## How to Choose a Rehabilitation Facility

The factors you may want to consider are identified below under each of the categories. Be sure to observe, as well as to inquire about these services when rating the various programs or facility.

Directions: For each category, fill in the boxes below with the appropriate rating: 2 = outstanding  1 = acceptable  0 = unacceptable

### PHYSICAL THERAPY
- Strengthening exercises
- Balance and coordination exercises
- Exercises for flexibility and conditioning
- Ambulation training
- Pain relief techniques
- Wound care
- Home assessment and modification
- Community reintegration such as crossing a street safely

### SPEECH THERAPY
- Communication skills assessment and retraining
- Memory skills assessment and retraining
- Swallowing difficulties assessment and treatment
- Communication related to hearing loss
- Alternative communication instruction

### OCCUPATIONAL THERAPY
- Adaptive self-care skills such as self-feeding, dressing, bathing
- Nerve and muscle re-education
- Transfer training (i.e. moving from a bed to a chair or sitting to standing)
- Fine motor control retraining for skills such as grasping and writing
- Retraining homemaking skills such as laundry and meal preparation
- Wheelchair modification
- Home assessment and modification
- Discharge planning

### VARIETY AND QUALITY OF REHABILITATION SERVICES
- Physical, occupational, speech and recreational therapies
- Therapy hours available
- Therapy on weekends
- Proven rate of discharging patients to their homes
- Social work services

### INDIVIDUALIZED PLAN OF CARE
- Patient and family included in the planning process
- Therapy geared toward individual needs
- Following individual assessment, staff works together to plan the patient’s rehabilitation program
- Therapy accommodates the individual’s tolerance level

### THE STAFF
- Full-time licensed staff therapists and therapist assistants
- Educational background
- Therapists have specialized areas of expertise
- Friendly and courteous
- Attentive and conscientious
- Caring, positive attitudes
- Patients are taught to care for themselves
- High staff morale

### DEMONSTRATED RESULTS
- Track record of success in my diagnosis
- Evidence of success in self-care independence
- Evidence of success in mobility independence
- Evidence that patient and family are confident to manage at home
- Confidence in clinical team’s judgment

### TEAM CONCEPT
- Team assessed needs for treatment and equipment
- Team communicated regularly with family members and physicians

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Add scores and compare totals