

# WHAT TO EXPECT DURING YOUR STAY

## ➔ WHEN YOU ARRIVE, WE WILL:

- Show you to your room and our hospital
- Introduce you to our hospital staff
- Conduct a detailed assessment of your medical and rehabilitation needs

## ➔ MOVING AROUND

- We are here to help you with many daily activities, but our goal is for you to become independent with these activities before you leave.
- Ask for our help to move around. If needed, a walker or wheelchair can be brought to your room.

## ➔ DAILY MEALS

Breakfast is served in your room: 8:00 a.m.

Lunch is served in your room: 12:00 p.m.

Dinner is served in your room: 5:00 p.m.

## ➔ YOUR DAILY THERAPY

- Your participation in therapy is essential to progressing towards your goals.
- Therapy is a minimum of three hours per day, five days per week, or a total of 15 hours each week.
- Your therapy schedule will be provided to you daily.

## ➔ YOUR DAILY ROUTINE

- A rehabilitation physician\* will visit you a minimum of three times a week.
- Nurses specializing in rehabilitation care for you 24 hours per day.
- Visiting hours: Daily: 11:00 a.m. – 8:30 p.m.

## ➔ PLANNING YOUR DISCHARGE

- Your case manager will meet with you and your family to coordinate your discharge and family training.
- Your rehabilitation care team will meet weekly to review your progress. Following the team conference, your case manager will give you an update and continue to work with you to develop your discharge plan.
- Any equipment you may need after discharge will be discussed with you prior to your discharge date.

## ➔ DISCHARGE DAY

- During your stay, you and your family will receive training to help you feel safe and confident at your time of discharge.
- Discharge time is anticipated between 10:00 a.m. – 12:00 p.m. An alternate time can be arranged with your case manager, if needed.
- You will receive written discharge instructions AND prescriptions for your medications.

\* The hospital provides access to independent physicians.

## WHAT TO BRING

- Driver's license or other proof of identification
- Medical insurance card
- Living will/advance directive
- Power of attorney documents (if applicable)
- Shoes with good support and rubber soles
- Shirts with button fronts or pullovers that fit easily over your head
- Comfortable pants, sweatpants or sweat suit
- Seasonal outerwear
- Undergarments
- Pajamas or gown, robe, slippers
- Toiletry articles, i.e. toothpaste, toothbrush, comb
- Prescriptive items, i.e. dentures, eyeglasses, hearing aids, etc.
- C-PAP machine, if in use
- Medications in original containers, if directly admitted from home. If you do not have your medications in their original containers, please bring with you, or have a friend or family member provide a full and current list of your medications.
- Special medications not available in our pharmacy. We help identify these for you.



Our rehabilitation team is dedicated to providing you with comfort, professionalism and respect. If you have any questions or concerns, please do not hesitate to let us know.

## IMPORTANT INFORMATION FOR YOU AND YOUR FAMILY

- Our nursing supervisors are available 24 hours a day, 7 days a week. They are experienced RNs who specialize in problem solving, customer service and helping meet the needs of our patients and their families. They may be reached by phone anytime by calling 781-994-3450 or let an employee know that you would like to speak to the nursing supervisor.
- **Clothing/laundry:** We do not provide laundry service. Please make arrangements for a family member or friend to handle your laundry, or ask your case manager to provide service options that are available.
- **Questions about your medical care or medications:** Our physicians and pharmacists are available to answer your questions. Please let your nurse or case manager know and they will contact them for you.
- **We provide WiFi at no cost (no password needed).**
- **Meals for families and friends:** Meals are unavailable.

*A Higher Level of Care®*

**HEALTHSOUTH**  
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