

**What to Expect During Your Short-Term Rehabilitation Stay**

Whether you’ve made an appointment to have a knee or hip replacement, or have had a fall and are now facing a short-term rehabilitation stay after your recent hospitalization, transitioning from the hospital to your short-term rehab facility can be apprehensive. Many feel unsure of their readiness to get back up on their feet just days after surgery. Yet, often the best place to heal and recover is at a short-term stay rehab facility. The longer you linger at the hospital, the more at-risk you are for infection, decline in mobility, and mortality. Fortunately, short-term rehab facilities are often well equipped to welcome you and to treat your condition in order to help you transition home. Here are few pointers regarding what you can expect during your short-term rehab stay to help put your mind at ease.

**Expect to Sweat**

This may or may not be all that surprising, but the purpose of a short-term rehab stay is to participate in therapy, often multiple times a day and most days of the week. The therapy team will work with the facility doctor to determine what therapies you need related to your hospital stay. You will be evaluated by physical and occupational therapy, and perhaps screened by speech therapy. Then, your therapists will set realistic goals with you in order to get you back to your prior level of functioning. However, in order for you to return home safely, you have to be willing to put in the time and effort with your therapy team.

**Expect to Have Down Time**

So you’ve completed all your therapy sessions by lunch time, now what? Another surprise some short-term rehab patients experience is boredom. While you were in the hospital, it felt like there was a constant hustle around you. Now that you’re starting to feel better and have recovered from the post-surgery grogginess, you realize that you have a lot of spare time. For some, this is a pleasant surprise. They enjoy alone time and like having the down time to read a book, visit with friends and family, or take a nap. For others, they are bored and the day seems to drag. Fortunately, there is an activity team to bring life into your day. You’ll meet the activity staff upon initially settling into your room. Don’t toss that activity calendar away, hang on to it and highlight a few activities that appeal to you. Participating in activities is good for your health and well-being, and can lead to a more positive experience at a short-term rehab facility.

**Expect to Meet New Friends**

One of the best parts of a short-term rehab facility is the opportunity to meet new friends. During your hospital stay, you were confined to your room and mainly interacted with the hospital staff. At a short-term rehab facility, you’ll be with other patients who are in a similar situation as you are. You’ll meet new friends during meal times, in the therapy gym, and at activities. According to [Psychology Today](https://www.psychologytoday.com/blog/living-mild-cognitive-impairment/201606/the-health-benefits-socializing)**,** there are many health benefits of socializing. Amongst them include better physical and mental health, a longer life, and a lower risk of dementia. Approach new faces with a warm smile and open mind. Having a few friends you can sit with during meals makes your experience more pleasant and enjoyable.

**Expect to Make Changes**

Finally, as your discharge date from short-term rehab approaches, expect to make some change in your lifestyle. Your therapy team may do a home-visit with you, where they can treat you in your usual environment. During that visit, they’ll observe and make recommendations as to what adaptive equipment you might benefit from in order to prevent falls and help you maintain your independence. For some, change means a change in diet. After receiving well-balanced meals planned by a nutritionist and working with your nurse to manage your medication, your diabetes is finally under control. Continue the progress you’ve made by choosing to live a healthier lifestyle. The truth is, no matter what brought you into short-term rehab, you aren’t leaving as the same person. You’re leaving changed, either physically, emotionally, mentally, or even spiritually.

**Expect a Successful Transition Home With the Help From Visiting Angels**

For some patients, while they look forward to returning home, returning home can be even more daunting than transitioning from the hospital to a short-term rehab facility. Fortunately, you do not have to navigate the transition home alone. [Visiting Angels](http://www.visitingangels.com/Longmont/home) understands the challenges patients face upon being discharged from short-term rehab. Prior to discharge, work with the social worker at the facility to set up a successful plan to discharge back home. The social worker will likely arrange home health for you, but home health only lasts a few weeks after discharge. Bridge the gap between home health and your ongoing care needs by allowing an [Angel](http://www.visitingangels.com/Longmont/ready-set-go-home) to come alongside so that you can return to your routine lifestyle safely and independently. Our team works with each of our clients to provide services that are individualized to meet their personal needs. [Give us a call](https://www.visitingangels.com/Longmont/contact-us) to set up a consultation.

Visiting Angels of Denver and Boulder, CO

303-232-9999

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