

Top 5 Questions to Ask After a Hospital Stay

A GUIDE TO CHOOSING SHORT-TERM REHABILITATION OR HOME

In the ever-changing health care industry, we have experienced a significant movement in how hospitals manage individuals with surgical and medical needs. We have seen the average patient length of stay (LOS) decrease tremendously over the past 37 years. In 1980, an individual who suffered an acute myocardial infarction—or heart attack—would have an average hospital stay of 10 days, even without having surgery, and now the average LOS for the same medical condition is about 3 days or sometimes even less if surgery is not needed.

In the past, individuals would complete their full recovery from any illness or surgery in the hospital. Today, patients are discharged to complete their recovery and rehab at home or at a Short-Term Rehabilitation Center.

There are many companies that now operate specialized facilities to meet the needs of individuals who need Short-Term Rehabilitation and Post-Acute Recovery after a hospital stay. An example is The Alden Network's Short-Term Rehabilitation Centers, which have been designed environmentally on the level of a fine hotel, offering upscale interiors, luxurious accommodations and five-star amenities as well as hospital-level medical capabilities. They are not nursing homes—actually, far from it. The Alden Network has built and continues to build facilities to meet the discerning needs of short-term patients who require a few days of care and therapy before returning to home safely.

Short-Term Rehabilitation Centers can be an important part of the overall health care delivery system, providing individuals with the care and services they need to build up strength, functionality and independence before returning to home.

Short-Term Rehabilitation Centers are designed to provide the highest level of Short-Term Rehabilitation and medical care in a comfortable five-star hotel setting. In fact, The Alden Network offers Exclusive Post-Acute Programs in:

- NeuroStrokePro™
- CardioPro™
- OrthopedicPro™
- PulmonaryPro™
- MedicallyComplexPro™

With a shorter length of stay in the hospital, patients' individual care needs are higher than they have been in the past and a little extra care, like that offered at a Short-Term Rehabilitation Center or at home, may be just what is needed for the best recovery.

Most insurance plans and Medicare pay for Short-Term Rehabilitation and therapy.

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THE ALDEN NETWORK



CONTACT INFORMATION:

**For more information, call
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SHOULD YOU GO HOME OR GO TO SHORT-TERM REHABILITATION?

Here are the top 5 questions to ask after a hospital stay:

Choosing whether to go home from the hospital or to go to a Short-Term Rehabilitation Center may be difficult to make since the comfort of your home is appealing. However, you should ask yourself the following before making a decision:

1. Do I have someone at home to care for me?
2. Do I need therapy a few days a week (Home) or almost daily (Short-Term Rehabilitation) to build back up my strength?
3. Will I do exercises at home in between therapy visits (Home) or would I do better with a therapist keeping me accountable every day (Short-Term Rehabilitation)?
4. What are my short-term and long-term recovery goals?
5. Do I suffer from multiple medical conditions and close monitoring and extra medical care would be helpful just in case (Short-Term Rehabilitation)?

Going to a Short-Term Rehabilitation Center after a hospital stay to receive therapy and care may improve the likelihood of catching new or recurring problems early and treating them in the facility versus having to return to the hospital. If you are unsure whether going home or going to a Short-Term Rehabilitation is the answer for you, contact The Alden Network and we can help you choose the right level of care for you.