

The Road to Recovery

You most likely did not expect life to take you down this path. Chances are your illness or injury was unexpected, and now you're uncertain about what the future holds for you. You can be assured that we are committed to helping you get back your sense of well-being and reach your highest level of functioning.

You will be surrounded by a group of highly trained professionals who care about you. We will work as a team to help you prepare for living outside of the hospital again. We can't tell you that this will be an easy road for you — it's work—but it may be the most important work of your life. And you won't be alone... we will take this journey with you.

What you can expect

You may be asked to participate in a series of evaluations at first. It is critical that we perform a complete assessment, because your treatment program will be based on the needs that are identified. We will tell you as much as we know about your condition and keep you informed on how we think you're progressing.

Most patients spend a minimum of three hours in therapy each day, at least five days a week. Therapy may take place in both individual and group treatment settings, and sessions will be scheduled for various times throughout the day.

We will want you to be as active as possible. Many of your meals will be served in the dining room. Because of this increased level of activity, you will naturally be somewhat tired. But this should improve as you gradually regain your strength.

After discharge, you will receive a survey asking you to evaluate your stay with us. This information will, assist us in continuing to provide quality services to our patients. You will receive a follow-up call about two weeks after discharge and again at three months to discuss your concerns and check on your progress.

As we said before, your program will be challenging. But you can expect our full support and encouragement. Your needs and goals are our top priority.

What we need from you

We will need your complete attention and best efforts during all activities. A positive attitude is absolutely necessary to the success of your program. You may be asked to perform tasks in a new way, and you must be willing to accept new ideas. Please let us



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know your thoughts and feelings.

Admission and Financial Information

A free pre-admission screening by a member of our professional team will help to determine your potential to benefit from our intensive rehabilitation program.

The Mercy rehabcentre Program accepts most major health insurance carriers, including Medicare. In some instances, payment may be available through workman's compensation. Our hospital will assist in verifying insurance coverage.

The rehabcentre staff will provide more detailed information on these and other issues. Please let us know if you have questions.

Our location

Fort Scott is located at the intersection of Highway 54 and Highway 69. On HWY 69, we are 73 miles south of Overland Park, Kansas, and 30 miles north of Pittsburg, Kansas. On HWY 54, we are 40 miles east of Iola, Kansas, and 19 miles west of Nevada, Missouri.

Mercy rehabcentre is on the upper level of Mercy Health Center at 401 Woodland Hills Blvd. in Fort Scott, Kansas. Woodland Hills enters from Highway 69 at the south end of Fort Scott (South of Wal-Mart).

What you should bring

- ❑ You will need a week's supply of comfortable clothing:
 - Loose-fitting shirts or blouses
 - Loose-fitting pants or shorts
 - Sturdy, low-heeled shoes or sneakers
 - Undergarments/socks
 - Nightgown or pajamas
 - Robe
 - Sweater
- ❑ Remember to bring all necessary personal items such as eyeglasses, hearing aides, cosmetics, and toiletries.
- ❑ Photographs and hobby items, such as books, puzzles, and needlepoint, can help you adjust to your new environment.

It is best to leave valuables (cash, jewelry) at home. A washer and dryer are available for laundry.

About your rehab team

The **Medical Director** is a physician specifically trained in rehabilitation who will coordinate your overall treatment program.

The **Nurses** will give you around-the-clock personal care and support and will teach you and your family more about your abilities and treatments.

Physical Therapists will teach you exercises that may help improve your strength and mobility. If necessary, they will also instruct on safe and correct use of mobility devices such as walkers and canes, braces, and artificial limbs.

Occupational Therapists focus on improving your everyday living skills, including bathing, dressing, cooking, and eating. They may also give you training on equipment that will help you better perform these activities.

Speech Pathologists will assess and treat your ability to communicate, problem solve, and reason. They may also address problems with swallowing.

The **Case Coordinator** or **Social Worker** will explain the different details of your stay, explore with you the many changes in your life, and coordinate your discharge.

Other individuals on your rehabilitation team may include a **recreation therapist or activities coordinator, dietician, pharmacist, orthotist** (who designs and fits braces,) **or prosthetist**, (who creates and fits artificial limbs.) **Psychology, vocational counseling, and audiology, are also** services available as needed.

Family involvement

We encourage family members to be involved in your treatment by giving moral support and observing therapy sessions. We may ask to have a conference with your family to talk about your goals, the progress you've made, and your plans for discharge.

A temporary leave, or pass, may be granted prior to discharge in order to give you and your family an opportunity to practice new skills outside the hospital.

If you have any questions, please contact any member of the rehabcentre team at
620-223-7020 or 800-821-1379