

BEING INVOLVED IN YOUR REHABILITATION PLAN



YOUR REHABILITATION PLAN SHOULD BE TAILORED TO YOUR LIFE

WHY BEING INVOLVED IN YOUR PLAN MATTERS

- **Therapy becomes more meaningful** – you're more motivated when you understand the purpose behind each activity
- **You leave the facility safer** – rehabilitation prepares you for real-life tasks like getting dressed, shopping for groceries, and moving through your day
- **You're less likely to decline after discharge** – your care plan is tailored to your individual needs and goals
- **You start identifying issues early** – such as dizziness, pain, balance concerns, or fear of movement

MAKING REHAB WORK FOR YOUR REAL LIFE

- **Planning for what comes next** – where will you go after rehab: home, assisted living, or another care setting?
- **Your home environment matters** – factors like rugs, narrow hallways, stairs, or bathroom setup can affect your safety and progress
- **Your daily routine counts** – do you plan to drive, cook, or need to use the bathroom during the night?
- **Your personal goals guide therapy** – whether it's playing golf, going for walks, or spending time with your grandchildren

IF YOU ARE TOLD “NO” TO BEING INVOLVED

- **Ask for a care conference** to discuss your goals, progress, and concerns
- **Ask for the care plan in writing** to review and understand your therapy goals
- **Ask who is in charge** of therapy goals (e.g., therapy lead or supervisor)
- Use the terms “patient-centered” and “shared decision-making” when expressing desire to be involved
- **If needed, escalate respectfully** by asking to speak with the facility administrator, patient advocate, or case manager
- **If you feel unsafe or unheard**, ask for your concerns to be documented in writing

REHABILITATION CHECKLIST

Questions	Notes
I want to understand my rehab plan – can you walk me through it?	
What are the goals for me this week and why?	
Here is what matters to me when I leave the facility. Can we work toward these? 1. 2. 3.	
Can we practice the things I want to do at home?	
What should I be able to do safely <u>before</u> I am discharged?	
Can you write down my goals so I can keep track of them myself?	
Can my family caregiver be trained with me before discharge?	

Notes:
