

## Preparing for Discharge

As you prepare for discharge from the hospital, your healthcare team may recommend that you arrange for continued care. Going to rehabilitation (rehab) after discharge presents you with two choices: going to **Acute Inpatient Rehabilitation** or to a **Sub Acute Skilled Nursing Facility**.

### WHAT'S THE DIFFERENCE?

Acute Inpatient Rehab (Hospital)	Subacute Skilled Nursing Facility (Nursing Home)
Close medical supervision by physician with specialized training	Physician interaction once or twice a week; specialized training not required
24-hour rehabilitation nursing	Not required
Multidisciplinary team of physicians, nurses, case managers, therapists	Not required
3 hours of rehab therapy daily	Not required
Physical, occupational and/or speech therapy	Not required

#### Acute Inpatient Rehab Facility (IRF)

Because the IRF provides such a high level of intensive therapy as well as specialized nursing and physician care, Medicare and private insurances have established eligibility requirements for admission. There are fewer requirements placed on sub acute rehab facilities. The Discharge Planning Team can assist you in determining if you are eligible for either type of rehab program.

#### Sub Acute Skilled Nursing Facility (SNF)

SNF programs are part of the Skilled Nursing Community which includes both **short term sub acute rehab** and the **residential** portions of the SNF. Some facilities separate the two patient population rooms and therapy areas while others are comingled. In most instances, the common areas, such as dining and recreation, are comingled.

#### Evaluation

Both IRF and SNF programs perform an evaluation shortly after arrival. For the SNF, the evaluation determines the type and amount of time per week you will receive therapy (ranges from 45 mins per week to 12 hours per week). In an IRF, the evaluation establishes a target discharge window of time, and you receive therapy at least 15 hours per week (at least 3 hours a day and at least 5 days per week). Both types of facilities re-evaluate routinely every few days (# of days vary for SNF, every 7 days for IRF). In the SNF, the minutes of therapy may change depending on the evaluation; in an IRF, the amount of therapy time does not change.

*Ask your case manager or physician if you are a candidate for Holy Cross Hospital's Inpatient Rehab.*

**QUESTIONS? CALL 954-351-5958**