of patient care.

Physicians, led by our medical director, Ivan Brodsky, MD and his colleague, Charles Horowitz, MD, approve patient admissions and coordinate the rehabilitation process.

A patient's family doctor may also take responsibility for the patient's medical management during rehabilitation.

Rehabilitation Nurses evaluate how patients and families respond to the physical, psychological and social effects of their disability. They help patients learn to compensate for their disability, and provide education about many issues including medications, sexuality, bowel and bladder management, nutrition and safety issues. They also help patients follow treatment plans and practice the skills learned in therapy in preparation for a successful discharge home.

Physical Therapists evaluate how mobility has been impacted by the patient's disability. They may work on strengthening, stretching, or balance exercises with the patients, as well as teaching them how to move in bed, transfer (move from bed to wheelchair), and how to use a wheelchair, crutches, or walker as needed.

Occupational Therapists adapt a patient's life skills (such as eating, dressing, grooming, and preparing meals) to the best of their physical or thinking abilities. They also design treatment programs to build strength, endurance, coordination, memory, and problem solving abilities.

Speech-Language Pathologists evaluate and treat communication, thinking and swallowing difficulties (Patients with swallowing problems may have special diets and/or eating instructions). Those with communication and thinking difficulties will work on a variety of techniques to produce more effective independent communication, thinking, memory, and problem solving.

Therapeutic Recreation Specialists identify healthy leisure activities in both the hospital and beyond that match the needs, interests and abilities of patients. They incorporate knowledge of the community, resources, and accessibility to help patients achieve and maintain independence.

Neuropsychologists evaluate patients' psychological responses to illness and loss, their emotional status and ways of coping. Additionally, they administer cognitive testing that help the patient and family better understand their areas of difficulty and strength.

Social Workers act as the patient's case manager and as a bridge between the patient/family and the rehabilitation team. They provide counseling and support, help with financial concerns, and locate appropriate community resources for patients. They also coordinate team and family meetings, discharge planning, and organize outpatient care as needed.

Interdenominational Chaplains respond to the spiritual and emotional needs of patients and their families. An important part of our team, they are available 24 hours a day.

Throughout the rehabilitation journey, people find they have become more self-sufficient. They realize they have accomplished much on their own – with Rehabilitation Services staff guiding the way. We give patients the courage, the knowledge, and the skills to continue on with their lives. We help them achieve greater independence.

People who choose Rehabilitation Services can feel confident knowing our experience as rehabilitation professionals will assist them in returning home with the greatest degree of functional gain possible. We are committed to continually refining our services to meet the needs of patients and families.

The Rehabilitation Services staff is thankful for the privilege to serve patients and families during difficult transitions in their lives. We are proud to help people through all aspects of rehabilitation and believe together, we grow stronger and better through change.

Admission Criteria:

- 1. Ability to participate in the program (medically stable and capable of participation).**
- 2. Requires interdisciplinary services (physical therapy, nursing, speech pathology, occupational therapy with close medical supervision) at least three hours per day.**
- 3. Must have a physical disability**
- 4. Should have reasonable expectations for improvement.**
- 5. Willingness of patient and family to participate in the rehabilitation process.**
- 6. Approved for admission by the Medical Director.**

We offer tours prior to admission to familiarize people with the program and personnel. The tour also provides an opportunity to review participation expectations with patients and family members. Please contact us at the number below for more information.

(763) 520-5110



North Memorial
Medical Center

Rehabilitation Services

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